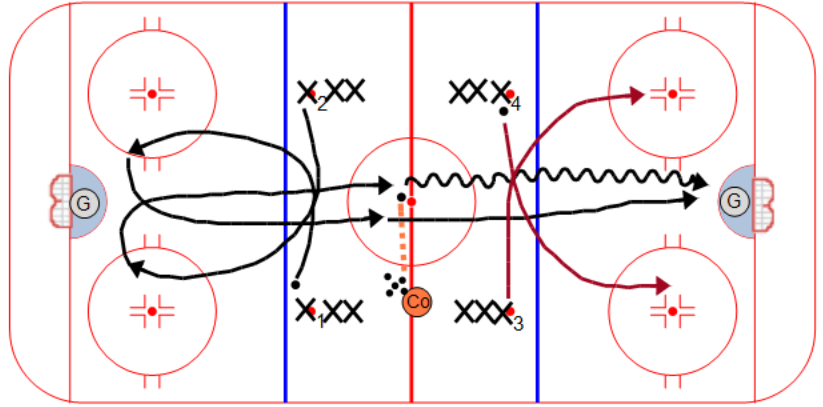


Description

Drill used to condition players while working on skills
X1 and X2 start drill 2 on 0. Coach blows whistle and places a puck in the center circle.
X1 and X2 race for the puck and winner shoots while loser backchecks.
Coach blows whistle and X3 and X4 go 2x2 against X1 & X2.
On whistle coach puts puck in center circle and X3 & X4 race for it.
Drill continues with X1 & X2 Playing 2x2 against X3 & X4



Key points :

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