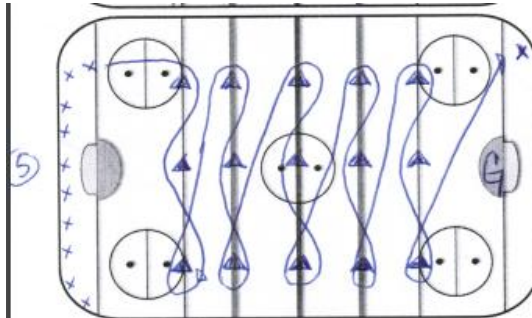


1st forwards → forwards
 forwards side-to-side x-overs →
 forwards side-to-side x-overs →

2nd Repeat

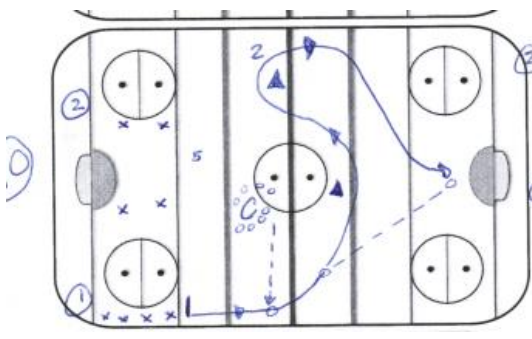
3rd Backwards → Backwards
 Backwards side-to-side x-overs →
 Backwards side-to-side x-overs →

4th Repeat



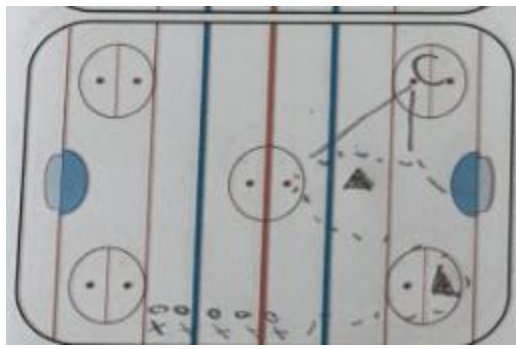
Weave between pylons w/
 quick cross-overs around last
 pylon (Repeat from other corner)
 Goalie - T-Push, Shuffle,
 Butterfly, Up-Downs

WATER



5 Steppassing → 6th shots (or)
 4 (Box) passing → 5th shots

To start the Drill, have a
 1 player at pylon 2, player 1
 skates, receives a pass then gives
 a pass to P2, P1 follows pattern
 Flow Drill



5 S-Drill
 With ring skate hard
 around the 1st pylon back up
 around the 2nd pylon - pass to
 coach - coach passes back
 then shoot.

DRINK

10

Hit the skate