

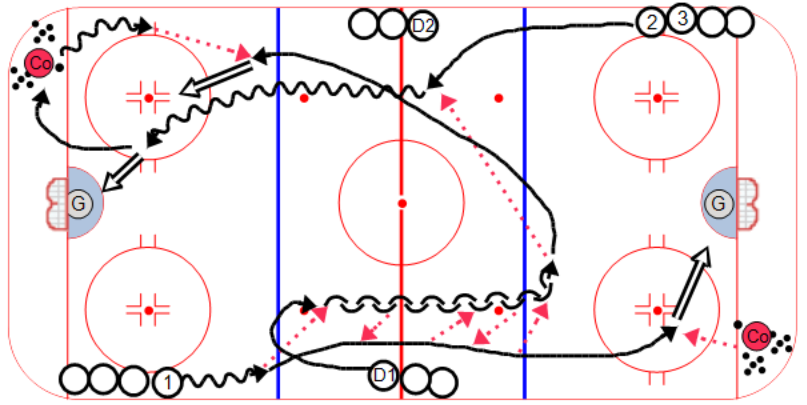
Title : Quick Up Drill

Content elements: _____

Components : _____

Description

1 and D1 start together and make passes while D1 skates backward and 1 forward.
At the blue line D1 pivots and makes a quick-up pass to 2 skating out of the corner with timing.
D1 follows 2 up ice to the blue line
2 drives the net and takes a shot. After the shot 2 skates to the corner and gets a puck to pass to D1 at the point for a shot.
1 finishes his part in the drill by receiving a pass from the coach in the corner for a shot.
Drill begins again with 3 and D2 on the opposite side.



Key Points :