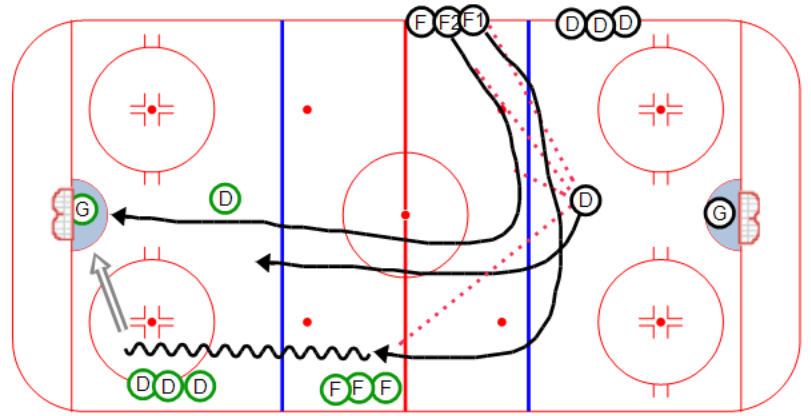


**Description**

1. F1 start the drill by passing to the defenseman
2. F1 loops to the far boards
3. F2 receives a pass from the defenseman and gives it back to him
3. D passes to the wall to F1
4. F2 drives hard to the net keeping his stick down looking for a pass or a rebound
5. F1 drives the outside lane and either shoots low to the outside pad or passes to F2
6. D follows the play after making the pass to work on good habits following a play

**Key Points :**

High Tempo

Drive Down the Middle

Stick on the Ice

Rebound Position