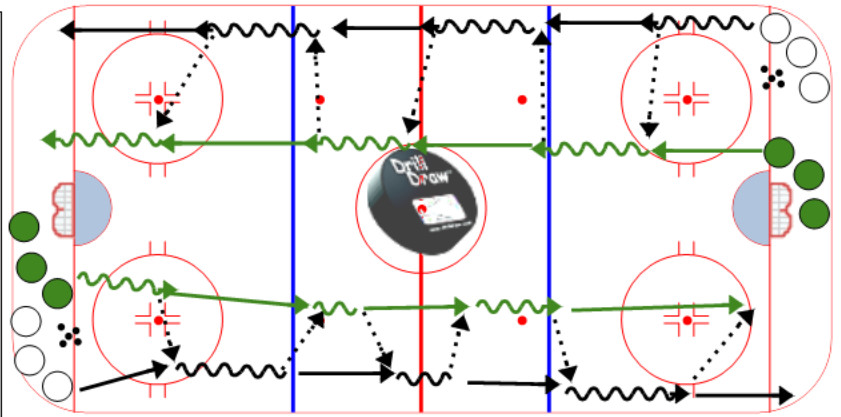


Description

Player pass the puck to each other as quickly as possible. Player must increase tempo as they do the exercise.



Key points :

Precision

Timing