

Title : Figure 8 Angling

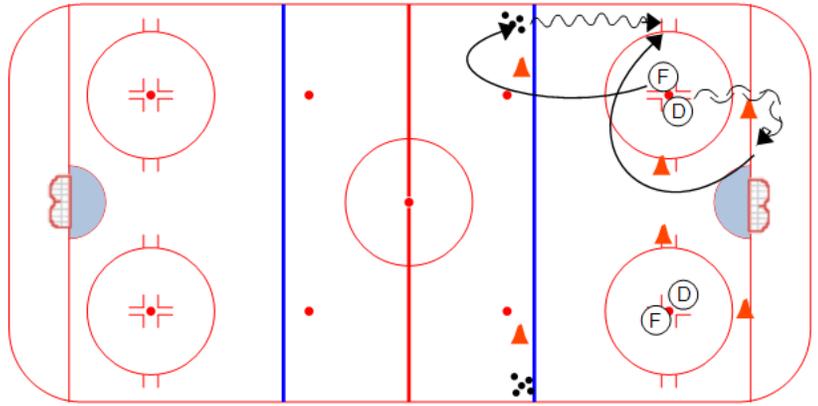
Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Angling

**Description**

1. Players start facing each other on dot
2. Forward skates around the high cone, picks up a puck and drives wide
3. Defenseman skates backward around bottom cone, pivots forward, then skates around middle cone and angles
4. Forward has to drive around lower cone before cutting to the net

Variations: (a) take out the cone at hashmarks (b) allow forward to cut inside earlier



Key points :