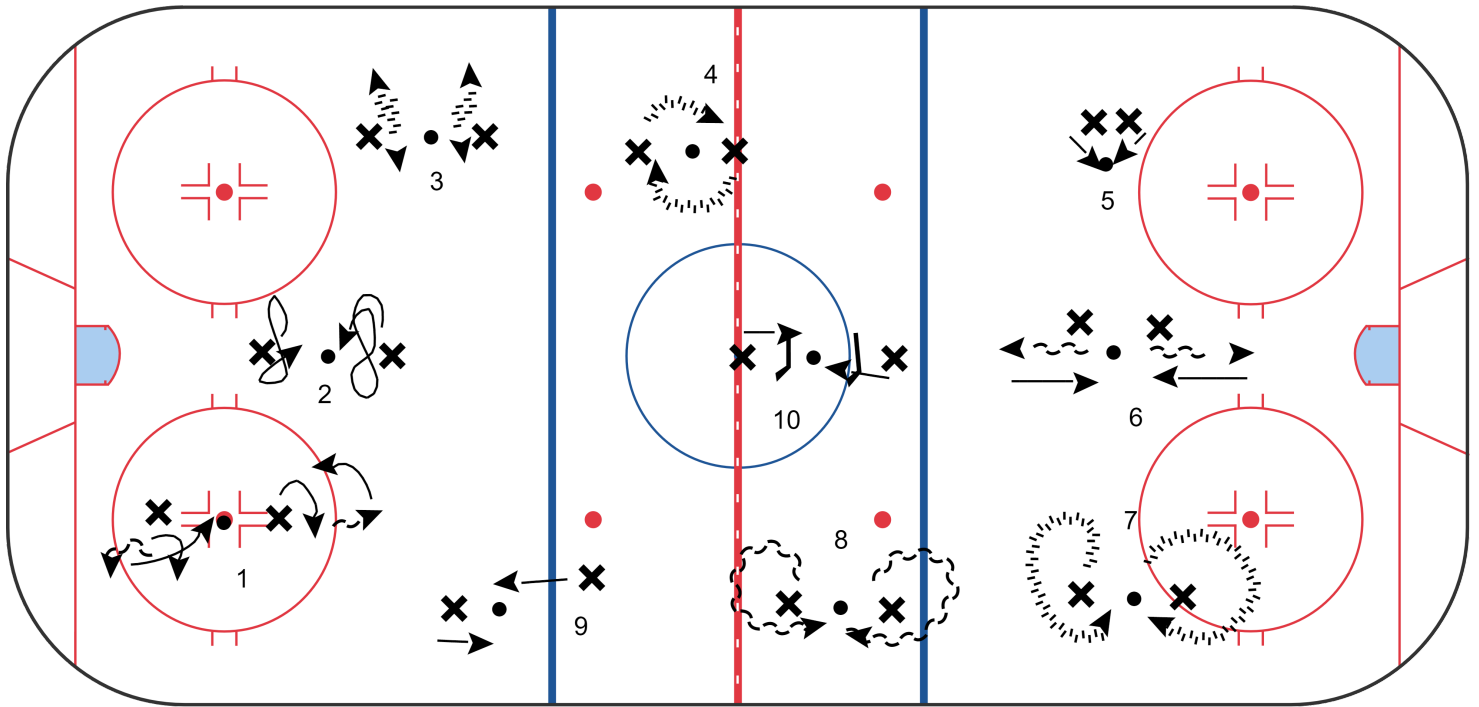




battle and skills



Description

1. forward - backward - load to forward - attack puck
2. figure eight - attack puck
3. lateral crossover (4x L/R) - attack puck
4. open up (L/R) - attack puck
5. shoulder hit battle for puck
6. skate backwards - load - attack puck
7. crossover circle forward - attack puck
8. crossover circle backward - attack puck
9. start position - attack puck
10. jump forward/backward over stick - attack puck