



2021-Dec 6-8U

Date: Nov 14 2021

Time: 8:15 pm

Duration: 60 mins

Free Skate/Setup	5 mins
Skating: Stops/Starts, Backwards C-Cuts,	7 mins
Tug of War	6 mins
Musical Cones	7 mins
Puck Control Obstacle Course	7 mins
1v1 Keep Away	7 mins
Passing: Backhands (Younger - BH Hit the cone)	7 mins
Catch & Release Shooting w/ Partner	7 mins
Small Area 2v2	7 mins