

Title : Full Peanut

Content elements: \_\_\_\_\_

Components : \_\_\_\_\_

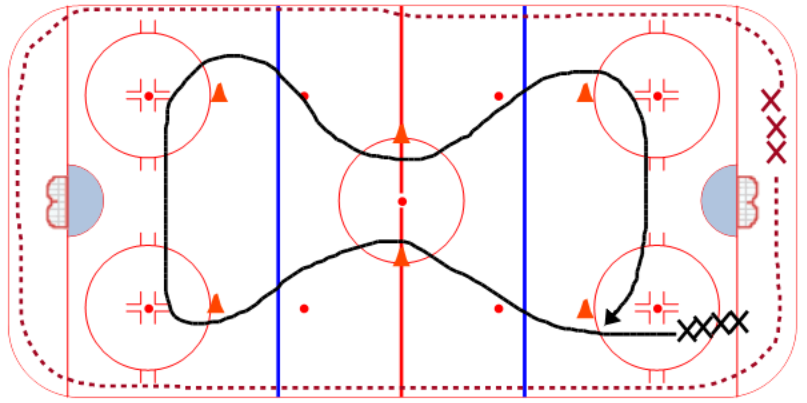
**Description**

Make four or more groups of skaters.

The first group skates the full peanut pattern shown while all the other groups skate around the outside of the rink.

After 15 seconds blow the whistle and the second group starts the peanut from wherever they are on the ice while the other groups skate around the outside.

Keep this up in 15 second intervals.



Key Points :