Title: Brownie Quick Up 1x1 Content elements: Components:

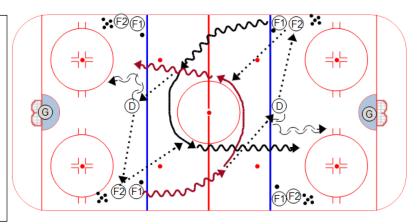
## **Description**

F1 skates up with puck and passes to D. D passes to F2

F1 continues around the circle and gets a pass from

D steps up and closes the gap and plays a 1x1

Next set of D step out and start drill from opposite side.



Key Points : Quick Up Passes D Quick Feet