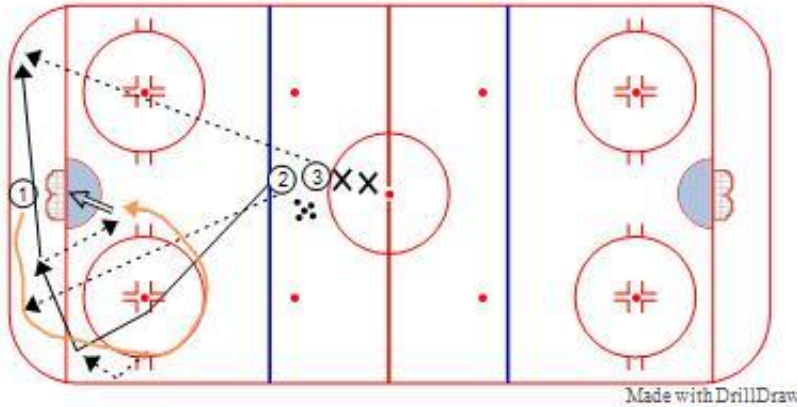


Low Cycle

Category: Timing | Drill Level: Intermediate



Key Points

- Cycling
- Puck Movement
- Timing

Description

1 begins behind the net when 2 dumps puck to corner. 1 picks up puck and heads up the wall, leaving a drop/board pass for 2. 1 continues around the top of the circle and drives to the net, 2 takes the puck below the goal line and feeds 1 in the slot for a shot. When 2 passes, 3 dumps a puck into the other corner for 2 to pick up...drill is now continuous alternating sides.