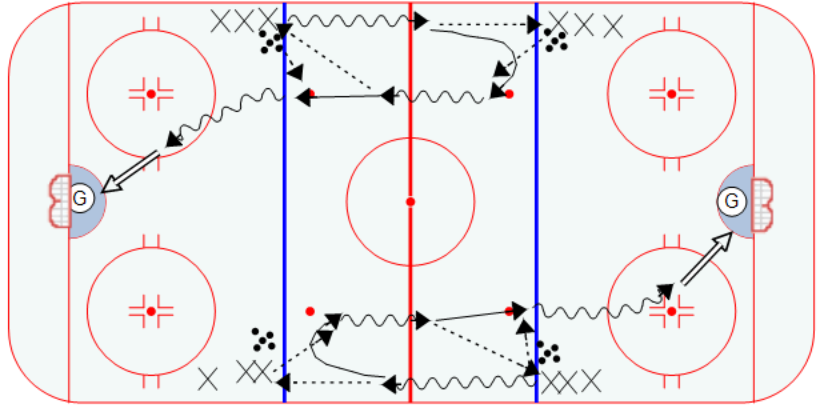


Description

- First player in line skates to the red line and passes to the first player in the opposite line.
- He then gets a return pass and skates back to the red line and makes a pass to the first player in his original line.
- He receives a return pass and skates in for a shot on goal.

Run from both sides and alternate which line starts the drill.



Key points :