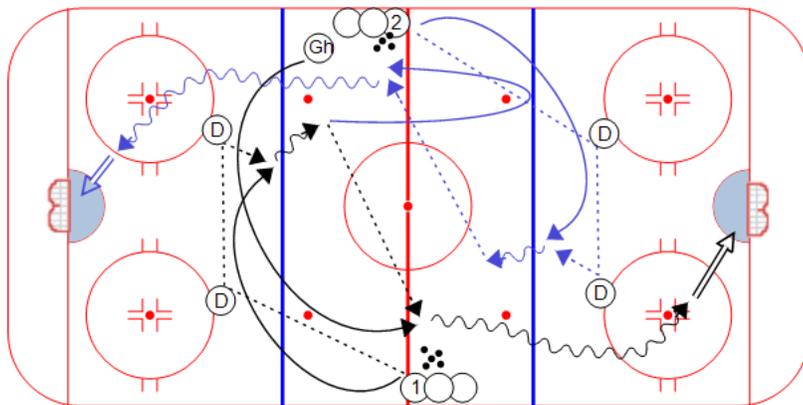


Description

1. On the whistle, (1) passes a puck to the (D).
2. D to D pass, then a return pass to (1).
3. (1) receives the puck and makes a stretch pass to the "Ghost Man" (Gh), who has skated across the neutral zone.
4. (Gh) takes a shot.
5. (2) passes a puck to the (D).
6. D to D pass, then a return pass to (2).
7. (2) hits (1), who has turned back up the ice.
8. (1) shoots, and (2) becomes the next "Stretch Man"

The drill is continuous with (1) making the next pass to the (D) and the stretch pass to (2).

**Key points :**

Passing

Timing

Shoot in Stride