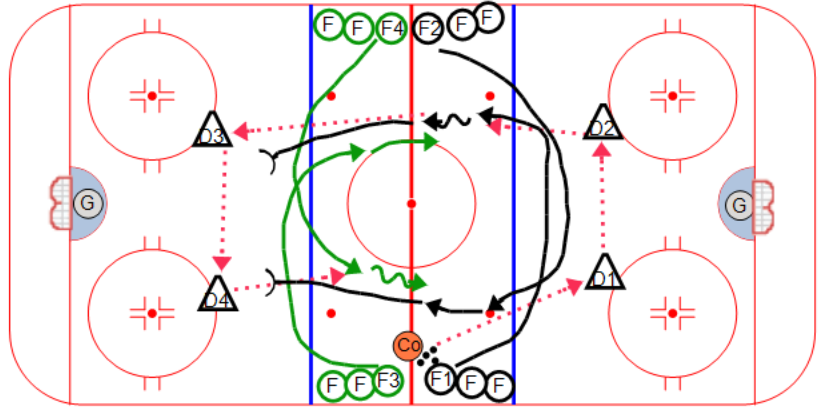


Description

Drill starts with the coach passing to D1.
D2D pass to D2 and regroup pass to F1 or F2.
Forward carries puck to the red line and passes it to D3 or D4. F1 and F2 then forecheck D3/D4.
F3 and F4 cycle through for the regroup pass.
After receiving the pass, they move the puck to D1/D2 and forecheck.
Drill is continuous.
After a few rotations you can blow the whistle and the forwards can attack the two D 2 on 2.
Change the D and start again.



Key points :