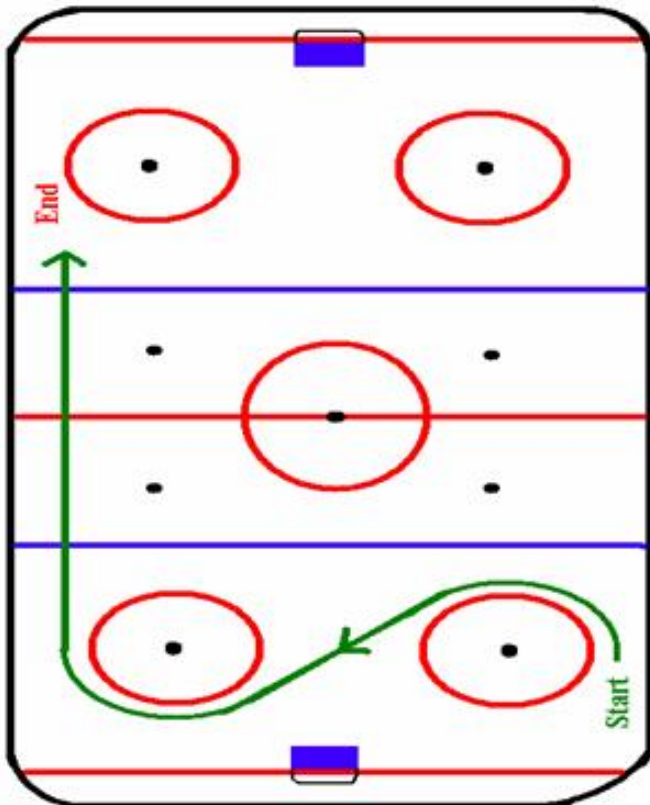
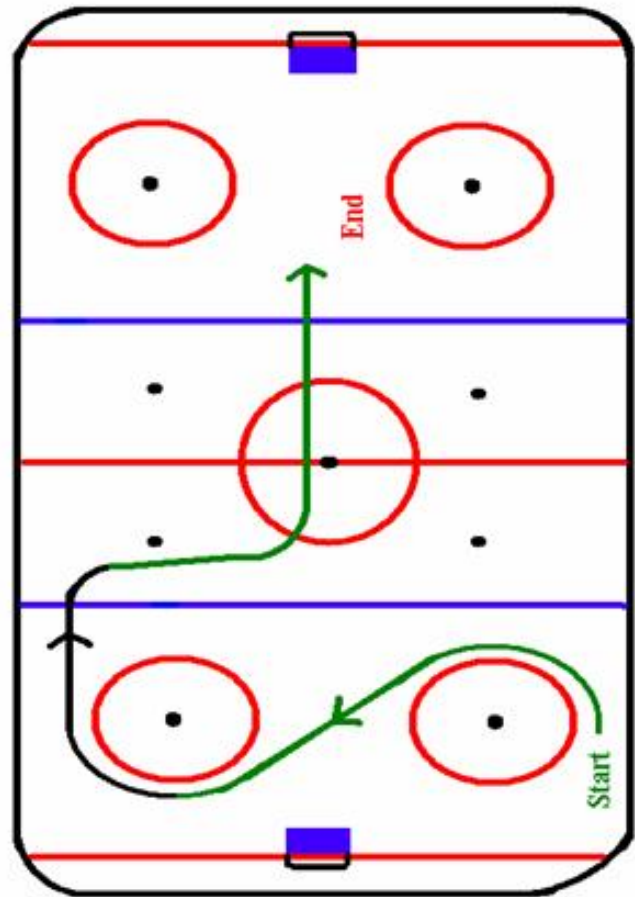
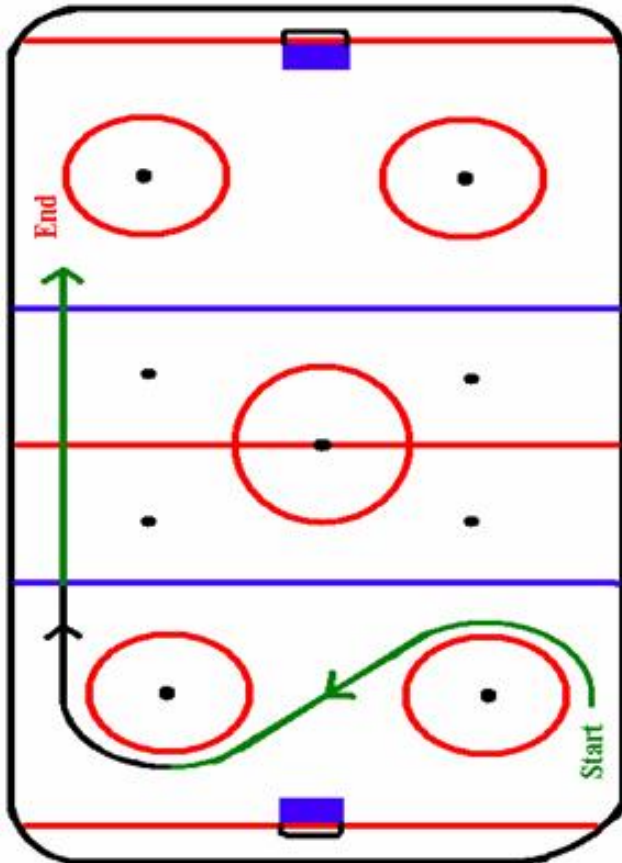


