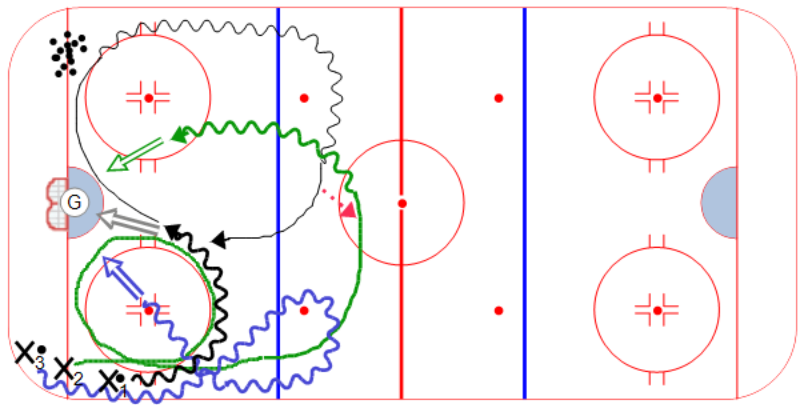


**Description**

Three skaters run this drill together. Three shots are taken.

- 1) X1 Skates a pattern to pressure the seam and takes a shot
- 2) X2 Skates the full circle without a puck
- 3) X3 Skates an inside/out pattern around the dot with a puck
- 4) X1 picks up a puck at the far circle and does a neutral zone exchange with X2
- 5) X3 comes down the wall and shoots
- 6) X2 shoots while X1 crashes the net for a rebound or X2 passes to X1 and goes to the net for a rebound

Make sure the timing is right on this drill so you don't have two shooters taking shots at the same time. You want your goalie to square up on the first shooter and then have time to come back to a ready position and defend the second shot.

**Key Points :**

Timing

Good Passing

Shooting