

Title : Half Peanut

Content elements: _____

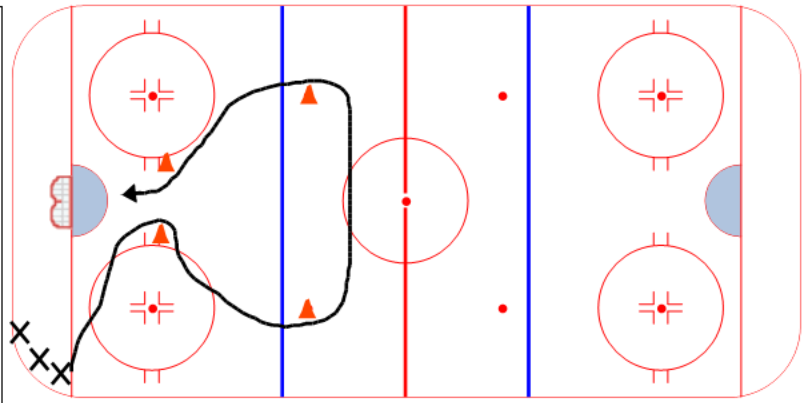
Components : _____

Description

This drill can be run with or without pucks.

Make sure the skaters cut as close as possible to the cones when making their turns. Make sure they are moving their feet through the turns as much as possible.

The drill can be finished off with a shot.



Key Points :