

Title : Dot Drill

Content elements: _____

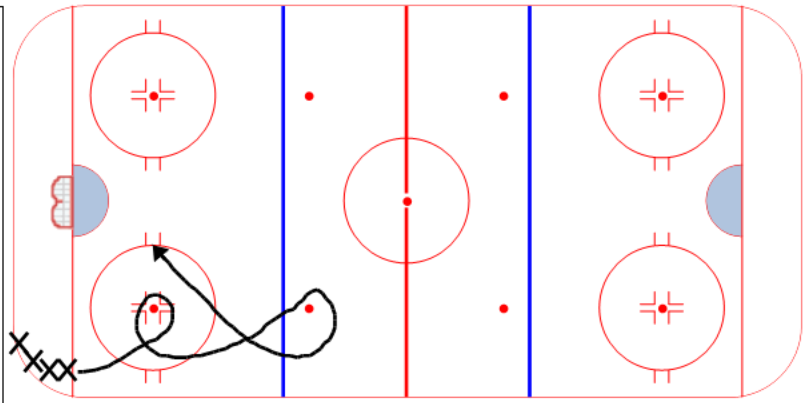
Components : _____

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 :