

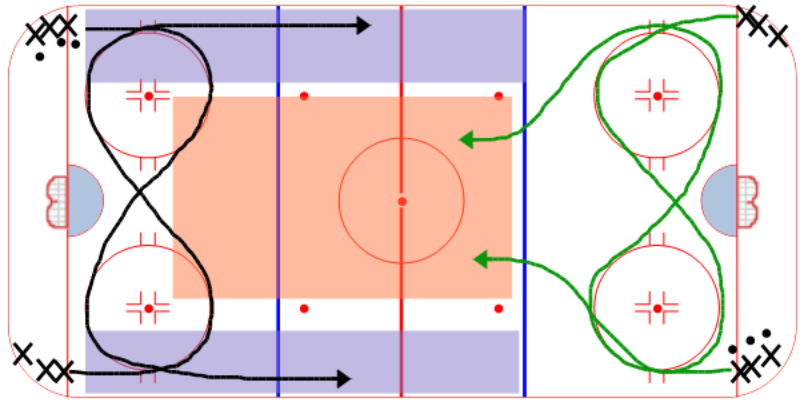
Description

This is a 2 on 0 drill.

Players start by skating over the top of the near circle and under the bottom of the far circle. One side skates an outside the dots pattern while the other end skates an inside the dots pattern.

Make sure the players keep their heads up so we don't have collisions.

Make sure the players keep their feet moving while they power through the turns.



Key Points :

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