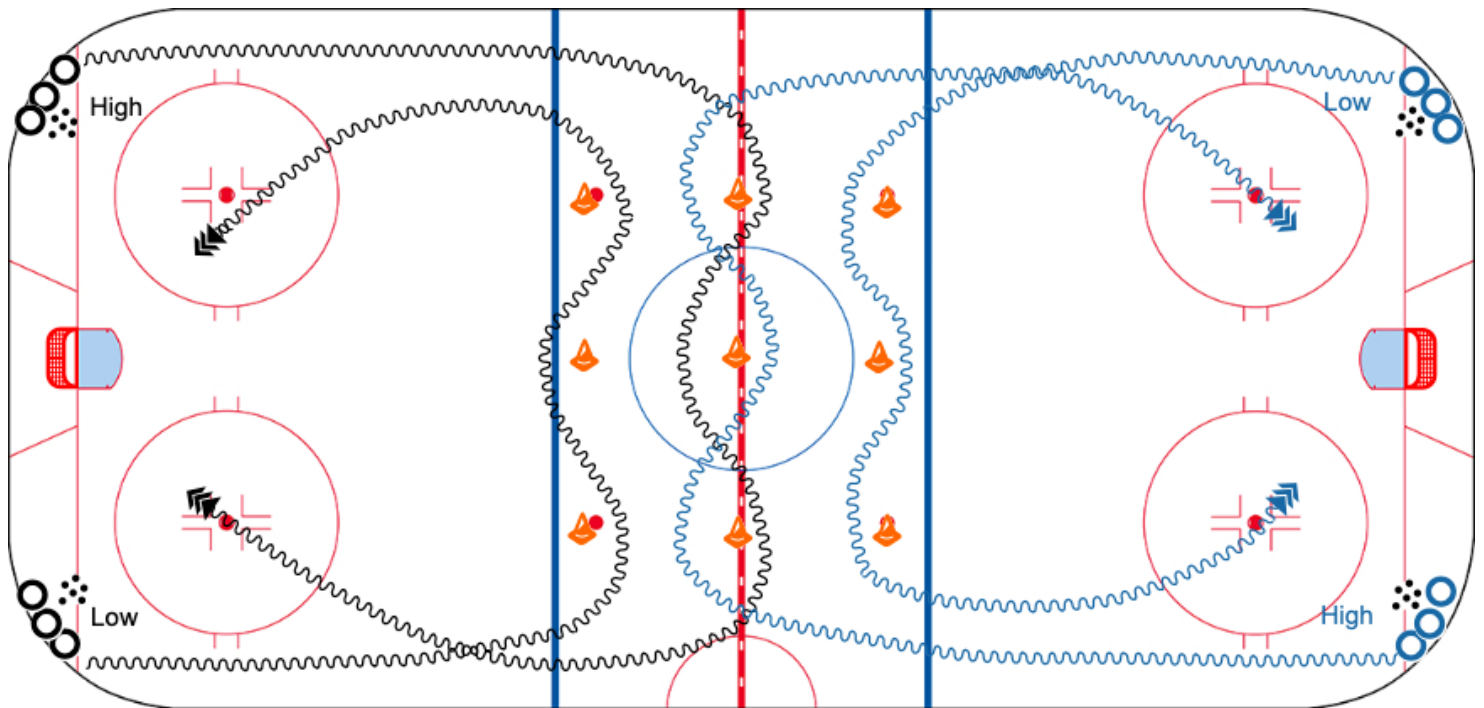




Full-Ice High-Low Shooting



Description

- Players line up as shown
- On whistle, "high" line goes to the far cones, "low" line goes to the near cones
- Skate through the route full speed, then shoot in stride
- Switch lines