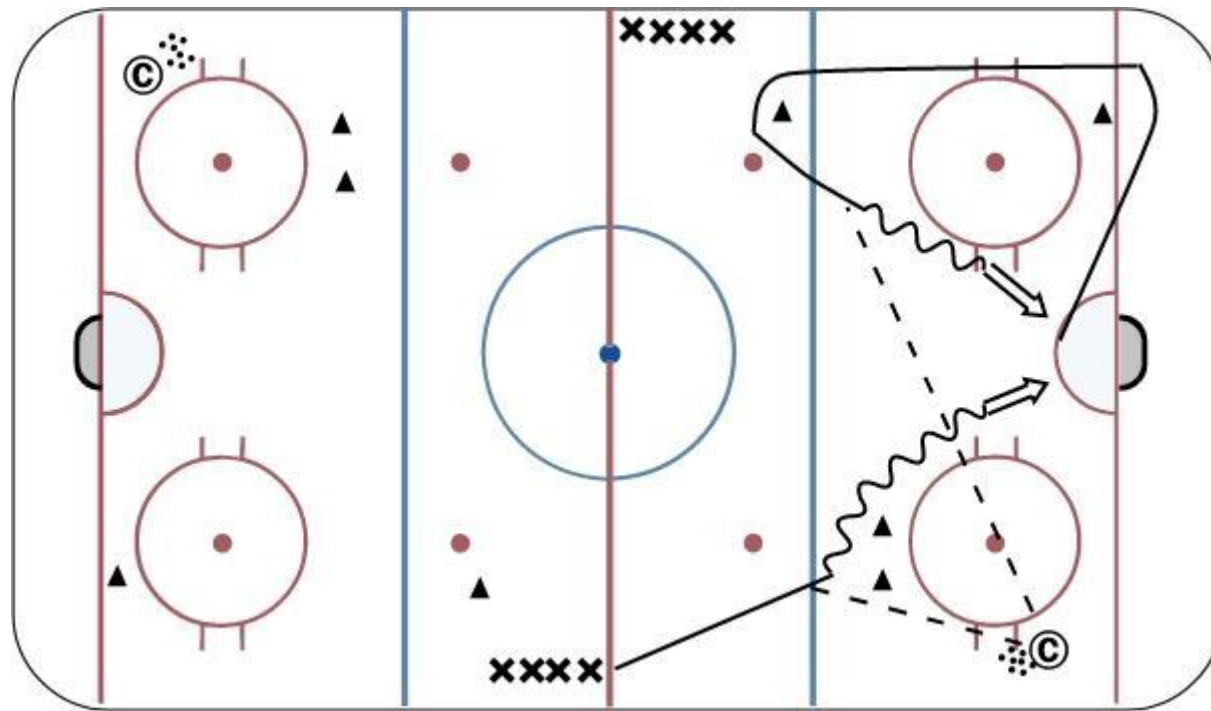


### 3 Players / 2 Shots Each



#### Description

The same drill will be done on both sides of the ice. There will be 3 whistles, on each whistle the first player in line will leave and do the same as the player in front of them OR you can have player 2 leave when player 1 gets to the blue line and player 3 leave when player 2 gets to the blue line.

The first player will leave line and attack the cones, as they get to the blue line the coach will pass them a puck and they will move the puck towards the middle of the ice away from the cones (defender) while moving their feet and take a shot on net. They will then skate around both cones on the far side of the ice and attack the same net receiving a second pass from the coach for a second shot on net.

Players will then join the opposite line and drill will start again.