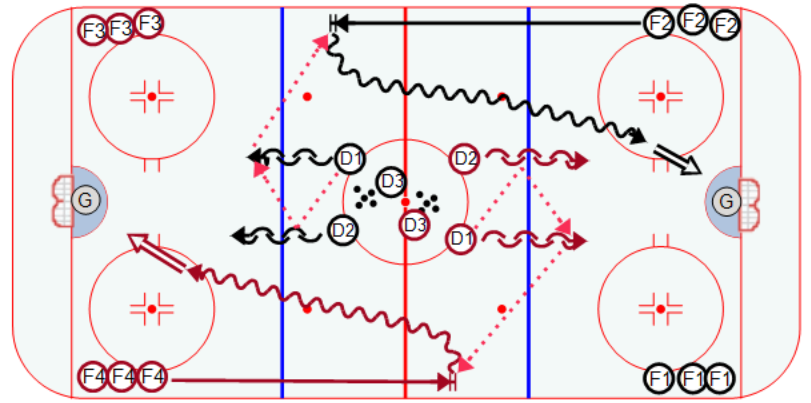


Description

Drill runs from both ends at the same time with opposite corners going together.
 The first pass is strongside pass. The D back skate exchanging passes then the strongside D passes up the wall to the forward on the wall. Both D race back to the circle to get a new puck and back skate again.
 This time the pass goes to the weakside wing on the wall.

So on the first pass D1 passes to F4 on the strongside, then on the second pass D1 passes to F3 on the weakside wall.
 D should change on the fly to keep the drill moving.



Key Points :

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