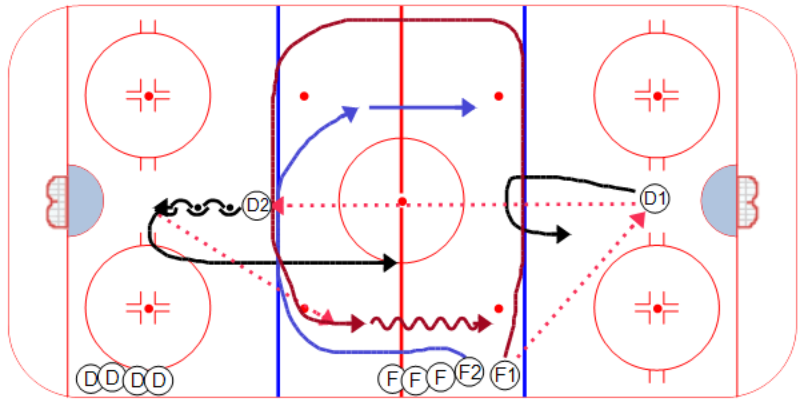


Description

Drill starts on the whistle
D1 should be down between the circles and D2 at the far blue line.
F1 passes to D1 and skates a pattern through the neutral zone, down the far wall and across the far blue line.
F2 skates a pattern down the near wall and across the far blue line.
D1 makes a long pass to D2. D2 back skates and makes a transition pass to F1 or F2 in the NZ then joins the rush for a 3 on 1 attack against D1.
When the drill ends, D2 becomes the new D1 and a new D steps in at the D2 position.



Key Points :