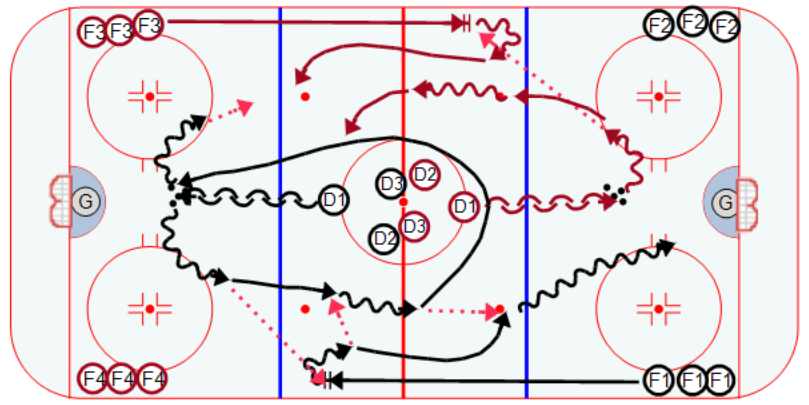


**Description**

Drill runs from both ends at the same time.  
D1 back skates to retrieve a puck at the top of the circles.  
F1 posts up outside the blue line for a pass.  
D1 turns up and passes to F1 on the wall.  
F1 drops a pass back to D1.  
F1 skates up ice and receives a return pass from F1 and goes in for a shot.  
D1 skates around the center circle to retrieve a new puck and run the same drill with F2 on the other side.  
After D1 passes to both F1 and then F2 a new D starts the next rotation of the drill.



**Key Points :**