

**Description**

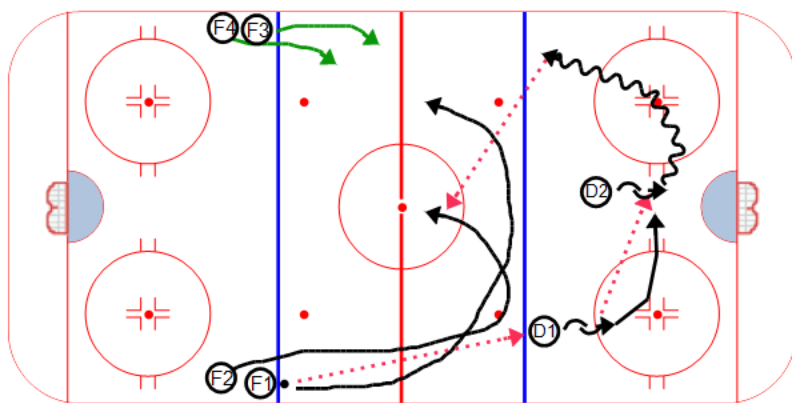
Drill starts with F1 passing to D1  
D1 and D2 hinge and D1 passes to D2  
F1 and F2 skate through the neutral zone  
D2 receives pass and moves up looking to pass to F1 or F2  
F1 and F2 go in 2x0 for a shot

F3 starts the next series by passing to D2 who is now on the blue line and D1 is in support position.  
D2 and D1 hinge and D1 passes to F3 or F4 in the neutral zone.

Drill is continuous. Each D pair should run the drill a few times each and then change pairs.

**Options:**

Add a third F on each side to make it 3 forwards in the neutral zone. Add 1 or 2 D to defend the rush.



**Key Points :**