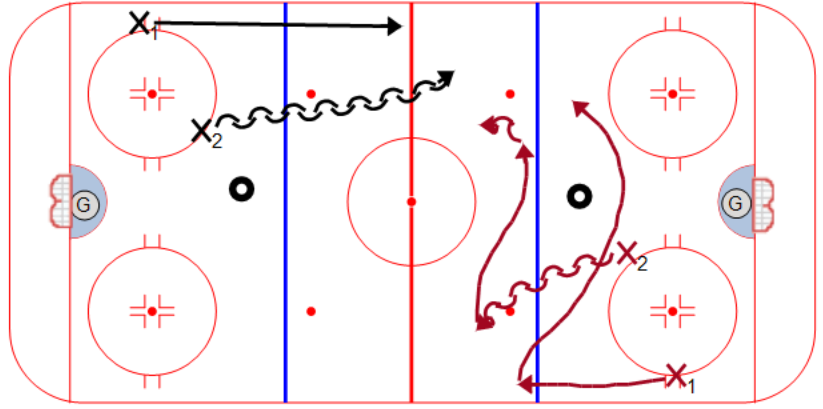


Description

Run from both ends at the same time. Two options shown here.

Coach blows the whistle and the players go 1 on 1 down the ice with X2 working on probe angle of attack.

If the coach blows a second whistle the players slam on the breaks and head around the tire / cone and go to the other side of the ice with X2 working on proper angle of approach.



Key points :

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