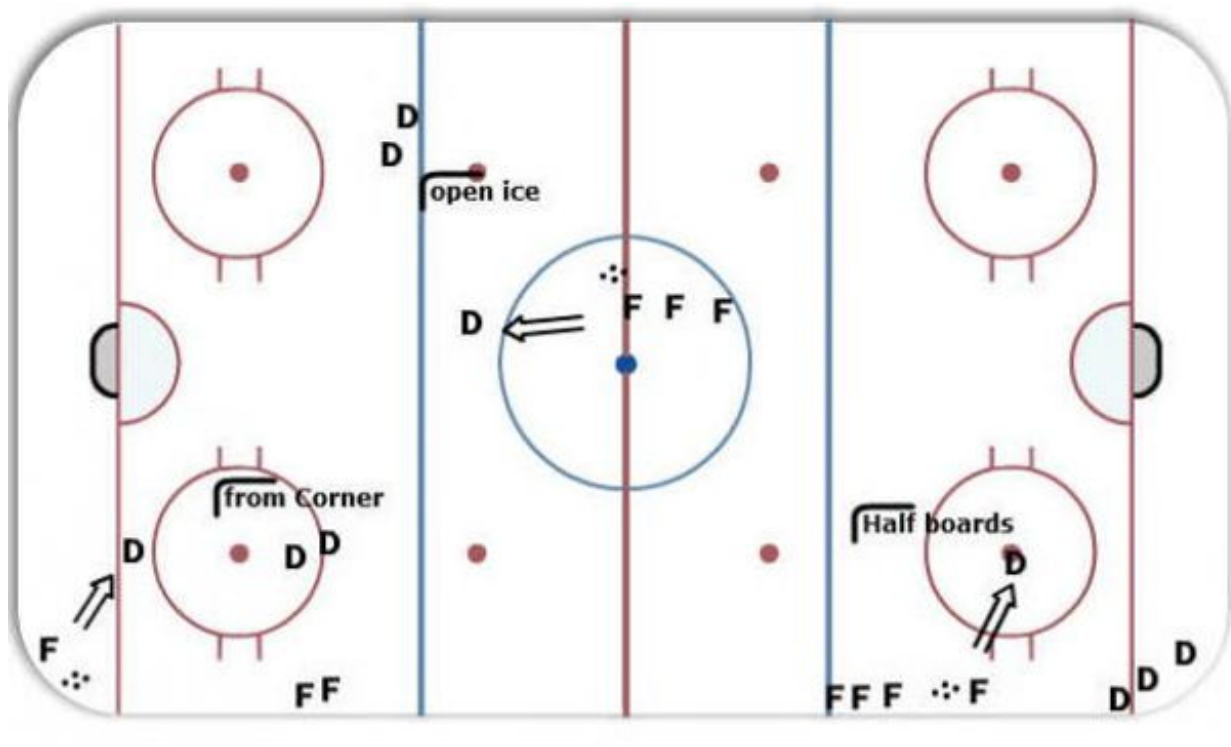


Rapid 1 on 1s



Description

Using both Ends

Simple face to face set up with forward on one knee with puck.

On Whistle 1 on 1 till score

Notes: excellent warm up drill
Watch D mans Hips and foot work

Tags: # variants, Open Ice, Half Boards, Corners