






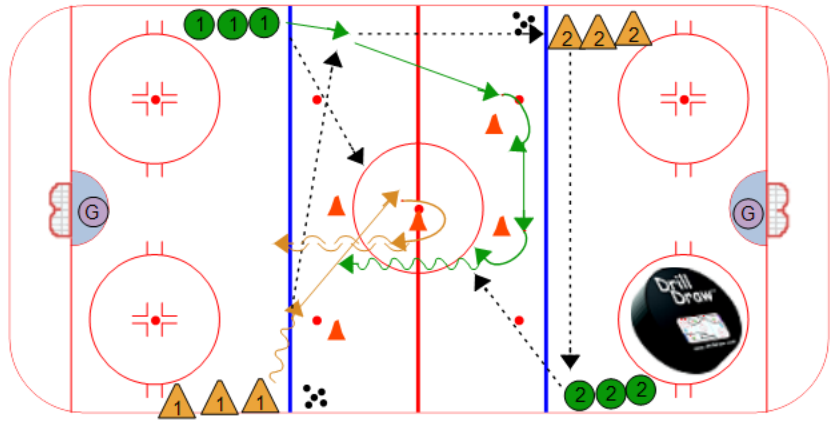


Description

Defensemen  takes a few steps and passes to  on the fly. He will then tip the pass to def  who passes to other forward  who will finally give it back to speeding forward .

Defensemen  goes around the center pylon, pivots and comes back to close the gap on puck carrier (1vs1).

Drill starts again but starting with def .



Key points :

Precision

Speed

Judgement