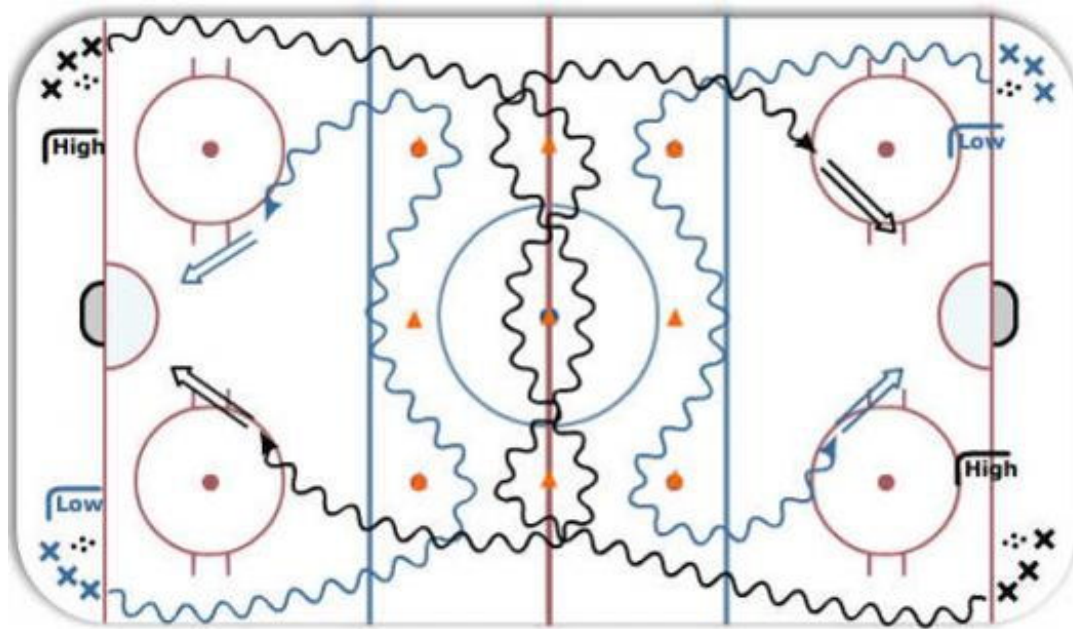


# High/Low Shooting



[View on YouTube](#)

## Description

1. players line up in all 4 corners, two "high" lines, and two "low" lines
2. on whistle, first player from each line goes through the designated set of cones, keeping feet moving through the entire route.
3. after rounding the final cone, players shoot in stride

**Notes:** <http://weisstechhockey.com>

**Tags:** - full speed, - keep feet moving, - shoot in stride