

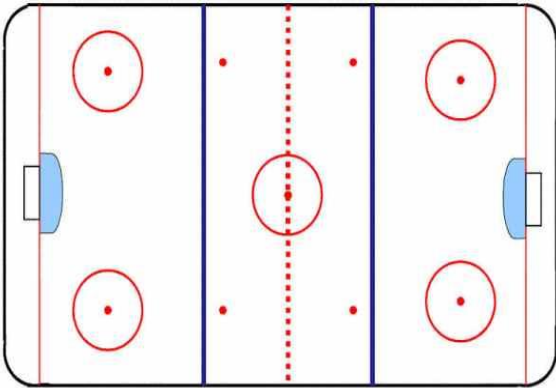


**Altona Maroons
Minor Hockey
2018-19**



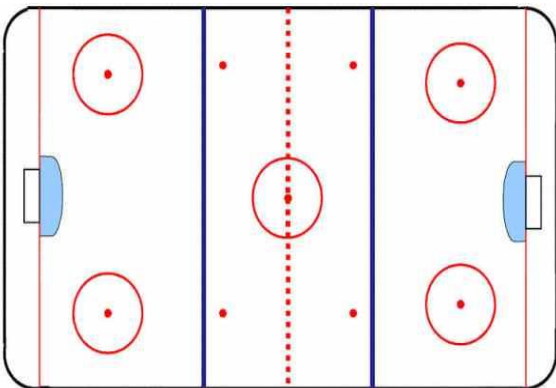
Practice# _____

Date _____

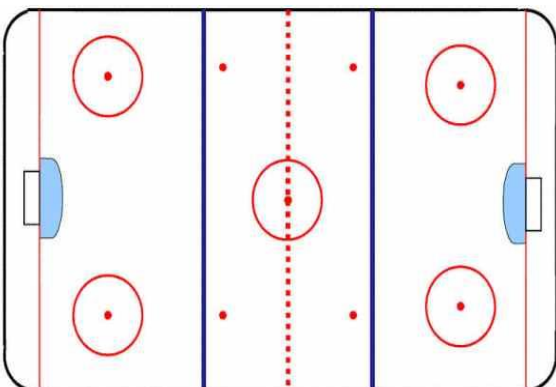


WARM UP

SKILL STATIONS



#1 _____



#2 _____

#3 _____

#4 _____

Notes: