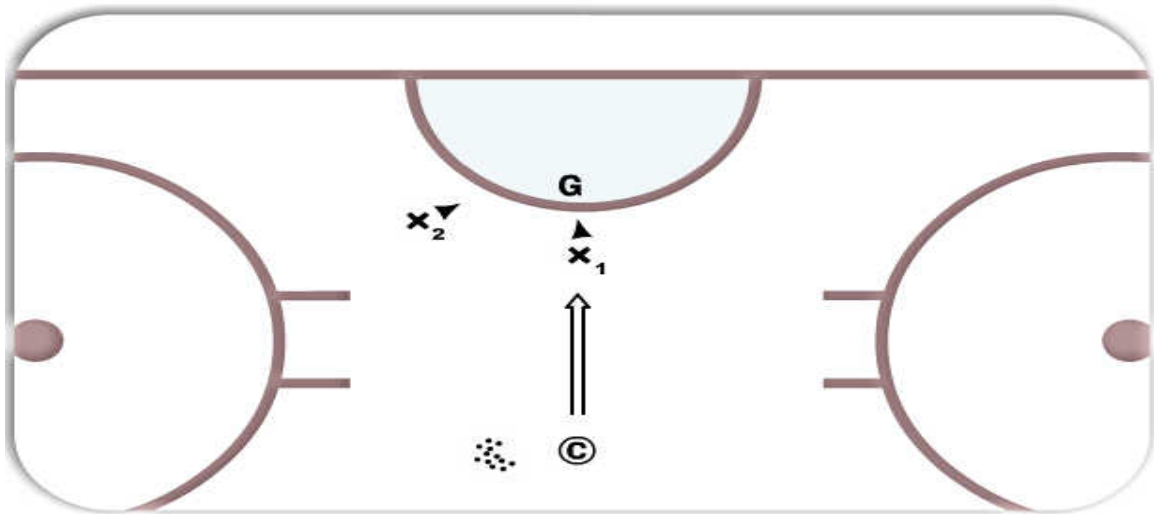


PUCK TOSS AND SCRAMBLE



Drill Description:

This drill is designed to promote calm absorption of pucks and scramble from the that calm state. C tosses and short hops the puck through X1's legs. G must control the puck as X1 and X2 battle for any loose pucks. Play rebounds out.

Key Points:

- Take all the tension out of your body and focus on puck.
- Look around screen for line of sight.
- Clear pucks or scoop and cover .
- Battle hard for rebounds.