

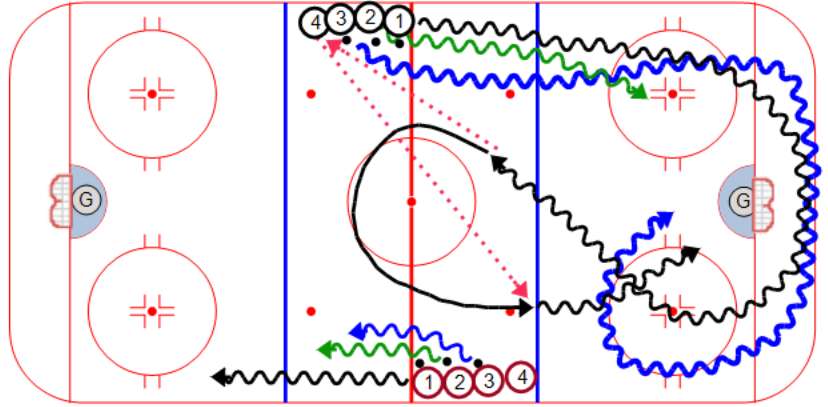
Description

Three skaters start together and go from both sides at the same time.

1 Goes around the net with a puck and when he gets back to the blue line he passes to 4. 1 circles the center circle and gets a pass back from 4 and goes in for a shot.

2 goes down the wall and shoots from the circle.
3 goes around the net and around the top of the far circle and shoots.

This drill allows the goalie to see three different shot angles as a warm-up.



Key points :

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