

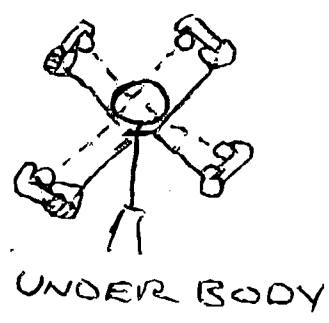


PUCK WORK FOR DRY LAND

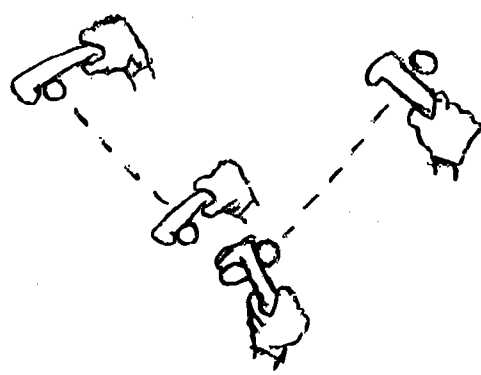
MARKY'S
ONE AND ONLY
QUOTE :

"CONTROLL OF THE PUCK IS ESSENTIAL!
CONTROLL REQUIRES PRACTICE & HOURS OF IT,
THE PRACTICE WILL CREATE "MUSCLE MEMORY"!

① OVER/BACK - LEFT TO RIGHT "BUTTER ON BREAD"



② OVER/BACK - FORWARD TO BACK THEN INTO V'S



TAKE V'S
DEEP

③ OVER/BACK OVER PUCK
- IN FRONT w/ STRAIGHT WRIST



TRIANGLES - ALL DIRECTIONS OF THE FRONT & BACK
- TRIANGLES ARE GREAT FOR HAND SKILLS

④

