

Title : Circle Two Nets

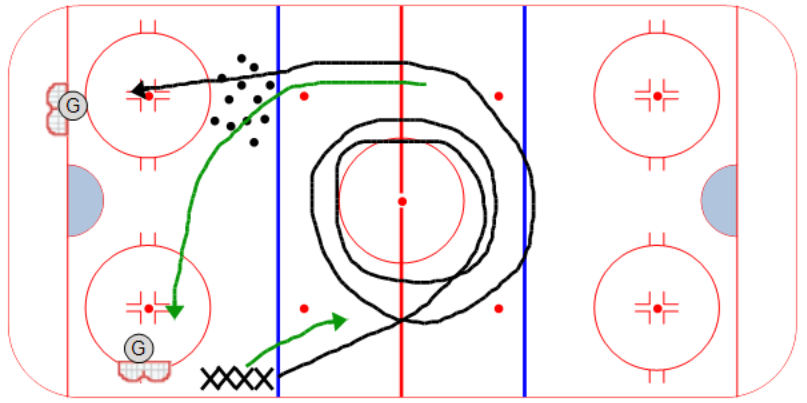
Content elements:

Components :

Description

The first two player's in line skate large circles around the center circle. Both player's make two complete circles and then the first player picks up a puck and goes to the net on the goal line and the second player shoots on the net along the wall.

To keep the diagram from being covered with lines the green skater is doing the same pattern but I only put lines in at the start and end of the drill for him.



Key Points :