

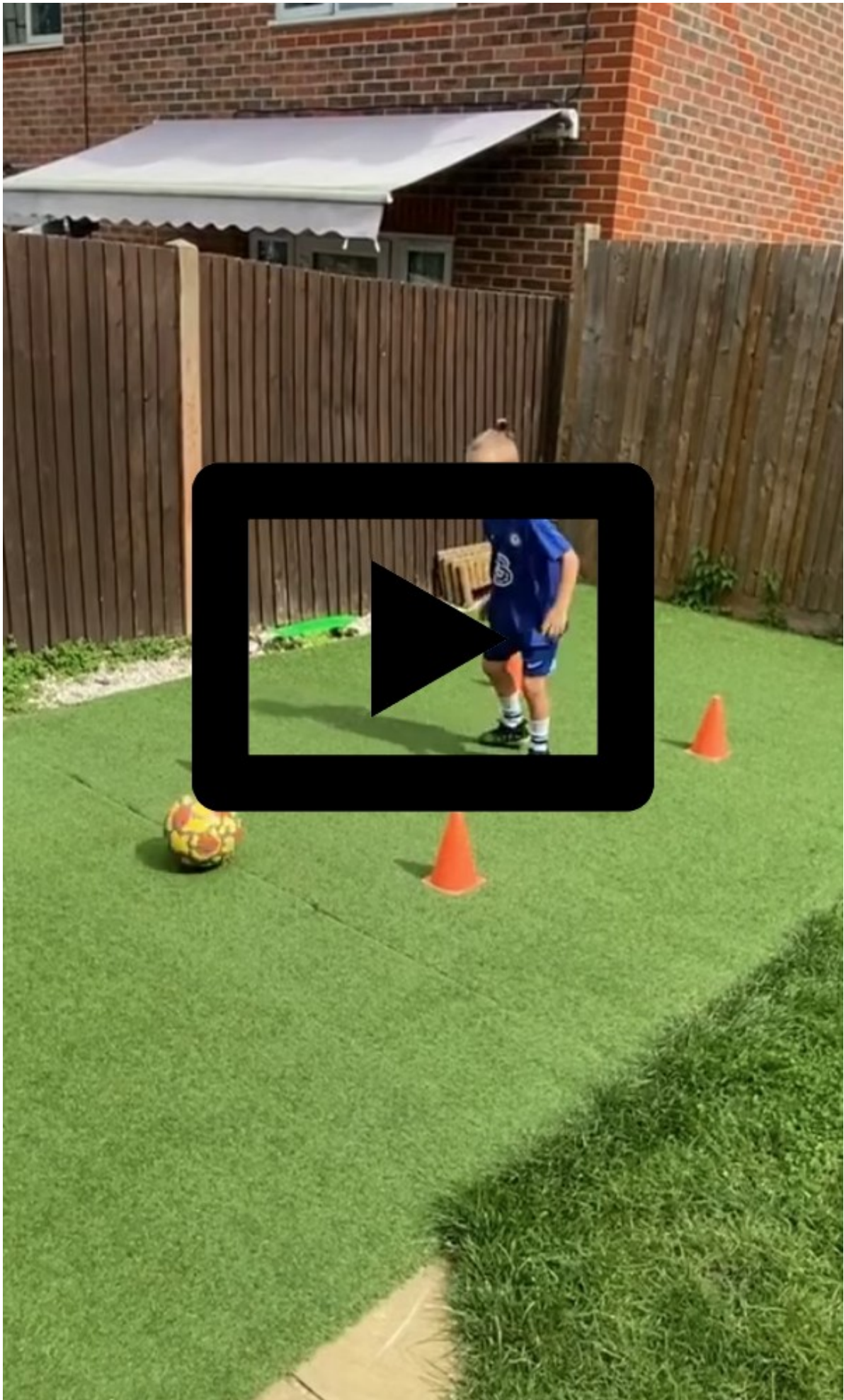
Ball Skill Warmups

Open and reverse stick

(change football for hockey ball)

Stick and footwork

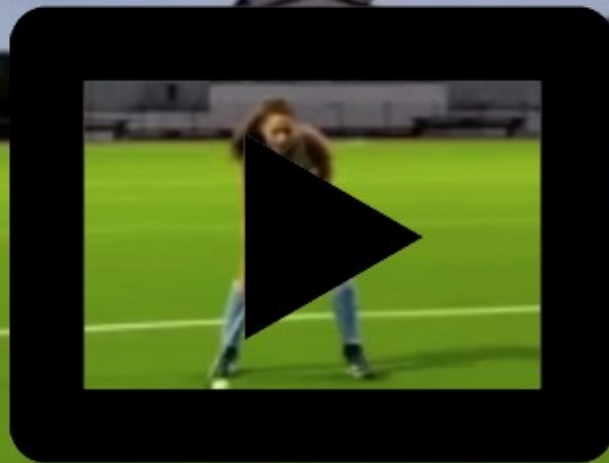
Chase 'em



Instagram Link



0:21



Instagram Link



Instagram Link

3 Balls + 2 Goals

(change football for hockey ball)

Foot Fencing

Happy feet (or not!)



Instagram Link



Instagram Link



[Instagram Link](#)

Catch duck duck



[Instagram Link](#)