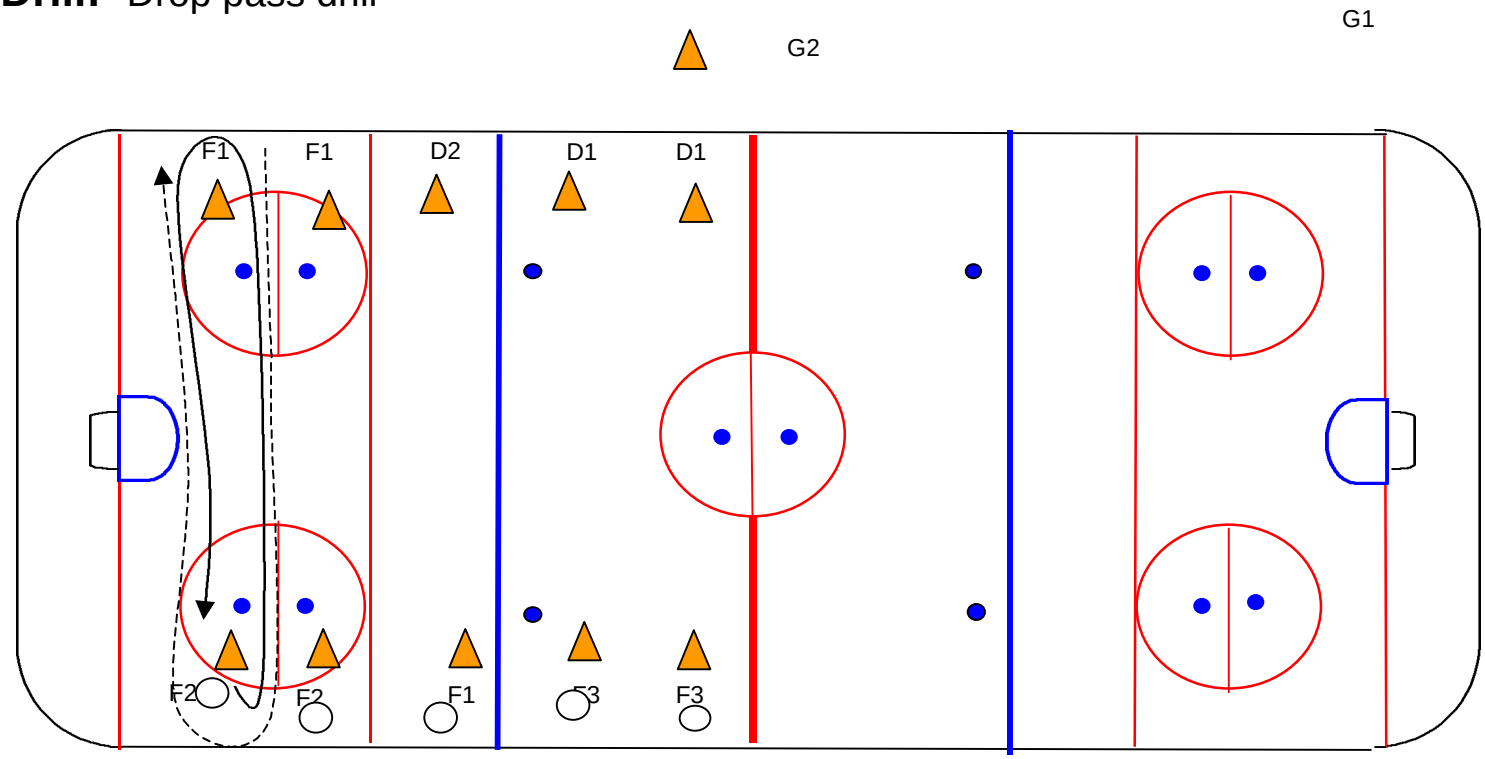
Drill: Drop pass drill



Players line up on opposite sides of the rink facing each other.
Use pylons or pucks for markers.
Players with the ring always closest to the net.
Ring carrier skates starting on fathest side and drops ring to opposing player skating towards them.
players circle pylons/pucks and ring carrier drops ring to player. Continue drill