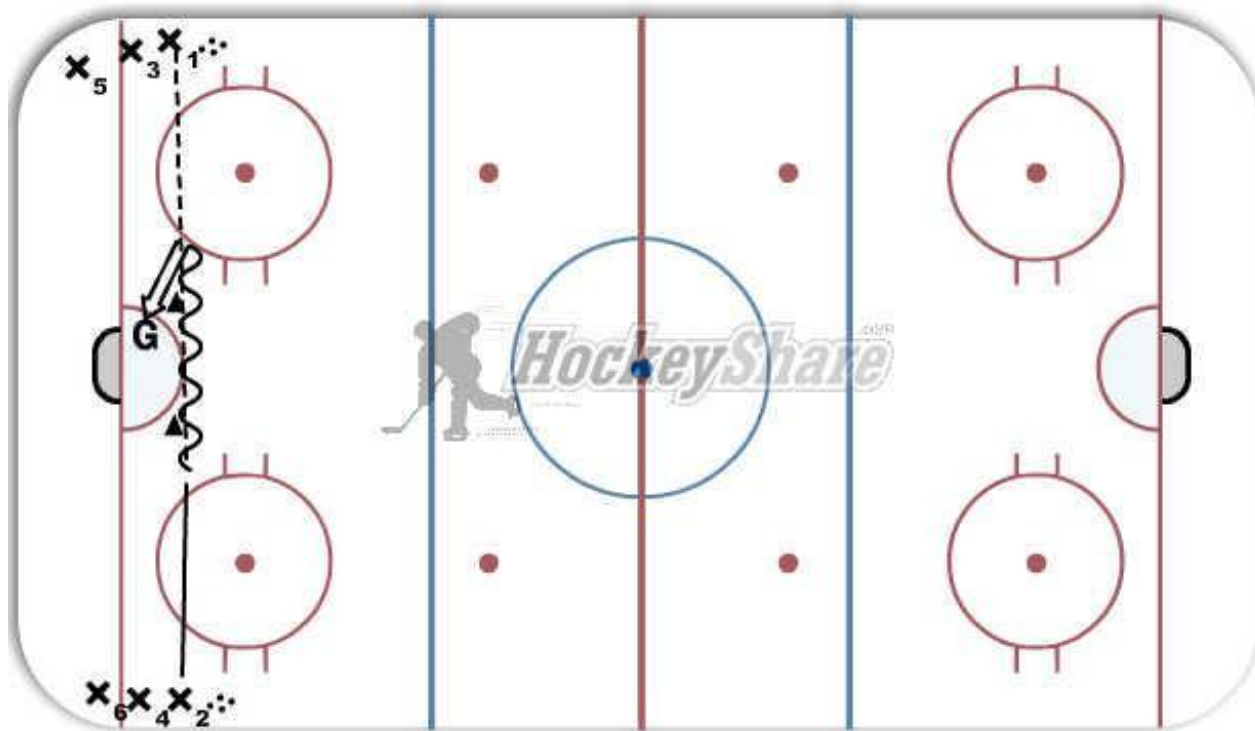


Flyers Goalie Workout



Description

X2 receives pass from X1 while skating toward far pylon. X2 shoots immediately after passing 2nd pylon. After shot go to end of opposite line. X1 continues drill from other side, being sure to stay out of passing lane. Be sure to shoot both backhand and forehand as required.

Notes: Crisp passing and quick shots are essential. Do not overhandle the puck. Goalie needs to track shot, stay standing at all cost.

Tags: Lateral Movement, Passing, Shooting