



Fire White

Practice Plan

Date: 1-19-17

Time: 16:99-17:30

Venue: Henry Viney

Lines:

No goalies and 15 skaters

Short-medium-long stride

Notes:

Gaston – tight turn, Mohawk, Chocktaw,

Quick pivots

90' Video of the session.



A - Skating Turns, Pivots, Stride – Dr. Gaston
Gaston - U18 F

<https://youtu.be/p6U-RXmtPeg>

Explanation/Notes:

Type your explanation and key points here.

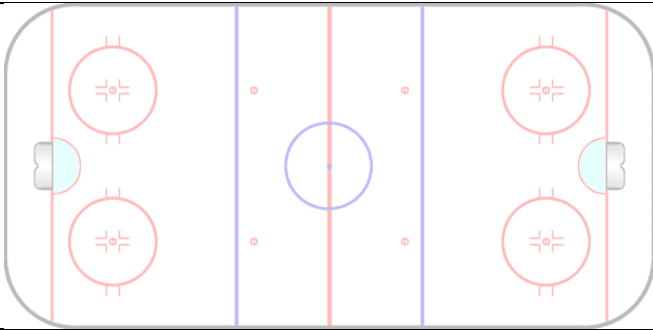


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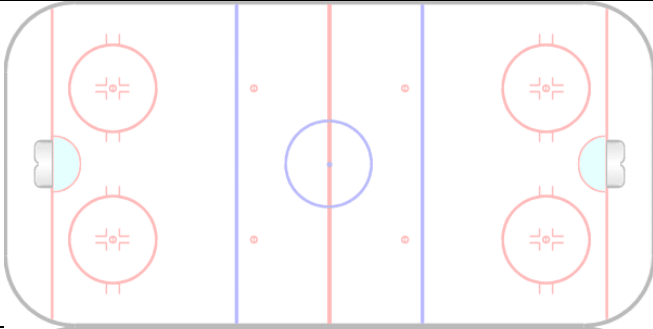


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