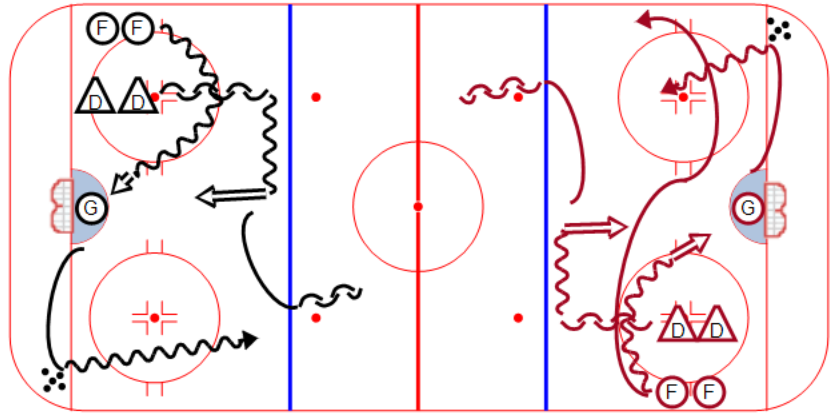


Description

**Drill starts on the whistle. Both ends at the same time.

On the whistle, the (F) skates along the top of the circle with a puck and takes a shot on the (G). As the (F) reaches the top of the circle, the (D) skates backwards to the blueline and takes the second shot on the (G). The (F) picks up a new puck from the corner and plays 1 on 1 with the (D).

Options: 2 on 1- A second (F) follows the first (F) for a 2 on 1.



Key points : High tempo