

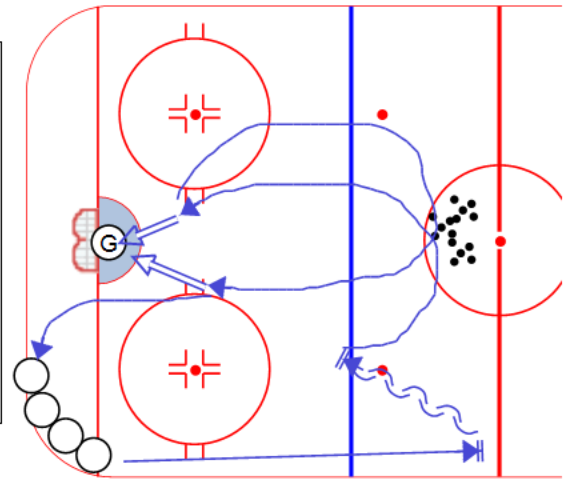
Description

All players participate in this drill

Once you score two goals total you are finished with the drill

Each player takes two shots on their turn. If you score two goals you are done. If you score one goal you go back in line for another turn and need to score only one goal the next time if you scored one on your first turn.

SKate to red line, stop hard. Backward to blue line. Circle to pick up a puck and go in for shot. After shot return to center ice for new puck and a second shot.



Key points:
