

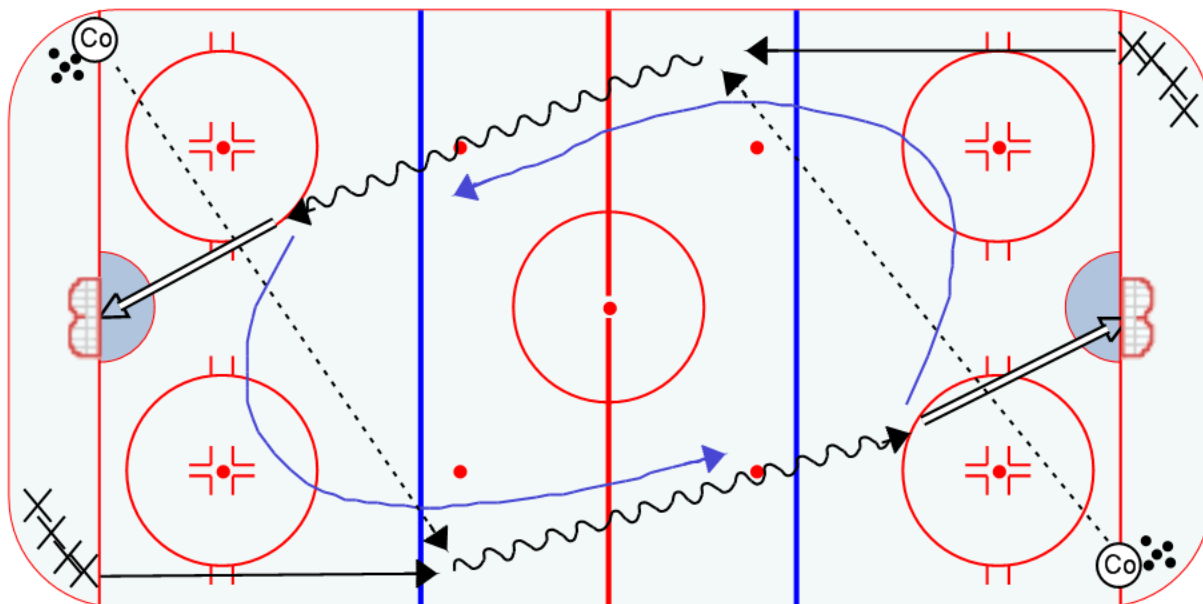
Title : Perpetual Backcheck

Category #1 : Backchecking

Category #2 : Shooting

Content elements:

Components :



Key Points :

Shoot in Stride

Full-ice Conditioning

### Description

First player in each line leaves and receives a pass from the coach. Each player skates full speed down the ice and takes a shot. Next player in line can't leave until the shot has been taken. After the shot, the shooter will peel off and backcheck the next player in line. Drill continues perpetually.

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