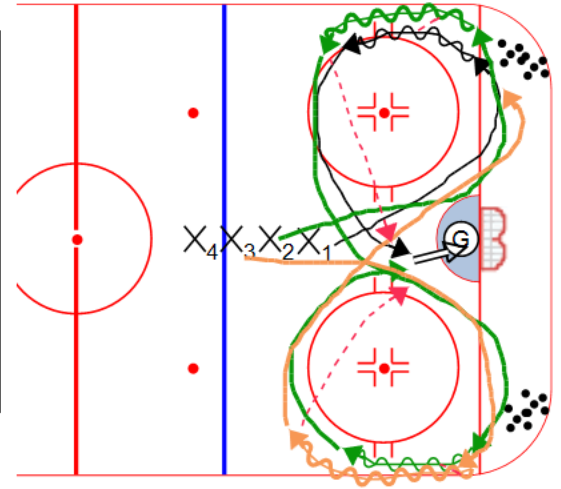


Description

This is a continuous drill where the player that receives the cycle drop pass continues on to the opposite corner to start the cycle with the next player in line. You can start with pucks in both corners or a coach can stay at the blueline and dumps pucks to each corner as the play goes to that corner. X1 starts drill by going into the corner and picking up a puck. X2 follows behind X1 for a drop pass on the cycle. X1 continues around top of circle and receives a pass from X2 for a shot (X1 then goes to the back of the line). X2 continues to opposite corner and picks up a puck and performs a drop pass to X3. X3 passes to X2 for a shot and continues to opposite corner to start drill again.



Key points:

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