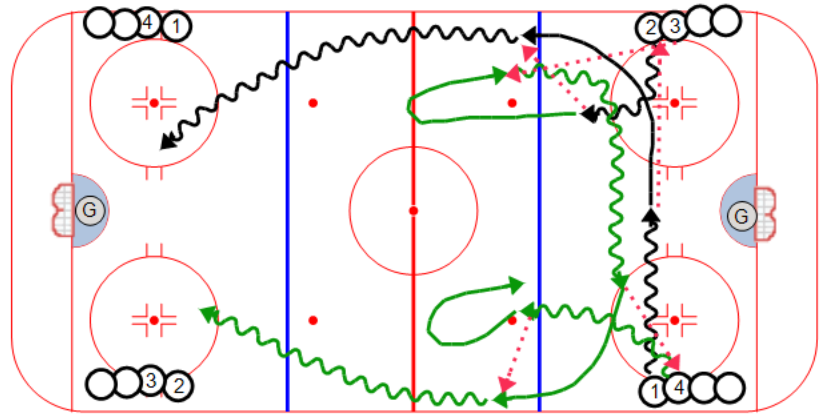


Description

Both ends at the same time from opposite corners.
 1 skates across and passes to 2 on the opposite line.
 Try to make two or three passes if possible.
 2 skates underneath 1 and passes to 1 along the wall.
 1 goes down and shoots.
 2 loops back in and receives a pass from 3.
 2 skates across the ice and exchanges passes with 4.
 4 skates underneath 2 and passes to 2 along the wall.
 2 goes down the ice for a shot.
 4 would then come back in and receive a pass from the first player in his line and skate across like 1 did to start the drill.
 Drill goes back and forth side to side.



Key points :