Beta Practice Checklist

1) Backward Stroking

2) Right Backward Crossover Strokes

3) Left Backward Crossovers

4) Right Backward Crossovers

5) Right Foot T-Stop

6) Left Foot T-Stop

7) Begin working on outside 3-turns from Gamma

8) Begin working on hockey stop from Gamma

9) Practice competition programs if you have them!

Coaches additions: -

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