Drill title: Castle	11/14/2019 4:17 PM	Page: 1 o
Category #1 : warmup	Title: Castle	
Category #2: skating		
Content elements :	Components:	
		X X X X X X X X X X X X X X X X X X X
Key points :	c cut quick turn	
	Description	
alestina varanna vakiah varale an ananim	Description	the with a seiner femore and with a
T-push or backwards with a C-cut.	ng up hips and getting a good first push, who	ether it's going forwards with a