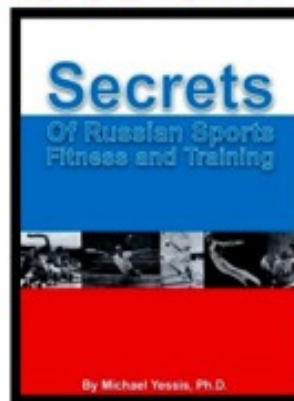
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A Composite Diagram of Skating Drills Page 1 -

Optional- Green is Forward and Black is Backward



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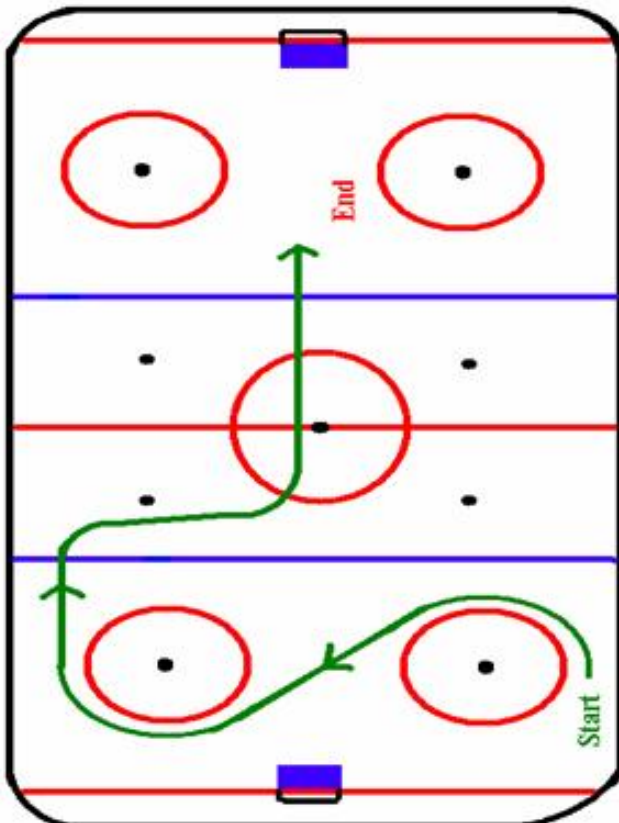
