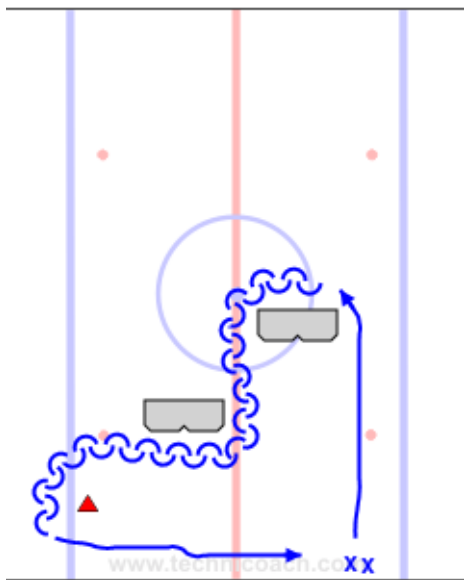


AAAHA Skill Station #10
5/10/2009



Description:

Nets are placed as shown. Players line up on the boards. One at a time they skate fwds up past the farthest net, transition bkws and skate bkws between the nets, around the cone and pivot fwds and skate back to the line.

KeyPoints:

Proper skating position and backwards cross-unders should be stressed. Mohawk (non-crossover) pivot around the cone.