


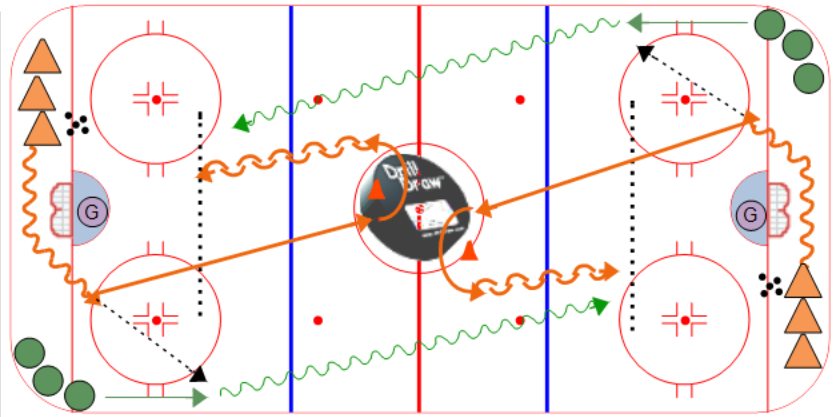


**Description**

Drill goes both sides at the same time.

At the whistle, defensemen  skates behind his net and passes the puck to forward  who accelerates towards opposite net.

Defensemen  after the pass goes to the center of the ice, around the pylon, pivots while always keeping his eyes on the player coming towards him.

**Key points :**

Precision

Speed

Judgement

Pivot facing player