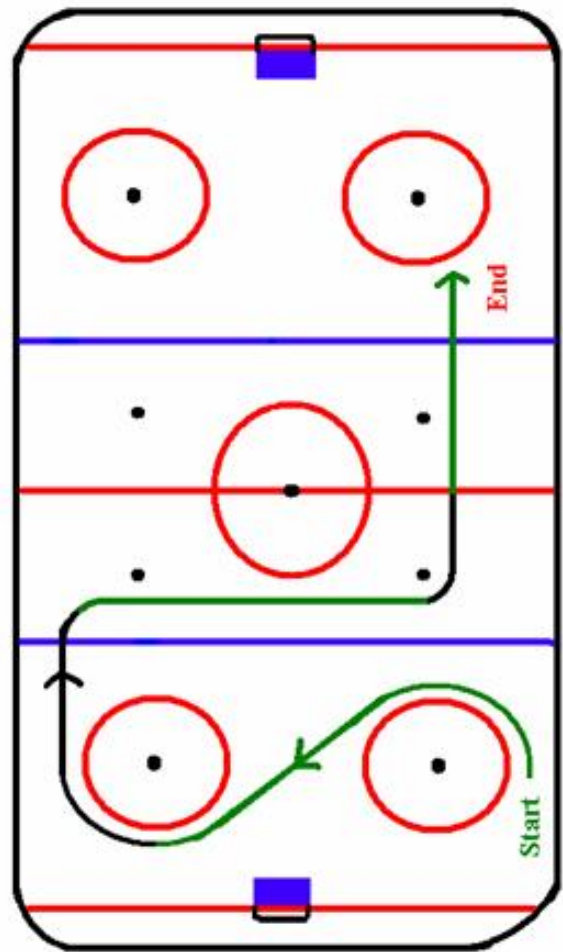
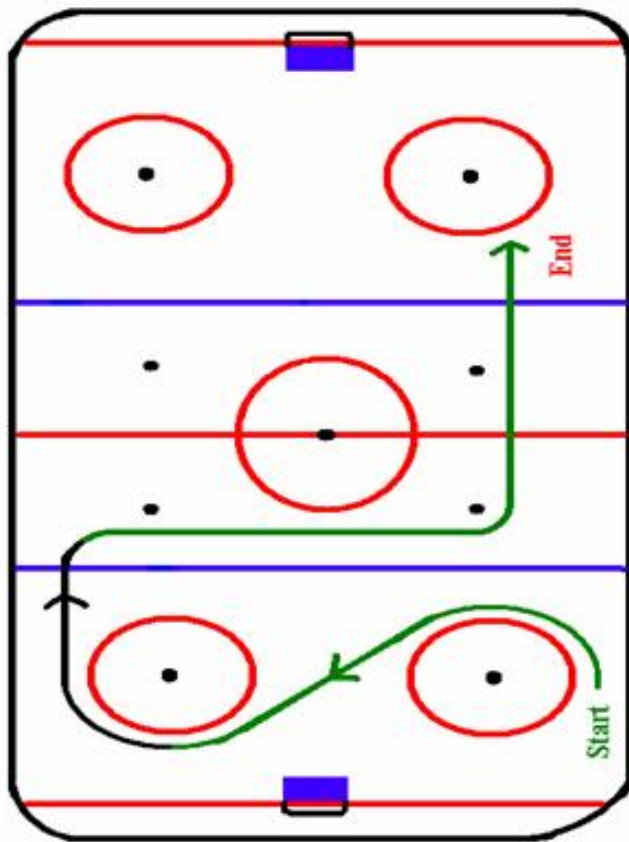
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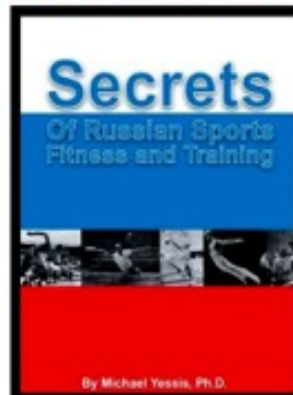
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A Composite Diagram of Skating Drills Page 2 -

