

**Description**

This drill is used to practice a quick transition pass from the D to a F.

F1 dumps puck below goal line

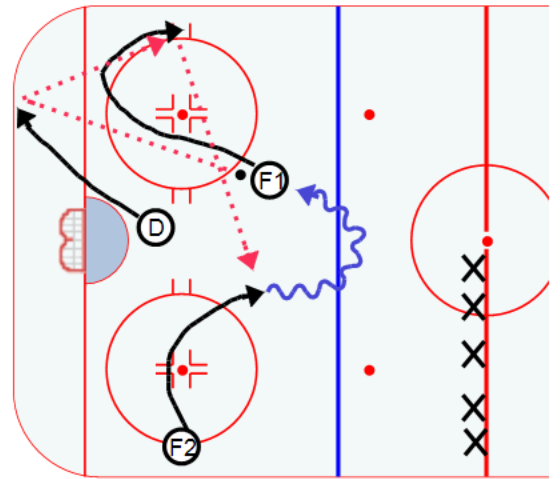
D skates in HARD and retrieves puck and in quick motion passes to F1 on the wall

F2 breaks through the slot to simulate a breakout and receives a pass from F1

F2 skates out and then back in to become the new F1 and start the drill again.

Players along the top are used to stop pucks from going to the other end on a missed pass.

You can have F1 & F2 loop in NZ and attack 2x1 as a progression.



Key points:
