

Title : Serpentine Drill

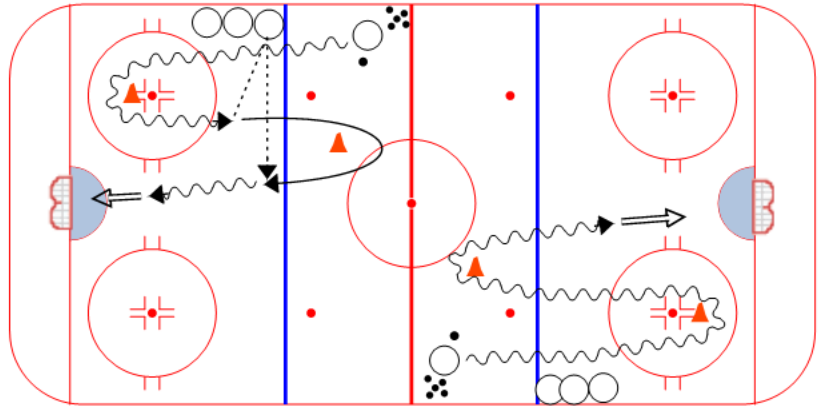
Category #1 :

Category #2 :

Description

1. Players line up as shown
2. Puck carrier drives deep, power turns around the low cone, and explodes up ice
3. Puck carrier passes to next player in line, then loops around the high cone
4. Next player passes back to the receiver, then skates up to the center line, picks up a puck, and starts the drill over

Simplified Version: Eliminate the pass



Key points :