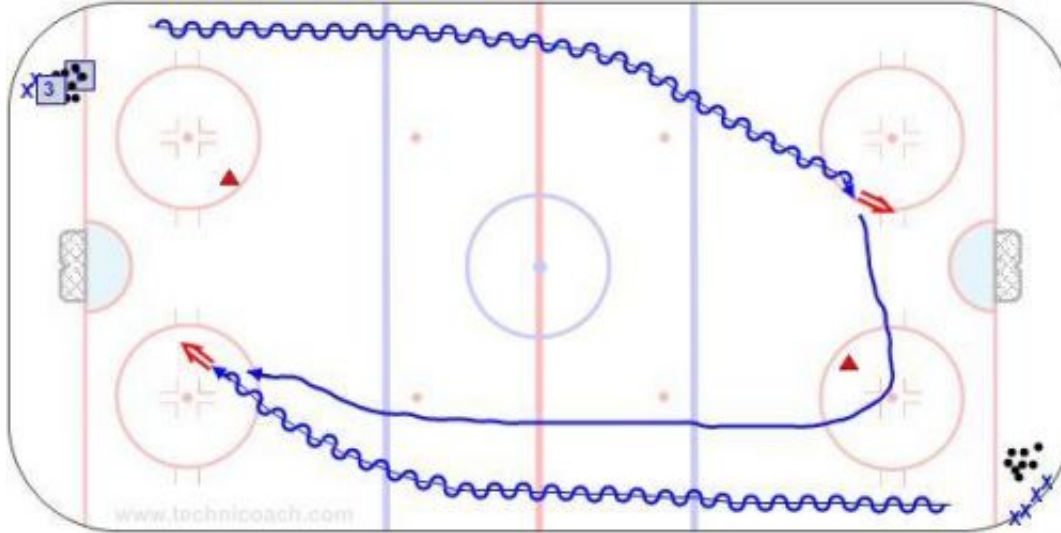


# Admiral Drill

Category: Backchecking | Drill Level: Advanced



## Key Points

- Full Speed Puck Control & Shooting
- Backchecking
- Conditioning

## Description

- 1) 1 leaves with puck skating full speed down the ice
- 2) 1 shoots on goal
- 3) 2 leaves with puck as soon as 1 shoots
- 4) 1 begins pursuit of 2 down the ice (backchecking)
- 5) 2 shoots
- 6) 3 leaves down ice
- 7) 2 pursues 3
- 8) Drill continues in this cycle

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