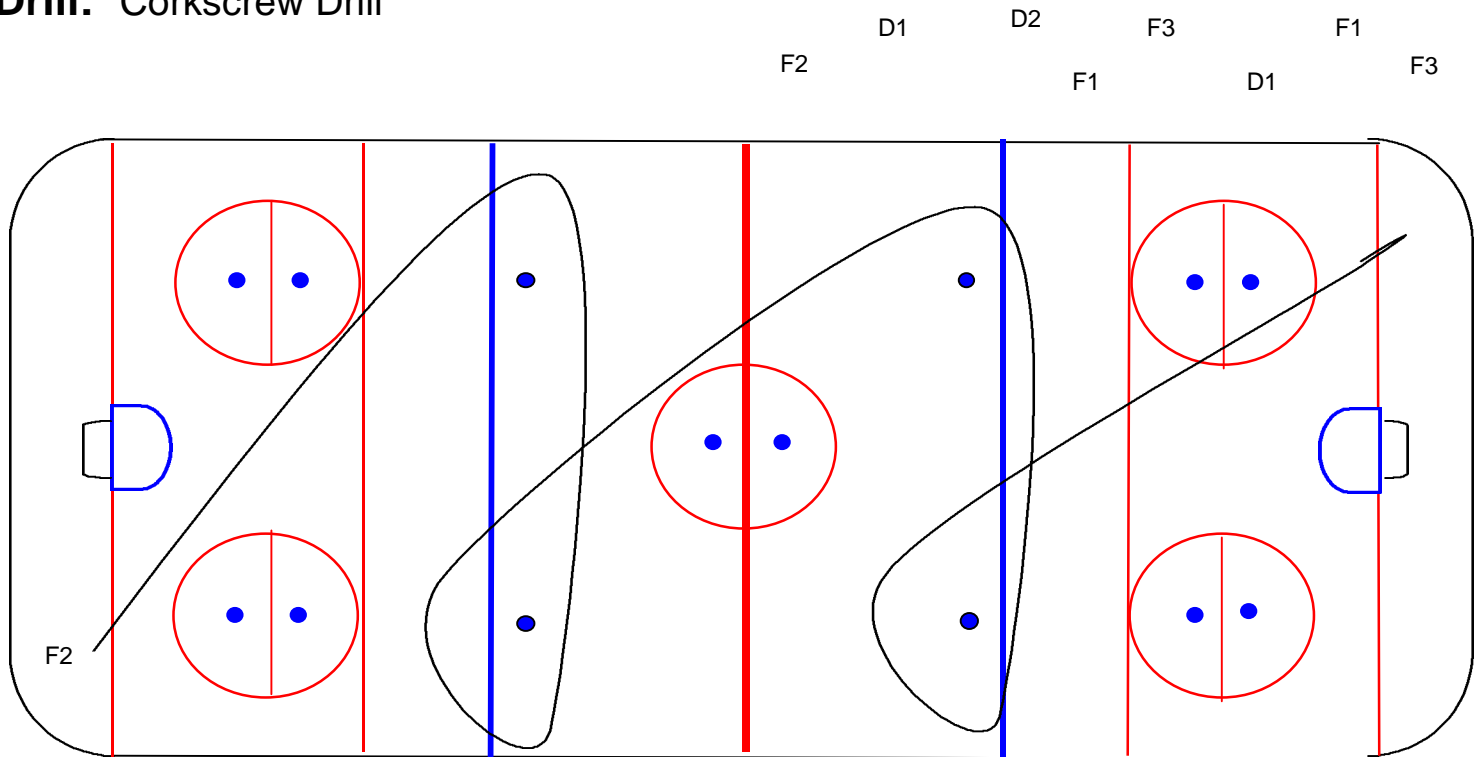


Drill: Corkscrew Drill



Players start in corner.

Head to far blue line face off circle (can use pylons so they don't cheat)

Head back to other faceoff circle to do 360 degree turn.

To far Blue line Face off Circle tight and so on.

Reason . Tight turns. Not looking at speed to start but need speed to do properly.

Variation: with Rings

With Pucks(ring Control)