ICE DRILLS

PUCKS

gathering

PROGRESSIVE:

EZ TO HARD

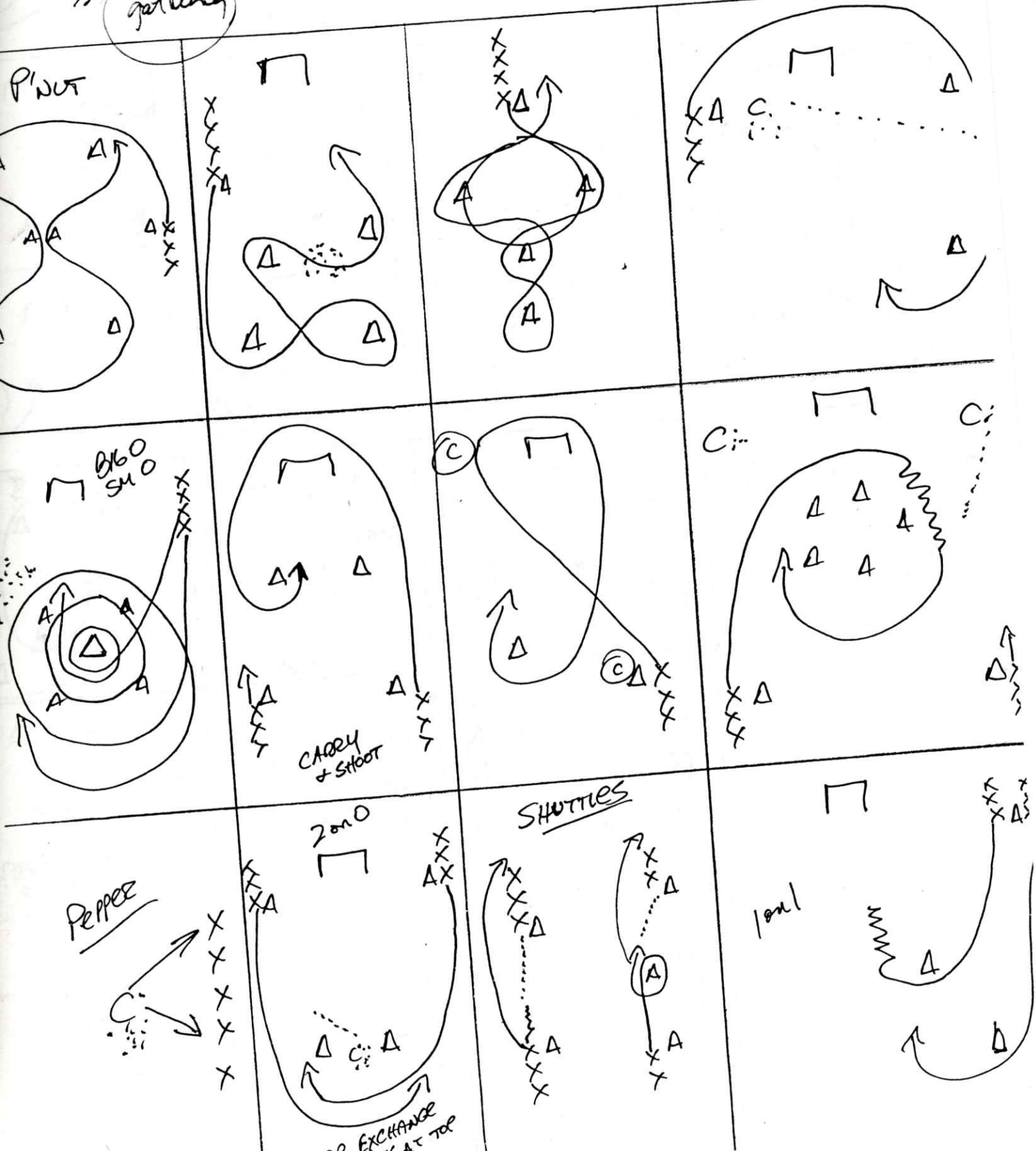
ADD PUCK

ADD SPEED

ADD DEFENSE

ADD 2ND STA

ADD PASS

CHANGE DIREC

add Goal + Go