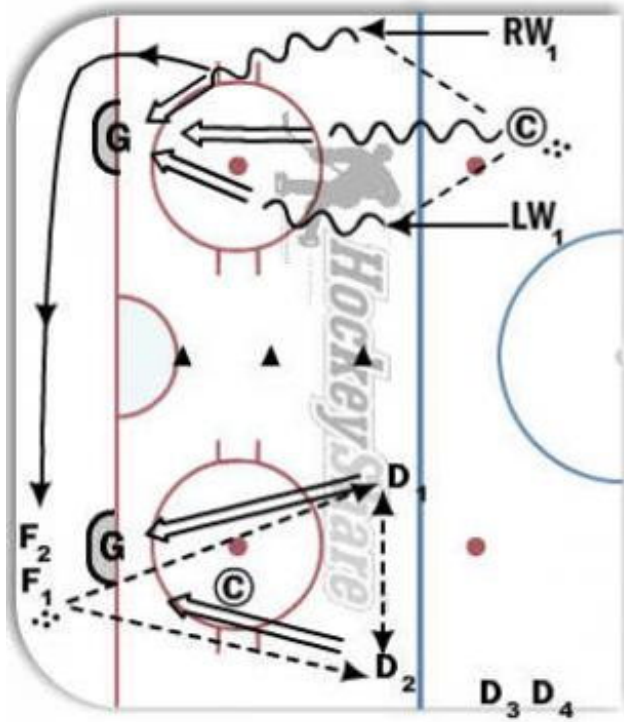


### 3 Shots/D-to-D



#### Description

##### Station One

- Center passes to RW who skates in and shoots, then follows behind net to second station
- Center passes LW
- Center skates in and shoots

##### Station Two

- F passes to option left open by coach pressure, then skates to front left of net
- D passes or shoots based on option left open by coach pressure
- Rotate D after 4 or so chances

**Tags:** - Shots from outside, - Options with Pressure