Optional- Green is Forward and Black is Backward



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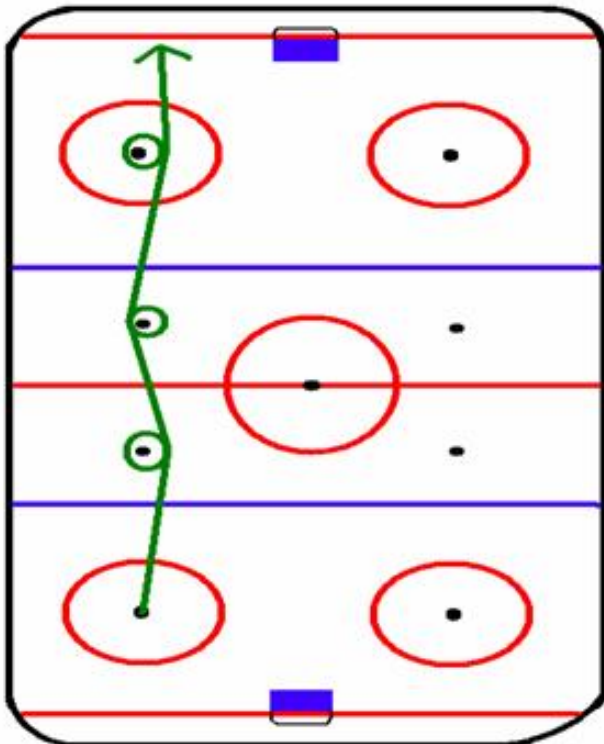
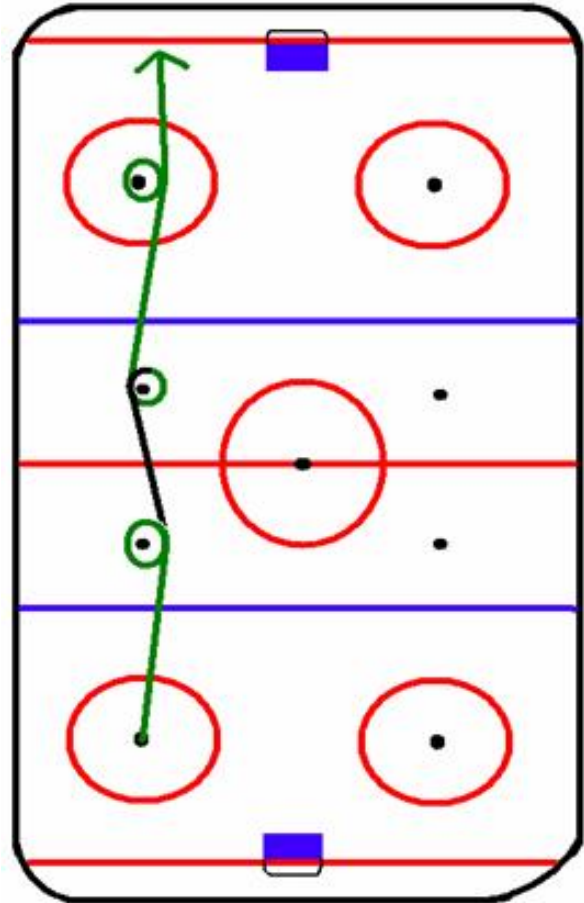
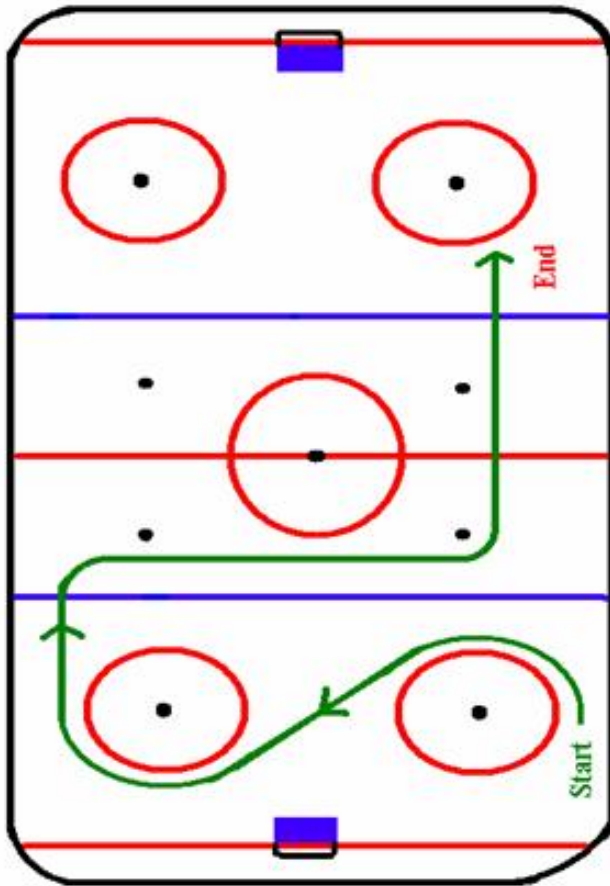
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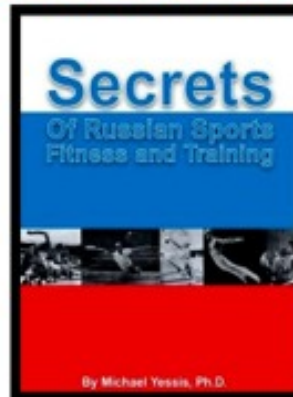
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A Composite Diagram of Skating Drills Page 3 -

