

Title : Perpetual Backcheck

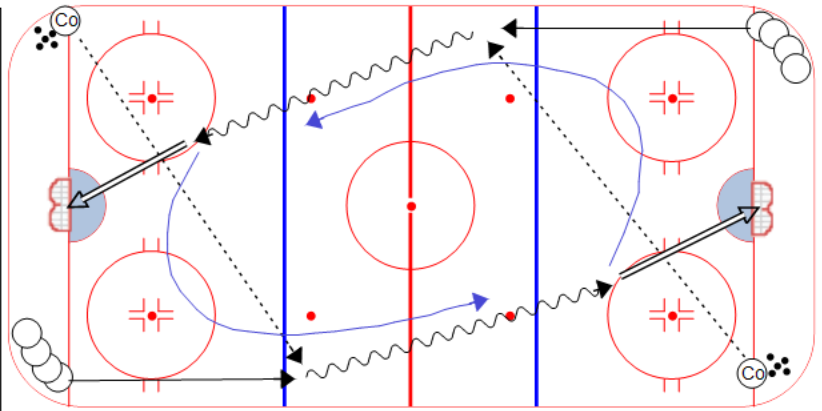
Category #1 : Backchecking

Category #2 : Shooting

Description

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

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Key points :

Shoot in Stride

Full-ice Conditioning