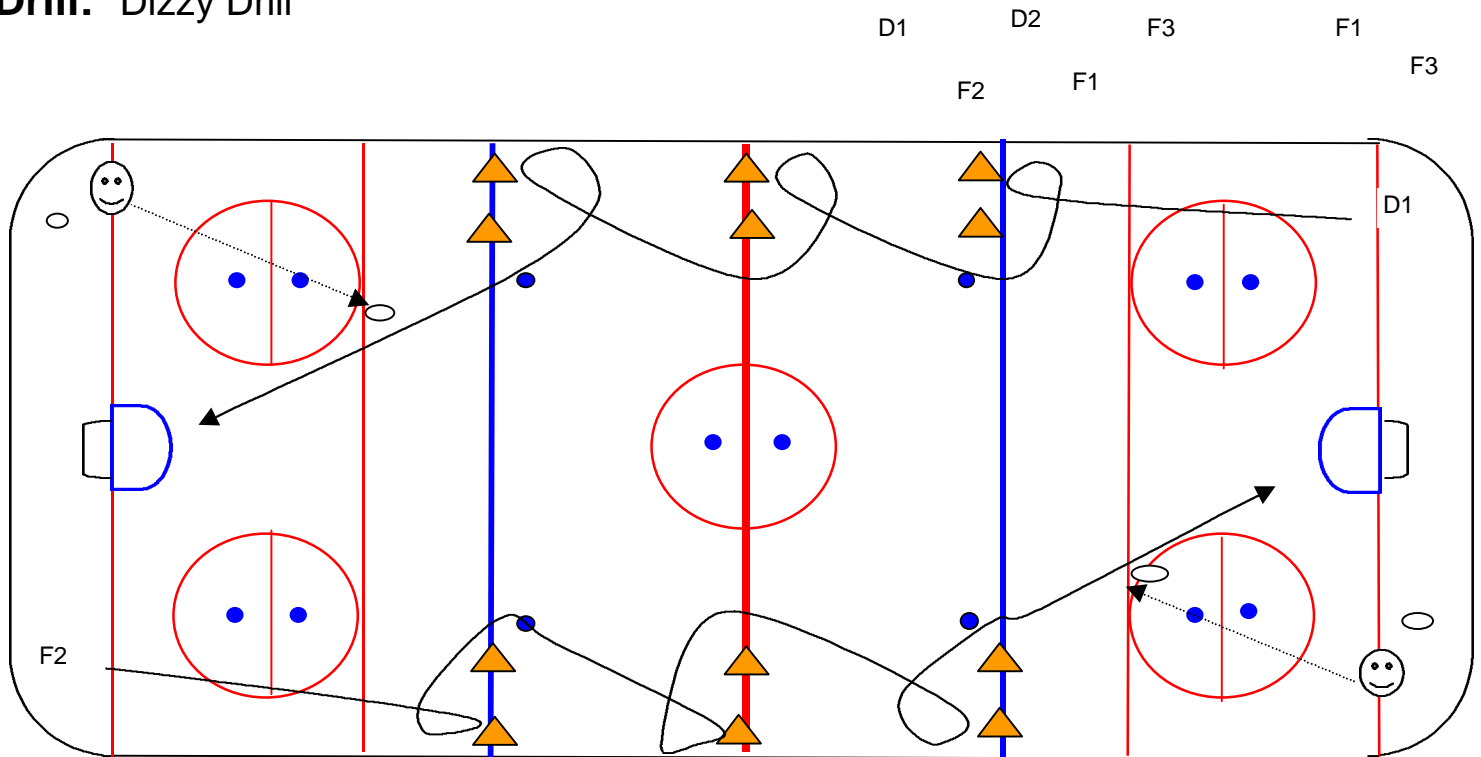


Drill: Dizzy Drill



Player starts in corner and skates towards inside pylon does 360 degree Turn.

Goes around outside pylon and heads for next inside pylon.Repeat.

After last 360 degree turn heads for net receiving a pass from coach in corner. shoots at goalie, target etc.

Repeat on far boards.

Switch corners so that turns are done both clockwise and counter clockwise.