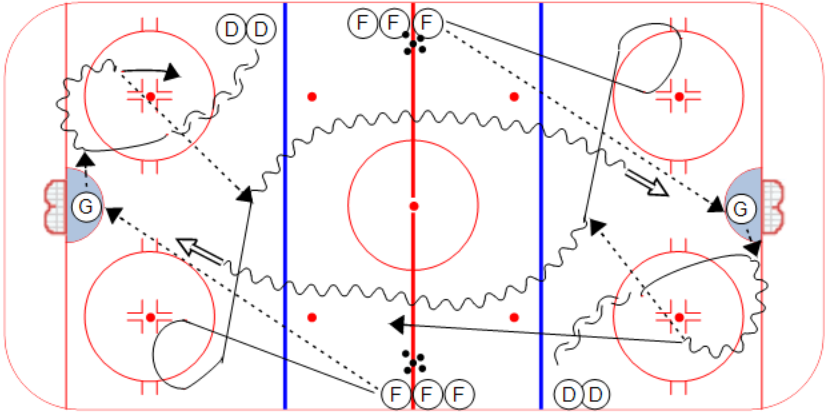


**Description**

\*\*Drill starts on the whistle. Both ends at the same time.

On the whistle, the (F) dumps a puck on the (G). The (G) sets the the puck up for the (D) who has skated back to retrieve it. The (F) turns back to the boards, skates through the middle and receives a pass from the (D) for a shot on the (G).

Option:  
The (F) can delay in the corner a make a pass to the (D) for a shot on the (G). (Not shown)



Key points :

Timing

Communication