

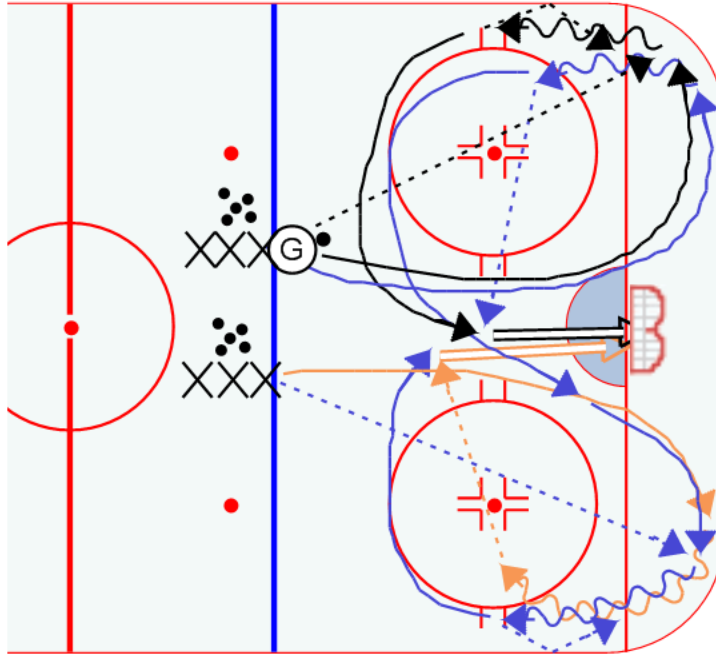
Title : Perpetual Cycle

Category #1 :

Category #2 :

Content elements:

Components :



Key Points :

Description

"Ghost Man" dumps a puck in - then goes into corner and picks up the puck, and cycles it back. A second player follows him in to pick up the cycle. After cycling it back the first player cuts across the top of the circle and drives the net - second player passes out for a one-time shot.

After the pass is made, the first player from the other line dumps it in his corner. The player who just made the pass continues up around the top of the circle, then drives into the corner to pick up the dump. He cycles back, and the player who dumped it in supports to pick up the cycle. Same thing happens again. Drill continues perpetually.