Optional- Green is Forward and Black is Backward

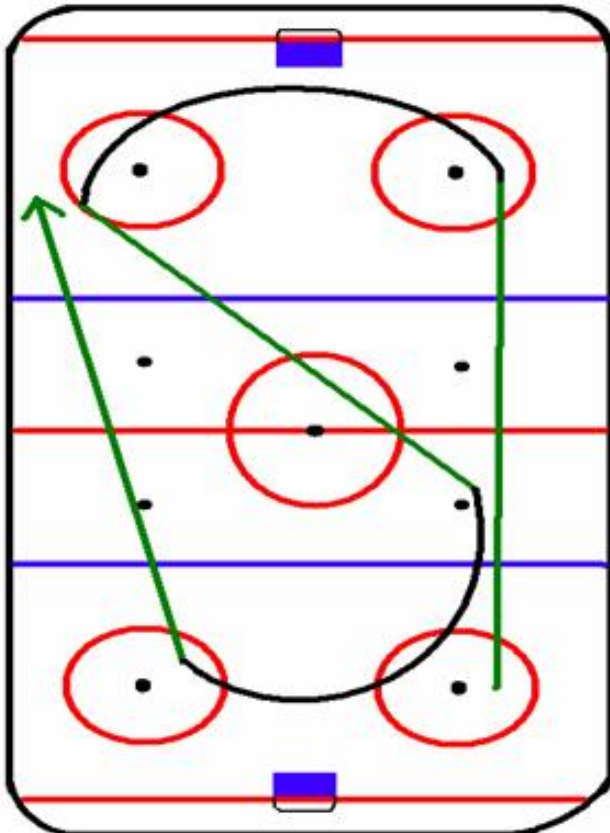
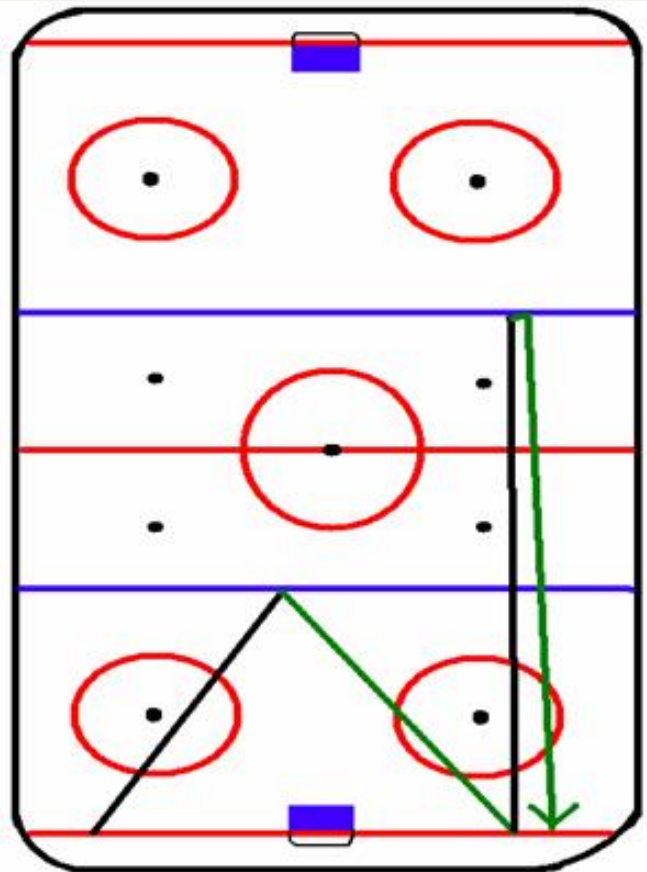
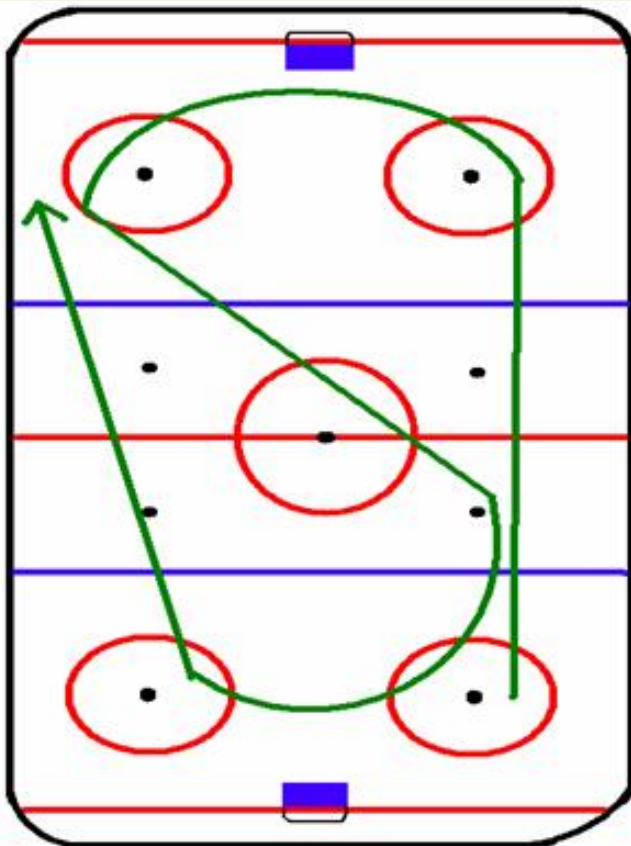


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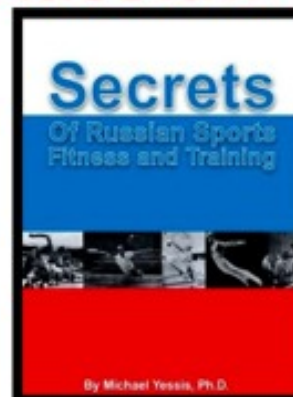


