

Title : Dot Drill

Content elements: \_\_\_\_\_

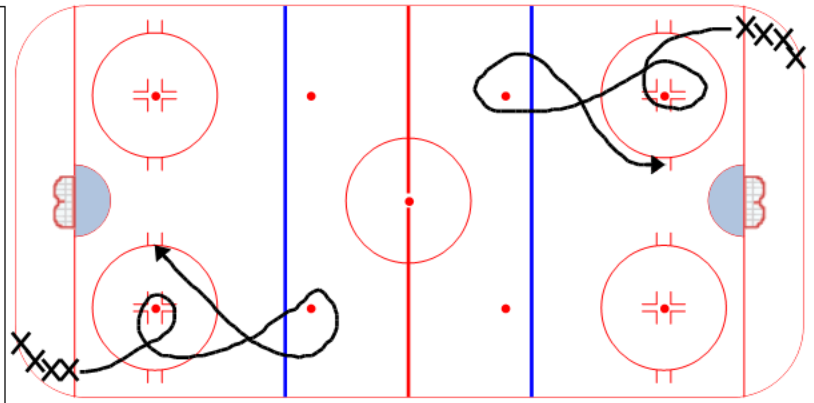
Components : \_\_\_\_\_

**Description**

This drill can be run with or without pucks.

If run without pucks you can add a pass from the next player in line when the skater comes across the blue line.

Make sure the skaters keep their feet moving.



Key Points :