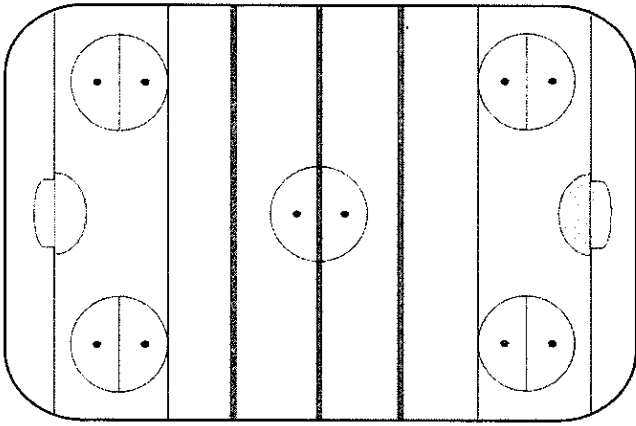


March 14 & 15  
Group 3

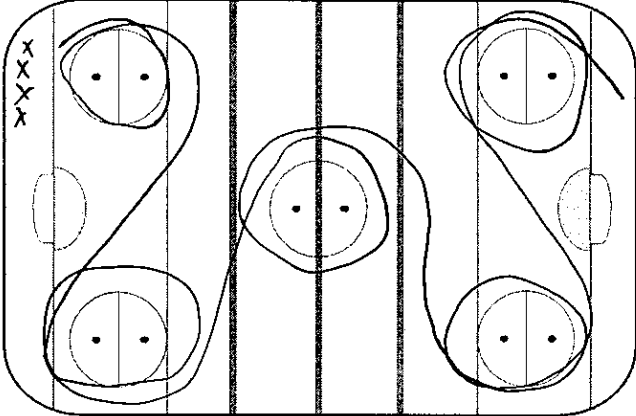


\* Warm up

Skate full ice between blue lines

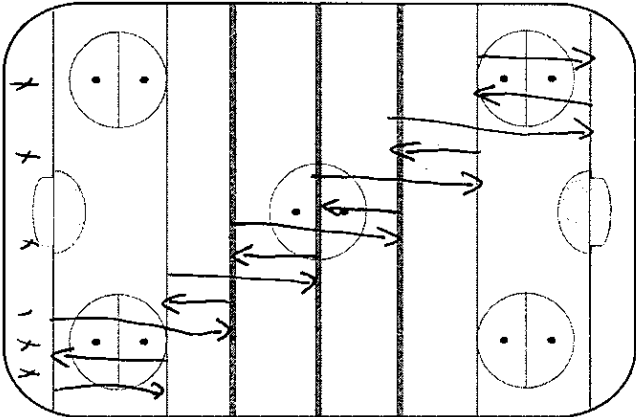
- stretch
- backwards
- etc...

Hard lap - water.



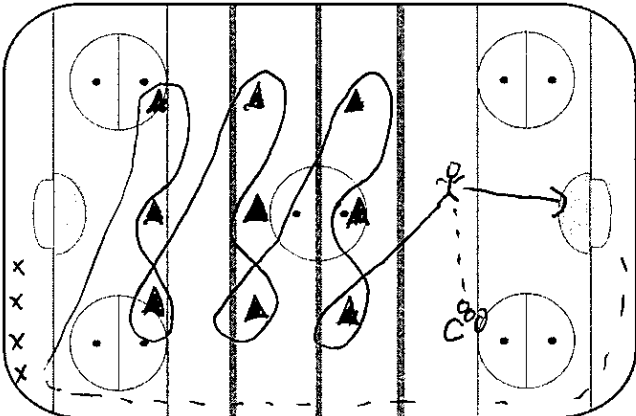
\* Circles - Crossovers

- forwards
- backwards



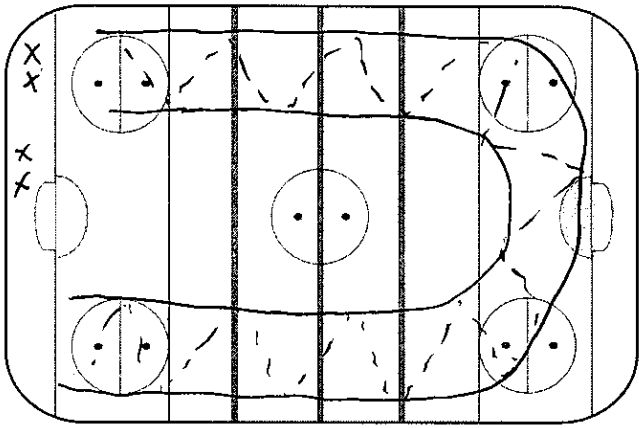
\* Hard Stop - quick starts

Hard lap - water



\* Fast turns & weave

- pass from coach
- shoot on net
- + back



\*Passing

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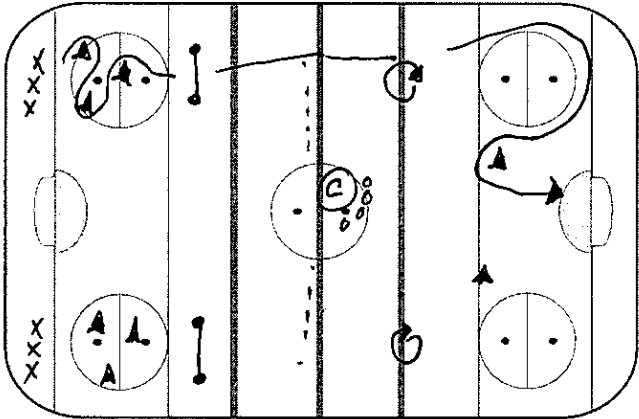
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\* Race-Obstacle Course

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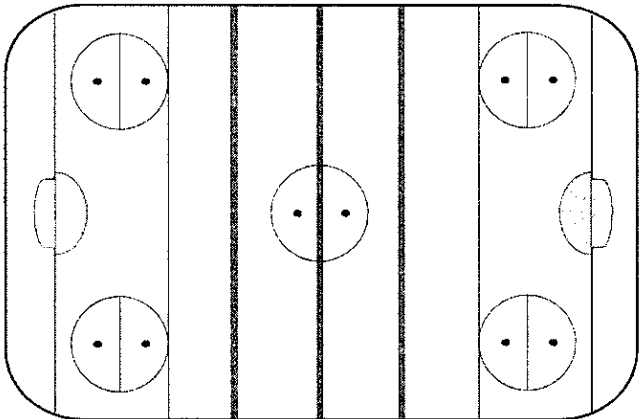
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Water Break



Game - Hit the skate

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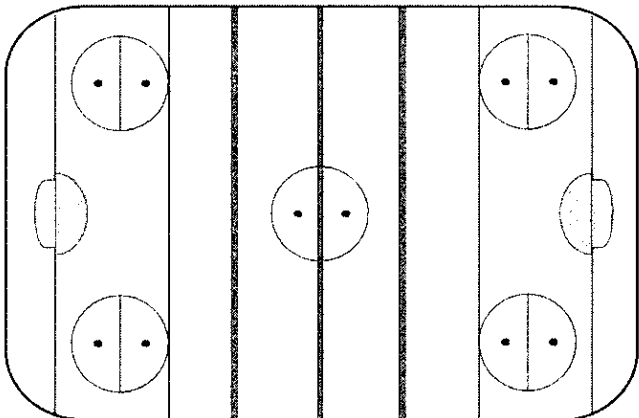
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Cheer!




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