

Title : Shadow 1 on 1

Content elements:

Components :

Description

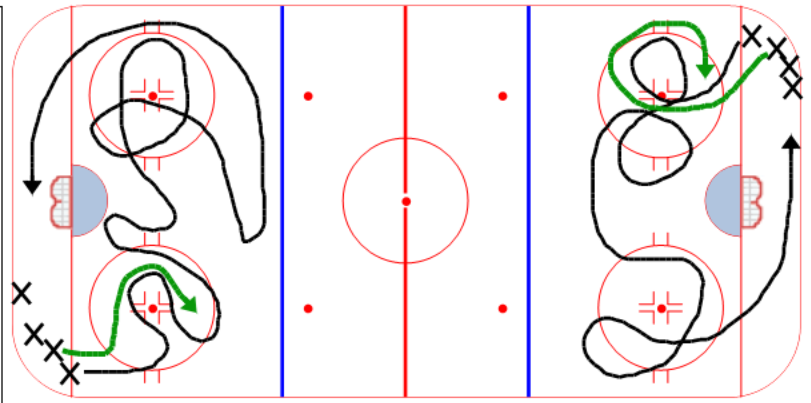
Simple shadow drill

First player in line skates out and goes wherever he wants.

Second player in line follows the first player and attempts to shadow all moves made by the first player.

Drill should last no more than 15 seconds

This drill helps players work on reaction time.



Key Points :