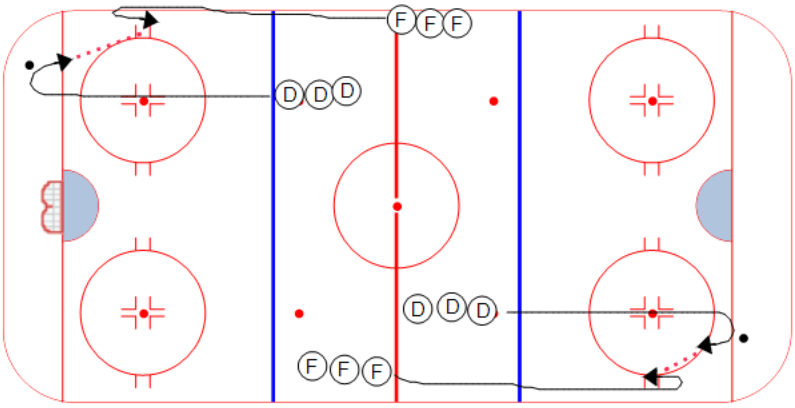
Title : QUICK-UP DRILL **Content elements:** **Components :**

Description

1. D dumps puck into corner
2. F skates to breakout position (F should NOT stop moving)
3. D get puck and quickly moves puck up the wall

Run drill on both ends

F can finish drill with a shot at the opposite end



Key Points :