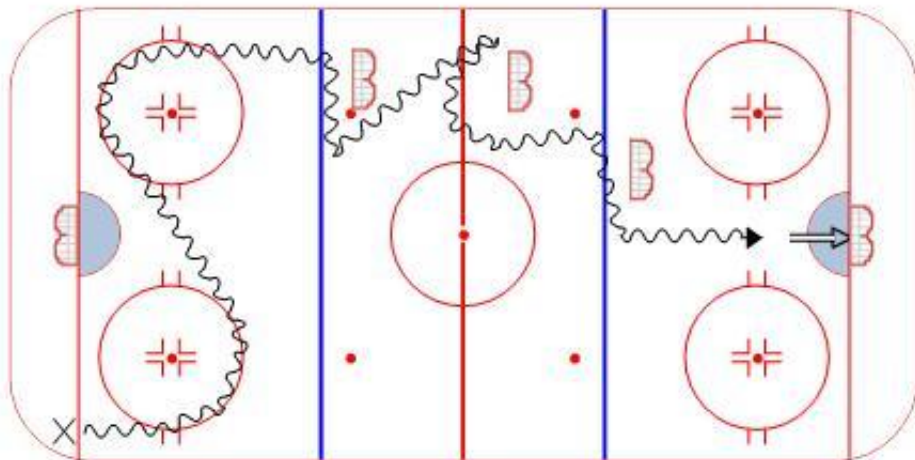


# Underhanding VGT

Category: Stickhandling | Drill Level: Intermediate



## Key Points

- Underhanding
- Net Training
- Big Moves
- Drive the Net

## Description

Player starts from the corner, underhandles the puck across the top of the near circle and bottom of the far circle. Player then continues to the neutral zone and performs 3 big moves on the nets. Player finishes with a shot on goal.