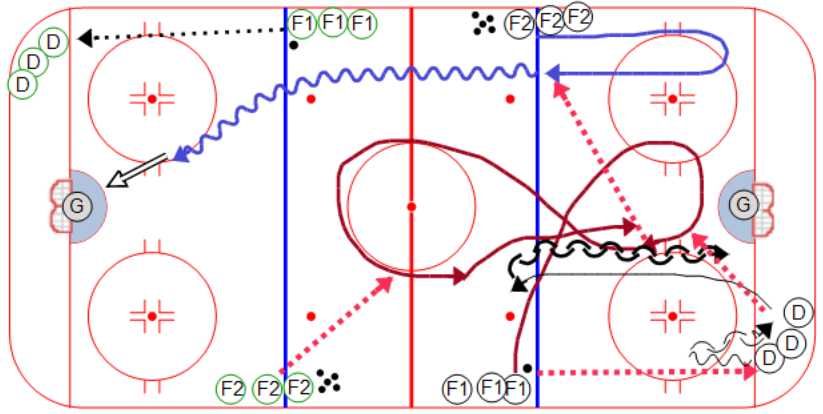


Description

Drill runs from both ends at the same time. F1 starts drill with a puck and second player in F2 line has a puck. F1 passes to D down low. D skates out to dot and then back to goal line. F1 skates hard to the middle lane BO position. F2 skates down the boards to the wall BO position. D passes to F1 in the middle, then F1 passes to F2 outside. F2 skates down the ice for a shot. After the pass to F2, F1 skates around the center circle and receives a pass from the second player in the F2 line. D skates out to the neutral zone and gaps up against F1 and they go 1 on 1. Play is happening from both ends at the same time.



Key points :