

Description

Drill starts with a F on the wall and the D outside the circle with a puck.

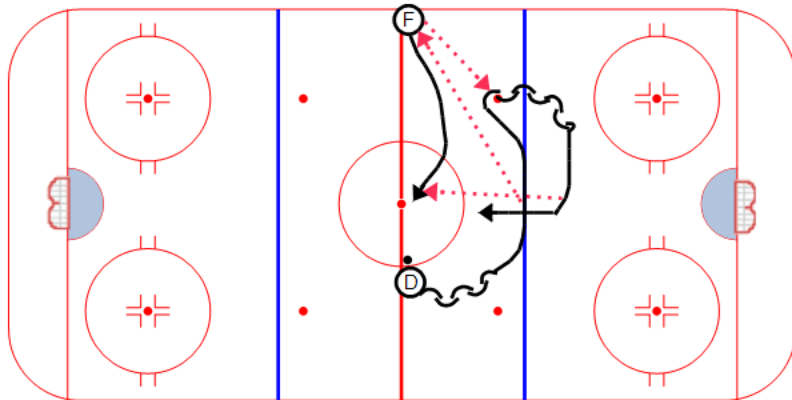
D back skates, transitions to forward and makes a pass to F on the boards.

D transitions to backward and receives a pass back from F.

D transitions to forward skating and makes a pass to F cutting through the middle.

D should follow the play up ice after the pass.

Alternate sides so D work both directions.



Key Points :

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