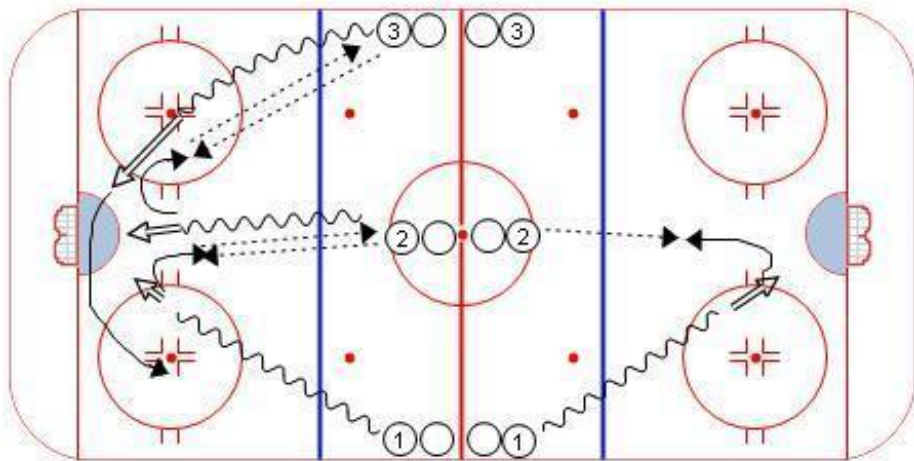


3 Lane Give and Go (Fukami)



Description

(1) skates with a puck, takes a shot on goal. (1) turns to (2). (2) passes a puck to (1), receives a pass back, and takes a shot on goal. (2) turns to (3). (3) passes a puck to (2), receives a pass back, and takes a shot on goal. (3) continues by receiving a pass from (1).

** Drill is continuous.

Notes: More drills and skills at <http://weisstechhockey.com/blog>

Tags: - shoot in stride, - stick to stick passes