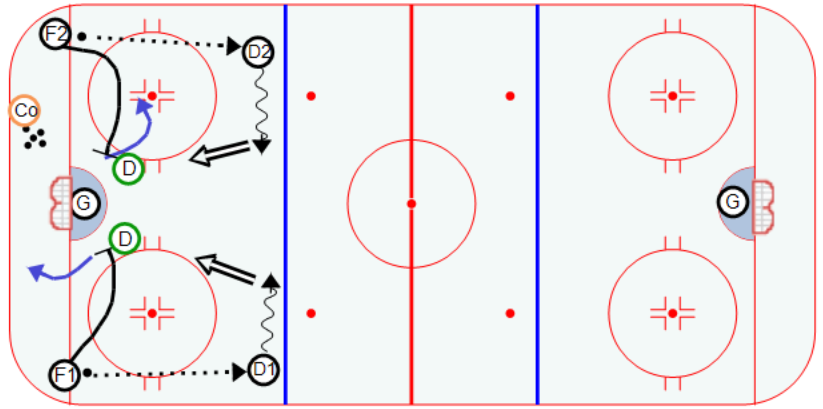


Description

The coach blows the whistle to begin each part of the drill.

- 1) On the first whistle F1 passes to D1. F1 goes to the net and battles with that defenseman for position in front to screen or deflect the shot from D1.
 - 2) On the second whistle F2 does the same with D2 and all four battle for position in front.
 - 3) On the third whistle F1 & F2 try to get open for a pass from the coach and battle again 2x2 down low.
 - 4) On the fourth whistle coach passes to F1 or F2 and they skate up ice 2x2 against D1 & D2.
- Next group begins drill again.



Key points :