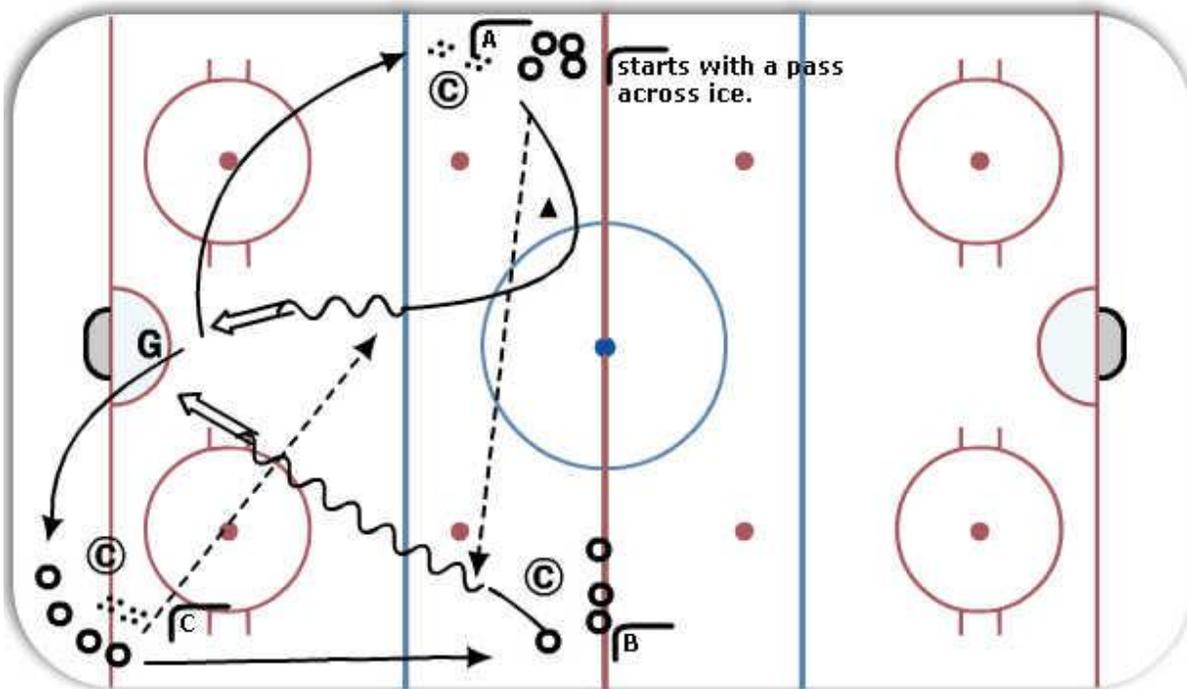


3 lines 2 Angles



Description

3 equal groups.

First player in line A gives a leading pass to the first player in line B, who takes a shot on goal as soon as he crosses the blue line.

The player from group A who gave the pass starts immediately towards center ice, cuts at the face-off dot and skates toward the net. As he crosses the blue line, he receives a pass from the first player in line C and shoot all in the same motion.

The flow is line A moves to line C, line B to A. C to B.

Key Points: goalie warmup, skating, passing, receiving, quick shots.