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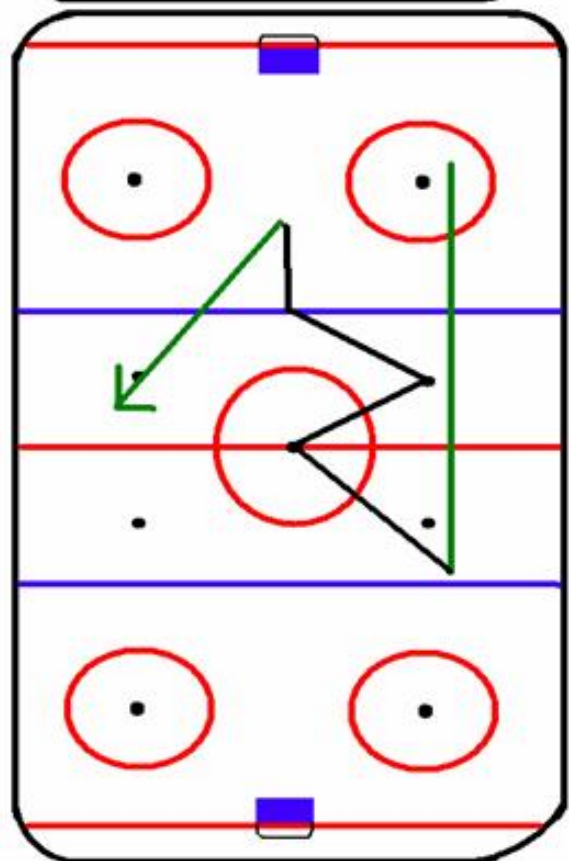
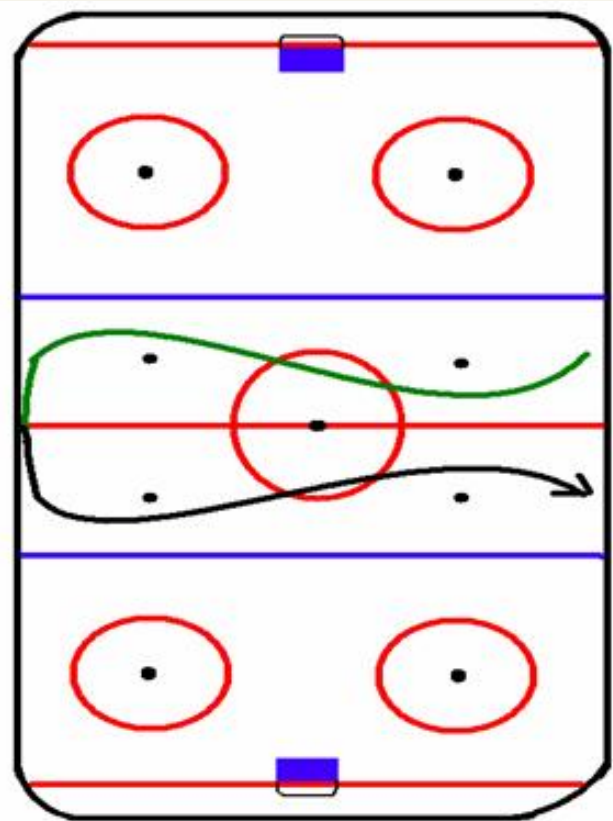
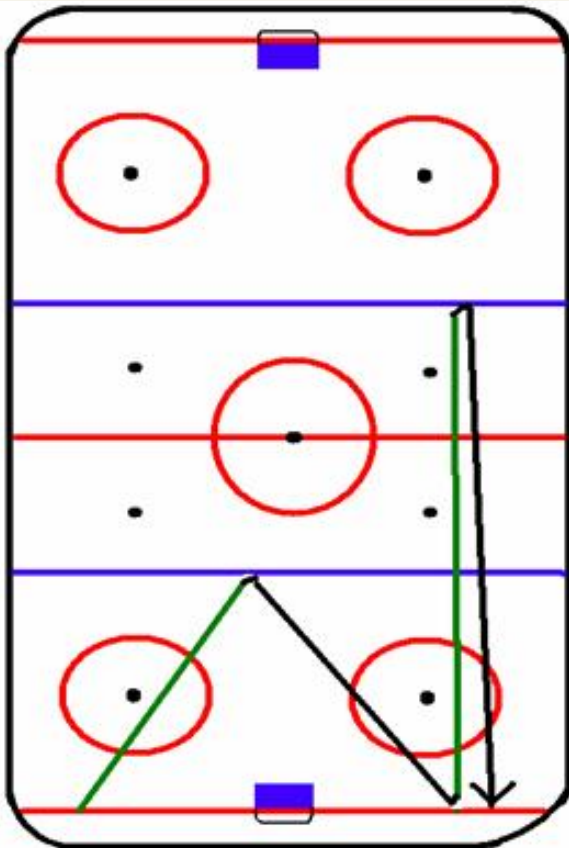
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A Composite Diagram of Skating Drills Page 5 -

