

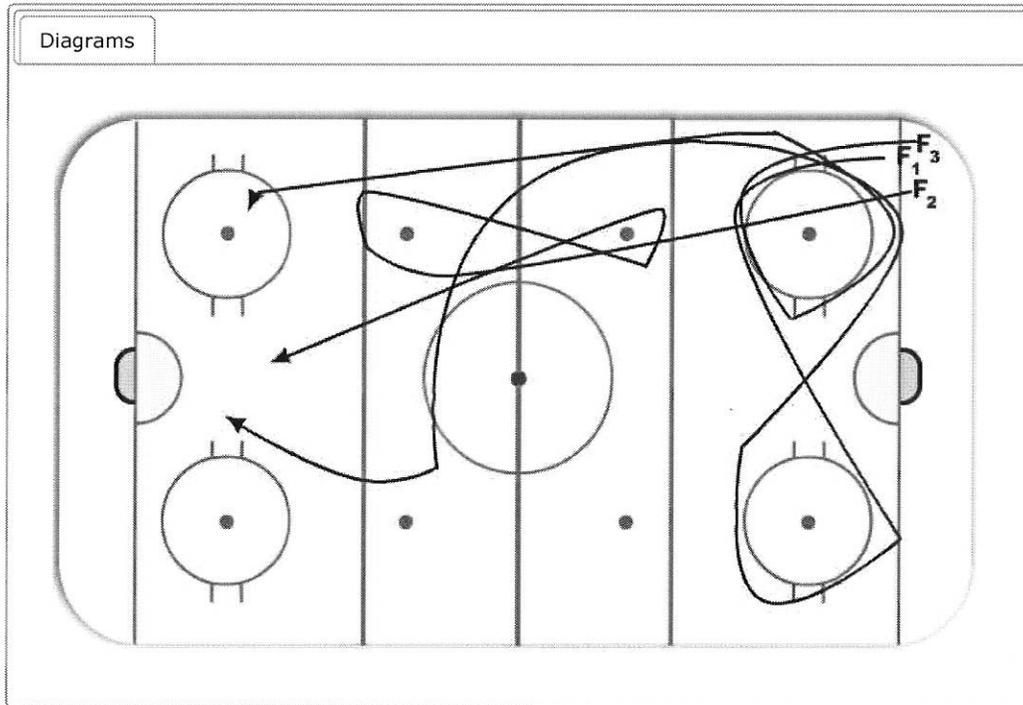


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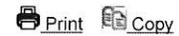
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3 lane shooting with skating



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Admin Options



Drill Statistics

- Last Modified: 2015-08-17
- Drill Status: Private
- Drill used in 6 practice plans

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Key Points / Tags

Goes from both sides

Drill Comments

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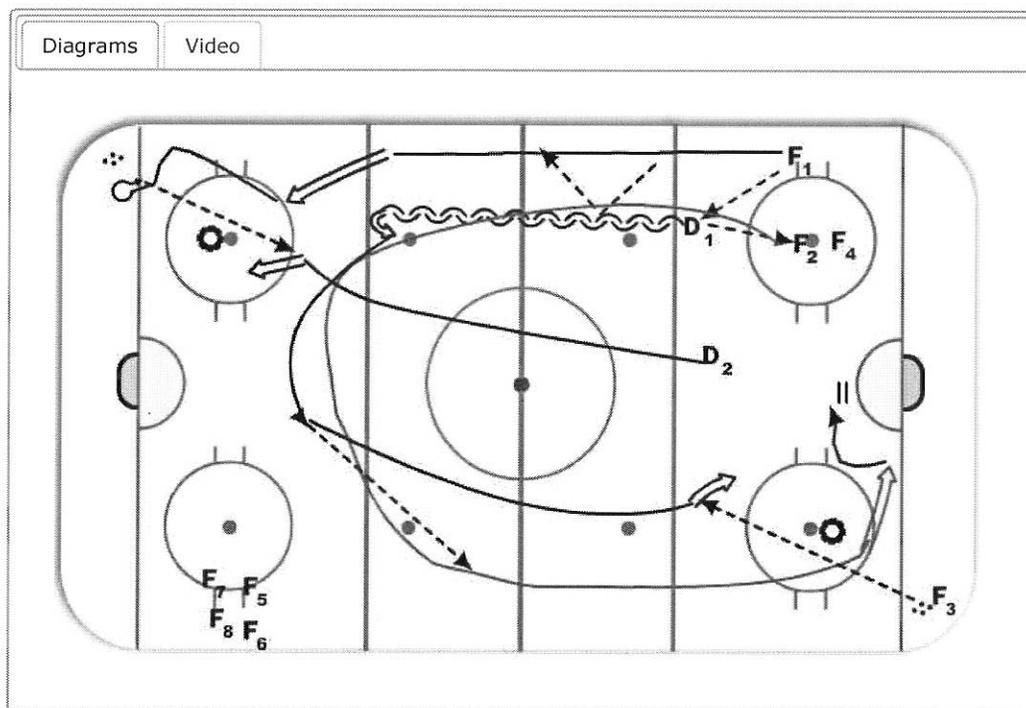
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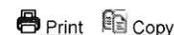
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Lowell 3 Shot



Drill Options

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Admin Options



Drill Statistics

- Last Modified: 2014-10-02
- Drill Status: Private
- Drill used in 7 practice plans

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Key Points / Tags

Quick Hands and Feet Puck Movement., Recovery and Protection

Description

F1 and F2 start off skating down the ice passing quickly between them and D1.
 At the far blue, F1 (board side) goes in and shoots from the top of the circle and then picks up a recovery puck in the corner and protects the puck and buying time.
 F2 skates below the blue line and picks up speed, receives an outlet pass from D1.
 F2 drives hard around the dummy and makes a play to score. Stops in front.
 D1 follows the play up, calls for it, and receives a pass from F3 (started at the opposite end) D1 shoots as F3 screens.

Notes: Starts at both ends at the same time.
 Net front player only screens no tips.

Drill Comments

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