

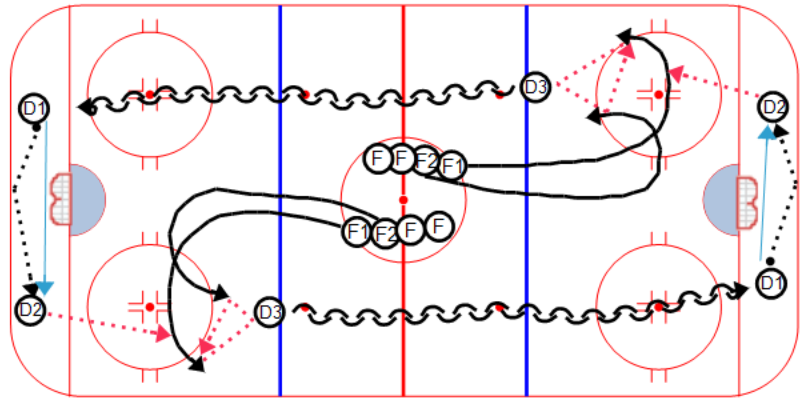
Title : Raider Passing

Content elements:

Components :

Description

Drill starts with D1 making a board pass to D2.
D1 moves to the D2 position after the pass.
F1 and F2 loop in low to receive a pass from D2
F1, F2 & D3 skate down the ice passing between each other.
D2 goes to the D3 position
When D3 reaches the goal line he passes to the new D2, then moves over to the D2 position.
Drill is continuous.
F1 & F2 must watch the play to time their entry into the zone.



Key Points :