Optional- Green is Forward and Black is Backward



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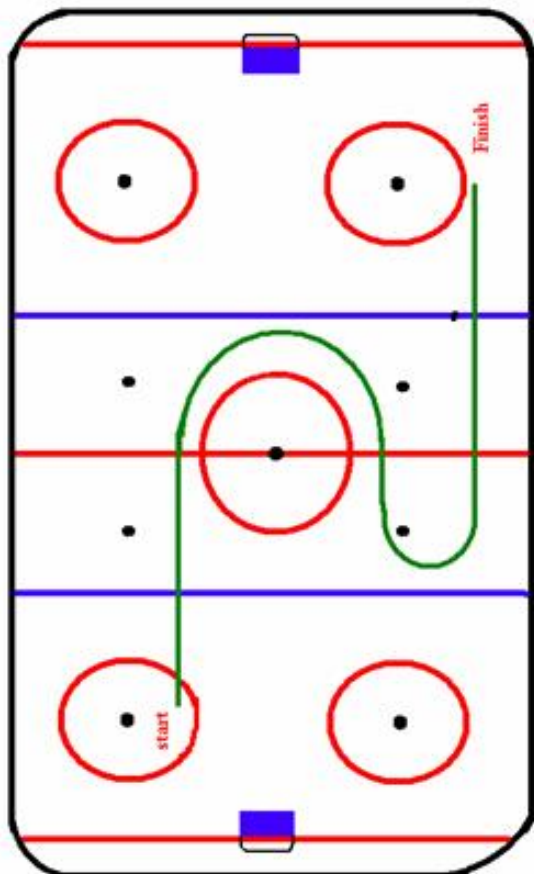
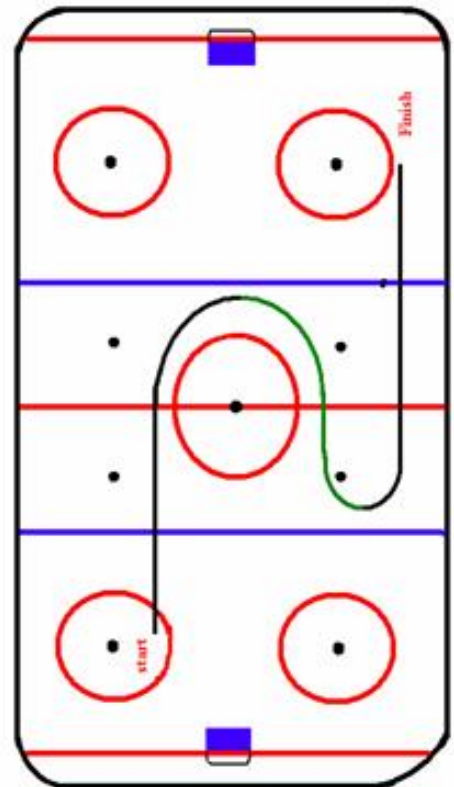
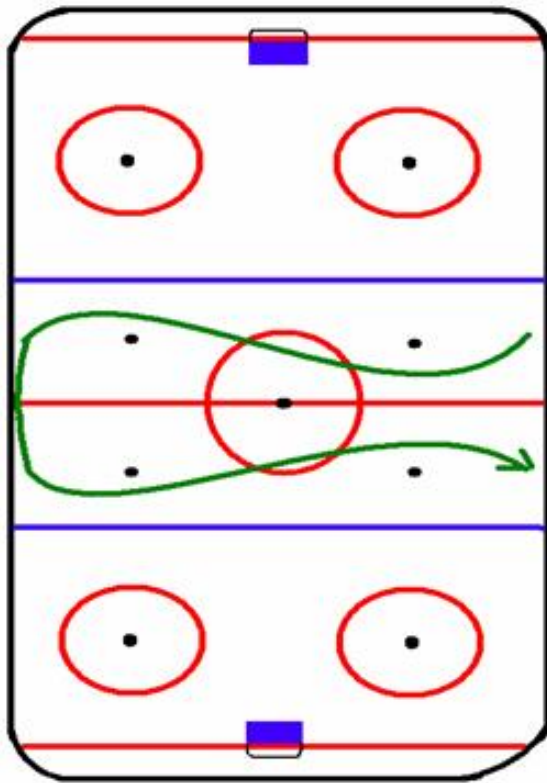
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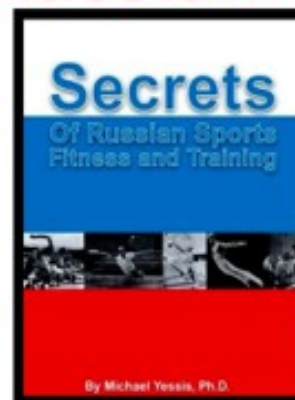
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A Composite Diagram of Skating Drills Page 6 -

