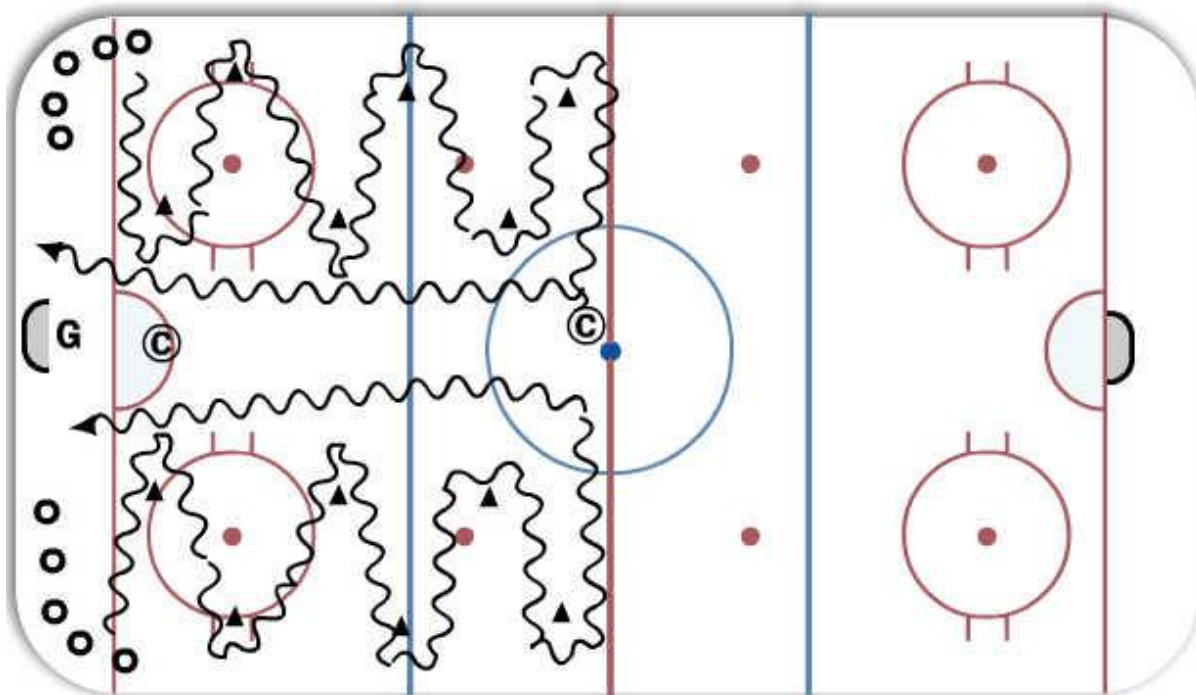


## Puck Control Staggered Pylons



### Description

6 pylons per side.

1. Forehand only
2. Backhand only
3. 360 turns, Forehand then Backhand
4. Puck outside, skates inside
5. Puck inside, skates outside

**Key Points:** Puck Control, Head up, big moves, ,