

1st forwards → forwards ↘
 backwards side-to-side x-overs →
 forwards side-to-side x-overs ↙

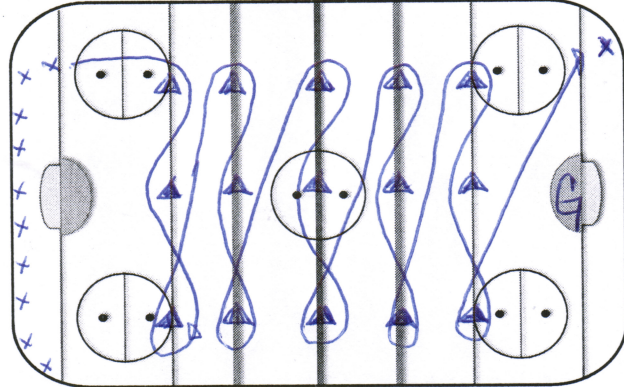
2nd Repeat

3rd Backwards → Backwards ↘

Backwards side-to-side x-overs →

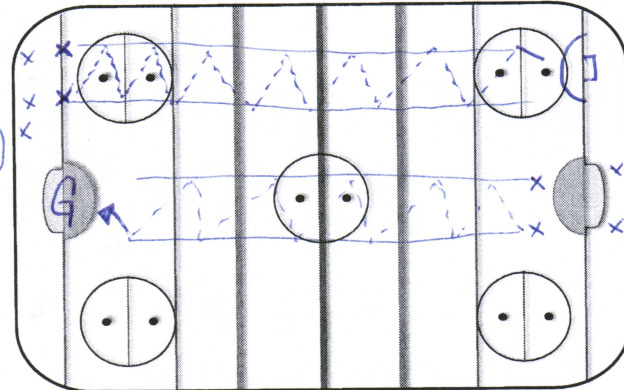
Backwards side-to-side x-overs ↙

4th Repeat

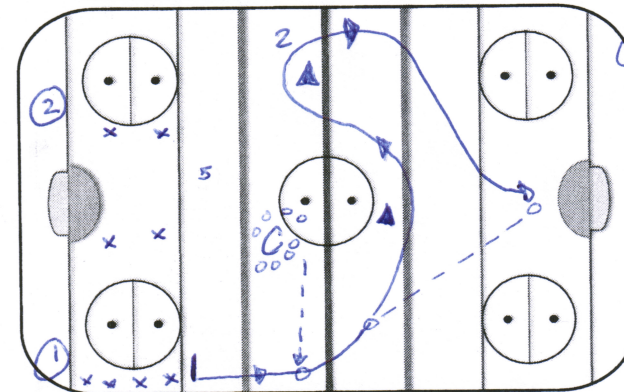


Weave between pylons w
 quick cross-overs around last
 pylon (Repeat from other corner)
 Goalie-T-Push, Shuffle,
 Butterfly, Up-Downs

WATER



short-quick passes - shot on net
 and short quick passes
 back → respect the blue line



⑤ Stop passing → 6th shoots (on)
 4 (Box) passing → 5th shots

To start the Drill, have a
 ① player at pylon ②, player 1
 skates, receives a pass then gives
 a pass to P2, A follows pattern

Flow Drill

WATER

- Trapezoid w coaches

1 and 2 do the same thing

1 goes once 2's pass is
 over the blue line (2nd pass!)

- Forward cross-overs

- Backwards cross-overs