Optional- Green is Forward and Black is Backward



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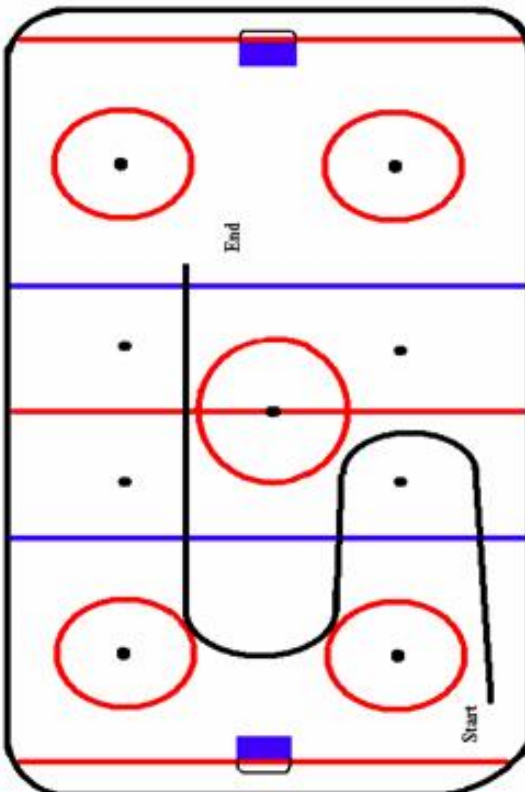
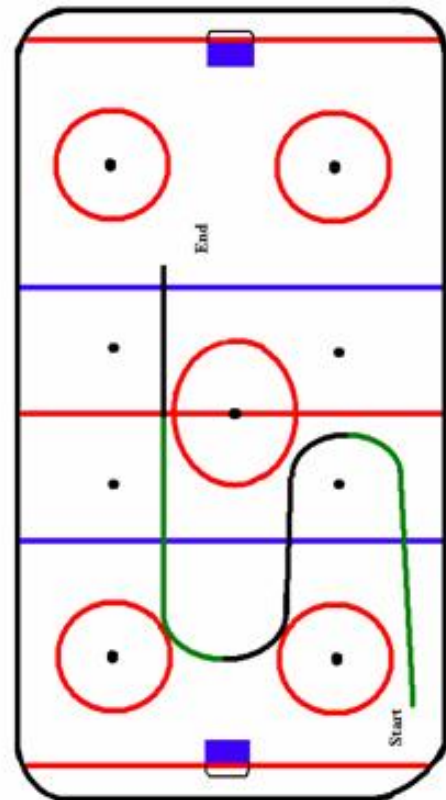
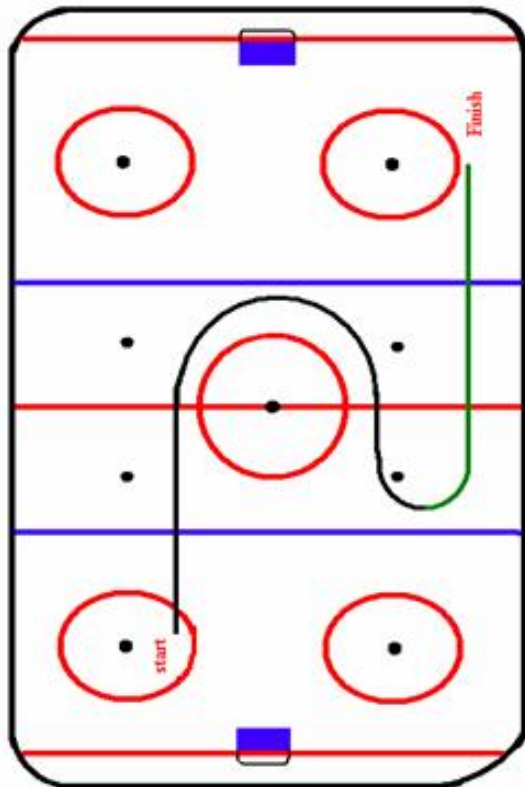
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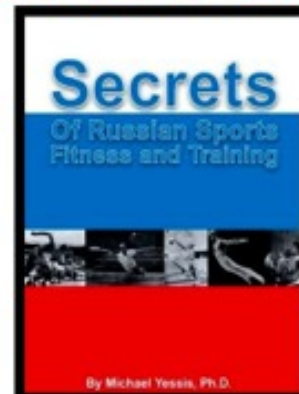
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A Composite Diagram of Skating Drills Page 7 -

Optional- Green is Forward and Black is Backward



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