Title: Avalanche Flow Drill	Category #1 :	Passing	Category #2 :	Direct Passing
<u>Description</u>		660		

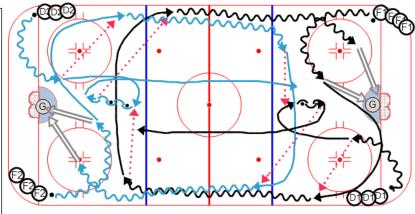
Both ends

F1 skates and takes a shot. Continues low around far circle and receives a BO pass from D1. F1 skates down the outside lane and passes to D2

near the blue line.

D1 skates to the blue line to receive a pass from F2. D1 receives pass from F2 and drags puck back while

F2 crosses the ice to receive a return pass.
F2 skates in for a shot on goal while D1 joins the rush and looks for a rebound or pass.



Key points :		