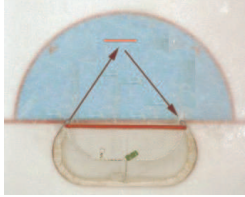
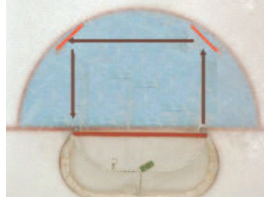
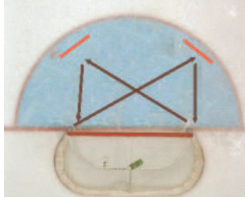
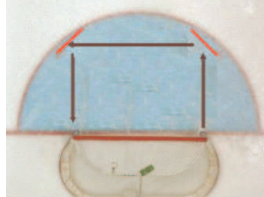
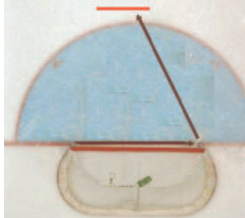
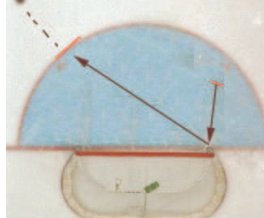
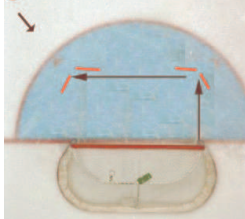
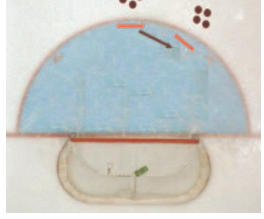
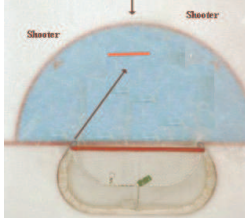
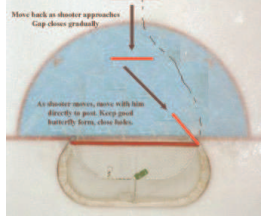
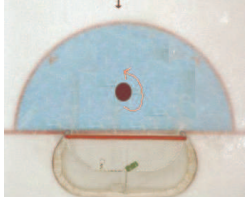



Name:

	<p>3x each way</p> <ul style="list-style-type: none"> - Push with correct leg. - Full stop at top. - Good stance/balance - Hand/stck position, <p>SCORE:</p>		<p>3x each way</p> <ul style="list-style-type: none"> - Push with correct leg. - Full stop at top. - Good stance/balance <p>SCORE:</p>
	<p>3x each way</p> <ul style="list-style-type: none"> - Push with correct leg. - Full stop at top. - Good stance/balance <p>SCORE:</p>		<p>3x each way</p> <p>Same as above, with Butterfly at each corner</p>
	<p>Power & Set</p> <p>3x each way</p> <ul style="list-style-type: none"> - Push with correct leg - Full stop at top. - Good stance/balance. - Butterfly for low shots - Tight on post - Follow rebound <p>SCORE:</p>		<p>Power & Rotation</p> <p>3x each way</p> <ul style="list-style-type: none"> - Push hard - Butterfly for low shots - Positioning - Stop & Set for shot - Follow rebounds <p>SCORE:</p>
	<p>Lateral Power & Recovery</p> <p>Butterfly, recover & drive over for shot from circle.</p> <ul style="list-style-type: none"> - Power, full stops & recover with correct leg <p>SCORE:</p>		<p>Down Moves</p> <ul style="list-style-type: none"> - Movement on ice in down position - Good form;BFLY <p>SCORE:</p>
	<p>Follow/take Rebound</p> <p>Extra shooters play ONE rebound.</p> <ul style="list-style-type: none"> - Depth in crease - Follow puck - Cover Strong <p>SCORE:</p>		<p>Down to Post</p> <p>Pile of pucks in front of crease. Goalie set. Shooter drive to one side or another. Goalie execute down move to post.</p> <p>SCORE:</p>
	<p>Reaction</p> <p>Goalie faces backward. Spin. Shot comes in</p> <ul style="list-style-type: none"> - Reaction - Rebound <p>SCORE:</p>		<p>Back of Net</p> <ul style="list-style-type: none"> - Skates out of net - Stick out of net - Skate on post - Head movement <p>SCORE:</p>

Comments: