

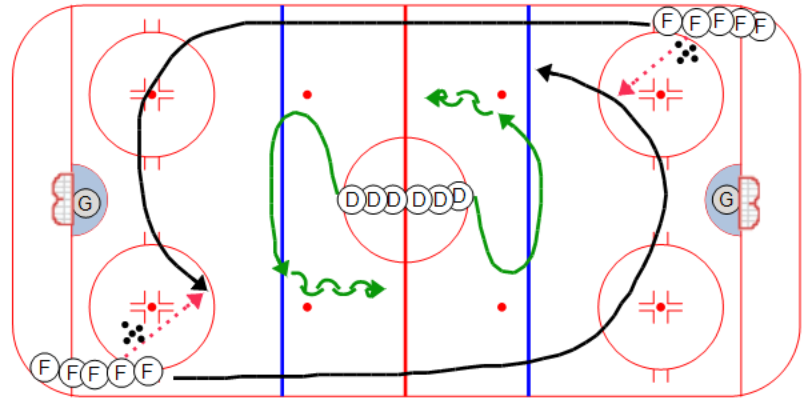
Description

Continuous drill.
All D in the middle of the ice.

Drill starts with the first F from each line skating hard to the opposite end and receiving a pass from the F at the front of the opposite line.

D from each side come out and mirror the F along the blue line and then defend the rush 1x1.

When the rush gets inside the blue line the next two F's start the drill.



Key Points :