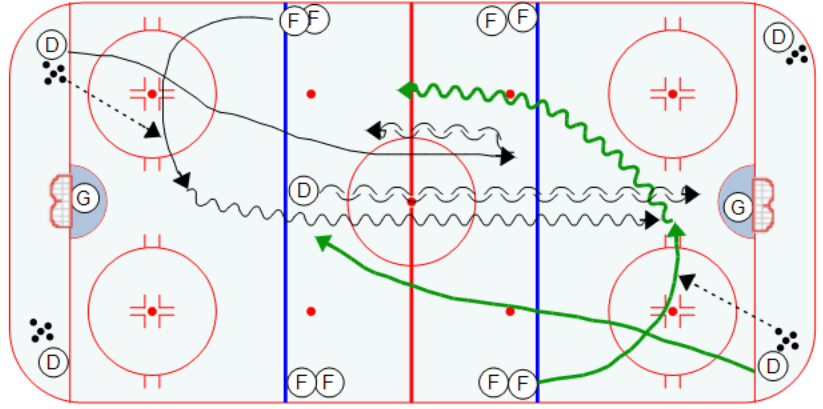


Description

- Drill starts with one D in the neutral zone
- F loops into the zone and receives a pass from D in corner.
- F and D battle 1 on 1 down the ice.
- D who made the pass skates up ice to wait for next rush
- Once the rush passes the blue line opposite side F begins drill again.

Alternate sides. This drill is continuous.



Key points :

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