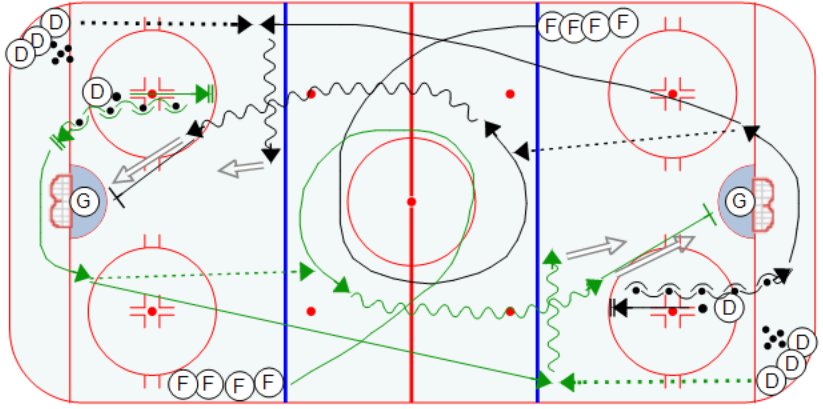


Description

This drill has a lot of lines and movement so I made each end a different color.

- Drill starts on a whistle from both ends.
- Forward skates around the center circle. At the same time the D at the bottom of the circle carries a puck to the top of the circle, transitions to backward to the goal line, transitions to forward around the net and passes to the F coming around the circle.
- F skates in and shoots. F goes to net for screen. D follows play and receives a pass from D in corner and takes a second shot.
- Drill begins again on a new whistle. Switch sides after a few minutes.



Key points :

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