Gamma Practice Checklist

1) Right Forward Outside Three Turns

2) Left Forward Outside Three Turns

3) Right Forward Inside Mohawk Combo

4) Left Forward Inside Mohawk Combo

5) Hockey Stop

6) Continue working on crossovers forward and backward

7) Continue working on T-Stops

8) Continue working on crossovers both forward and backward

9) Begin working on outside and inside edges from Delta

10) Practice competition programs if you have them!

Coaches additions: -

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