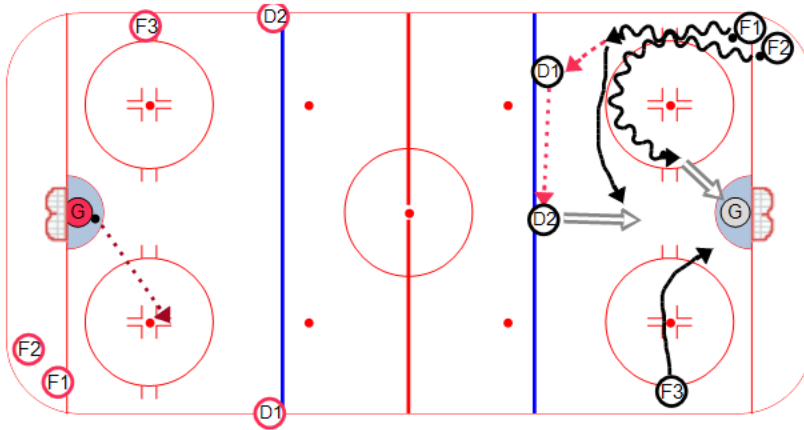


**Description**

Start with five players in the offensive zone as shown. F1 comes across the top of the circle and shoots on net, then goes to the front. F2 comes up the wall, passes to D1 and circles to the high slot. F3 comes off the far wall to the front of the net. D1 passes to D2 for a shot. Play the one puck until a goal is scored. When a goal is scored the goalie at the far end moves a puck out in the defensive zone and the 5 offensive players come back and regroup and attack the offensive zone again. Once the regroup clears the blue line a new set of 5 (red) run the same drill from the opposite end.



Key points :

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