

Description

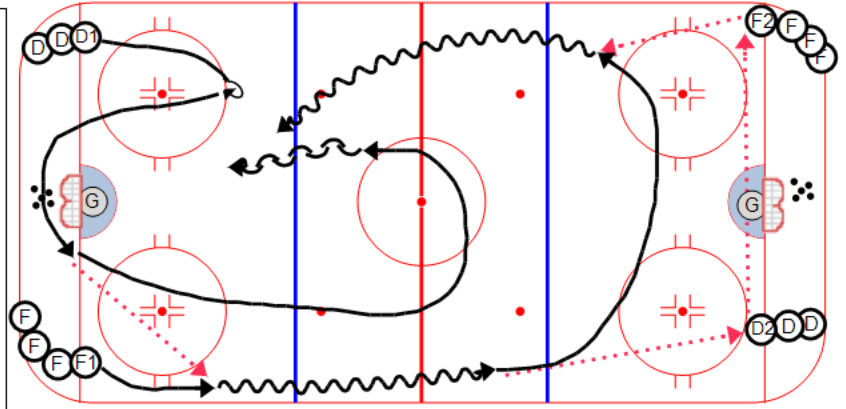
Drill runs from both ends at the same time.

D1 skates to the top of the circle, pivots and comes back to pick up a puck behind the net.

As D1 picks up the puck F1 starts skating up the wall and receives an outlet pass from D1.

F1 skates and passes to D2 in the far corner. D2 passes across to F2 and F2 passes back to F1.

D1 mirrors F1 up the ice and defends 1 on 1 as F1 comes back down the ice with the puck.



Key points :

Good Passes

Speed thru the High Slot

Gap Control for the D