



















LEGEND

© or COACH	Coach		Forward Skate
X or ⓧ	Player		Forward Skate With Puck
ⓓ	Defense		Passing
O	Offense		Forward Stroke
F	Forward		Gliding, Two Feet
W or Ⓦ	Wing		Backward Skate
ⓁW	Left Wing		Backward Skate With Puck
ⓇW	Right Wing		Edge Control
BC	Backcheck		Deking
	Goal		Log Rolls On Ice
	Glove		Jumping
	Stick		Shooting
	Cone		Stop
	Puck		