

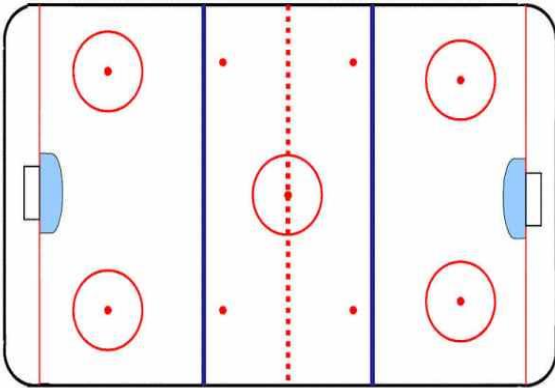


**Altona Maroons
Minor Hockey
2018-19**



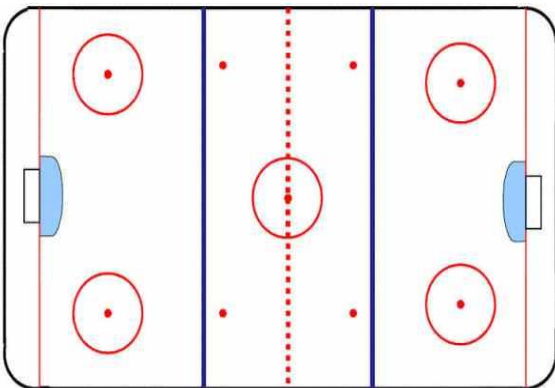
Practice# _____

Date _____

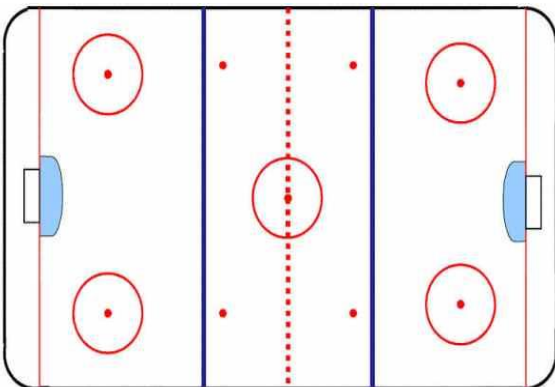


WARM UP

Drill #1 _____



Drill #2 _____



Drill #3 _____

Notes: