

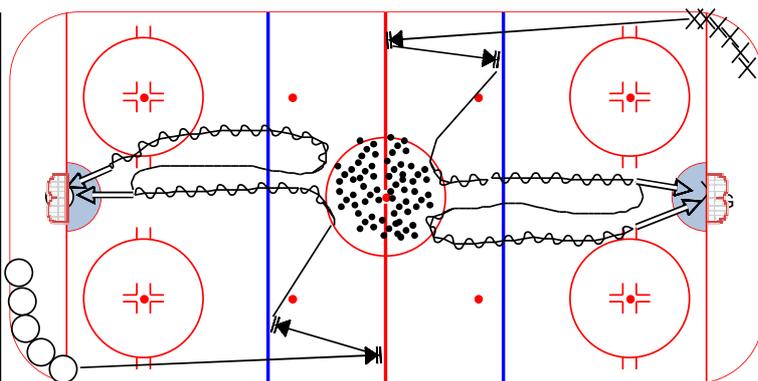
Title : Stop & Start Scoring

Content elements: Competition

Components : Conditioning

Description

Stop & Start Scoring:
- Players have to score 2 goals to exit drill
- Skate to red stop, blue stop, break away
- After 1st shot get new puck from center
- After 2nd shot:
- If you scored twice head to bench & rest
- If you scored 1, back in line until you score 1 more
- If you scored 0, back in line until you score 2 more



Key Points :

Score 2 to Finish

No Rebounds

Skate Full Speed