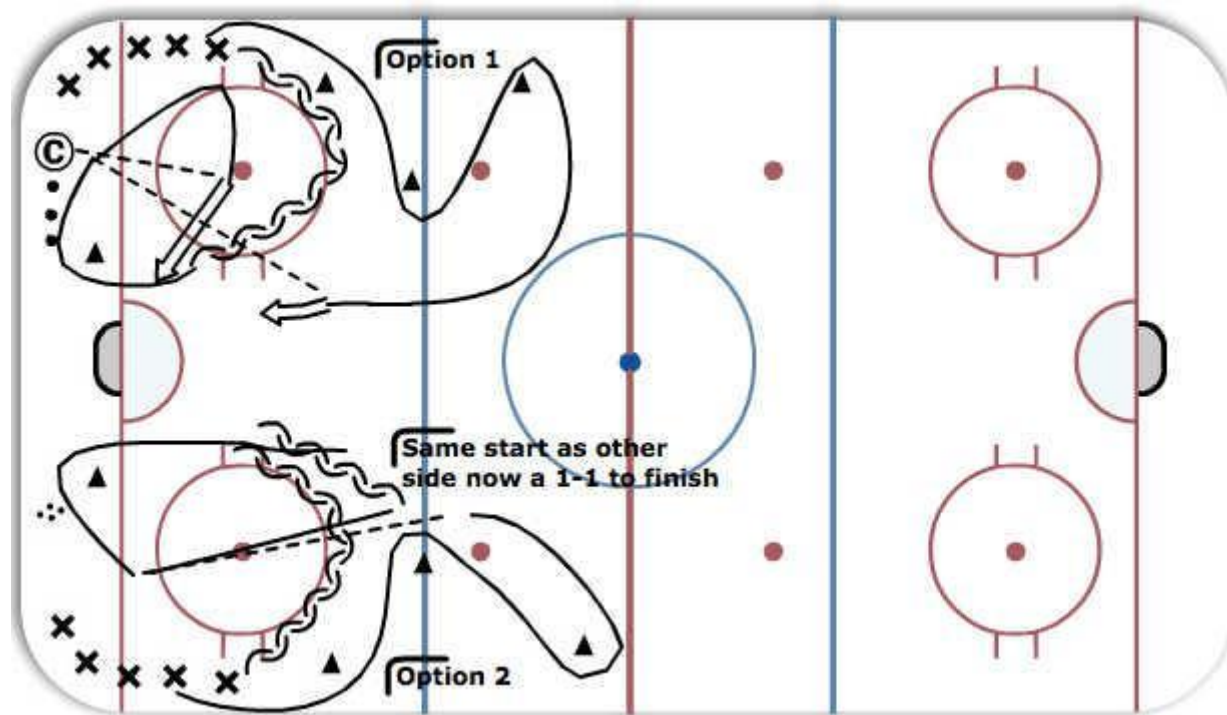


Backward Cross Over with Shot 2 Teams



Description

Both drill start off the same way with players lined up on hash marks
Option 1: Player 1 does backward cross overs around the circle and retrieves puck from corner
Player 2 leaves skating forward and gliding around pylons
Player 1 passes to player 2 for a shot
Player 1 then skates around face off dot and receives pass from coach for shot
Option 2: Same start as option 1
Player 1 retrieves puck and passes to player 2
Player 1 then comes up and transitions and takes player 2 on a 1-1

Tags: 2 options on this drill, Option 1 with 2 shots, Option 2 with 1-1