Title:	LATERAL SKATE WITH SH	Category #1 :	Defensemen	Category #2 :	Skate/Shoot
<u>Description</u>			_	633	× **
1. Put pucks in locations shown 2. D skates in hard and picks up a puck. Drags puck back to point, transitions to forward, carries along the blue line and shoots. 3. Continue to opposite side to pick up a new puck, drag puck back to point, drag along blue line and shoot.  Based on the players shooting side he will skate forward along blue line on one side and drag backward along the opposite side.			ots. uck back ilong blue		G
Key poi	nts:				<b>&gt;</b> 11