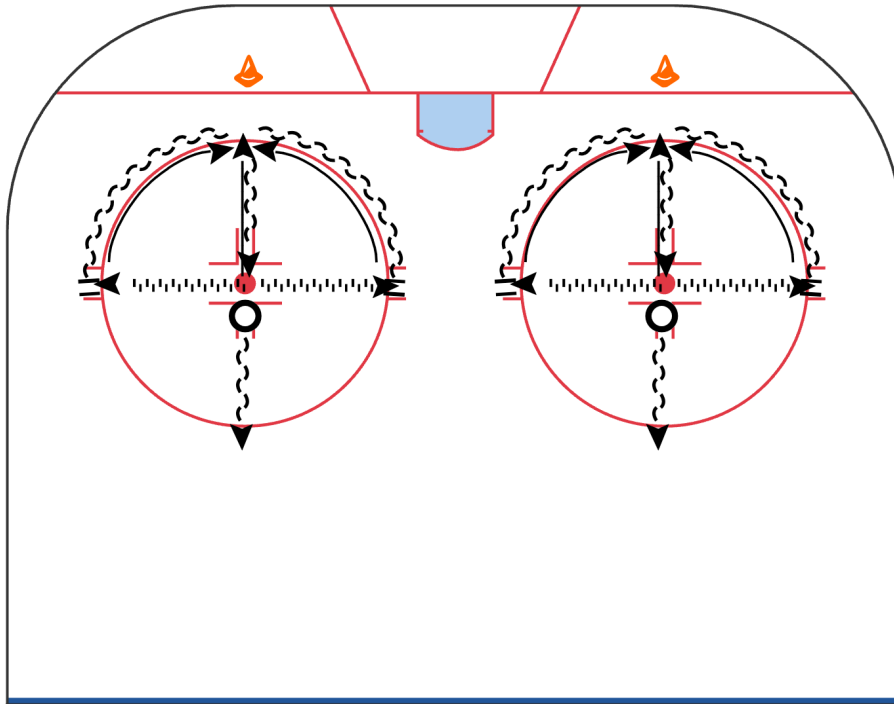# Circle Agility Drill - Weiss

Description

Always facing the cone:

- Sprint to the top of the circle, backwards to the left-side hashmarks, stop
- Forward to the top of the circle, backwards to the dot, stop
- Crossover steps to the left hashmark, stop
- Crossover steps all the way across to the right hashmark, stop
- Crossover steps back to the dot, stop
- Skate up to the top of the circle, backwards to the right-side hashmarks, stop
- Forward to the top of the circle, backwards all the way to the bottom of the circle, stop
- DONE.

Key Points

- Add pucks
- Add push-ups if player loses the puck
- Add a coach providing "token" pressure while player skates the drill with a puck