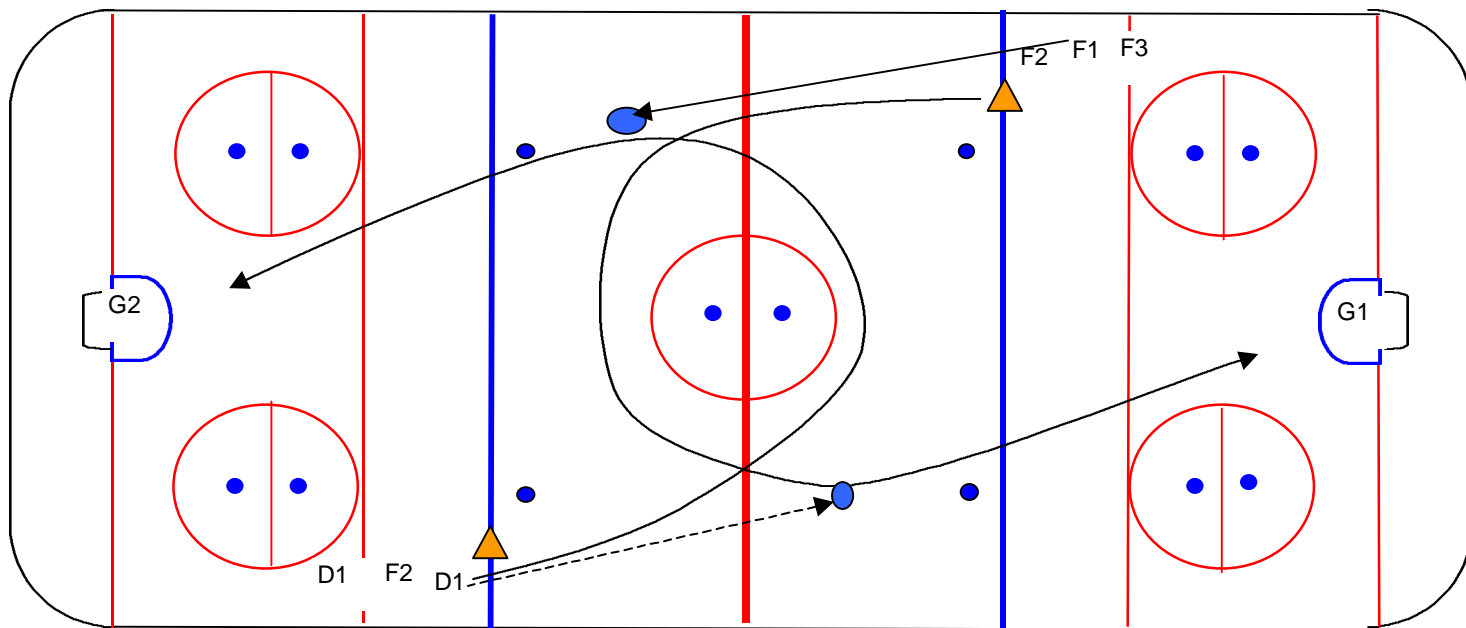


## Drill: Full Butterfly

F3



F2 starts and skates around Center Ice Circle receiving a pass from D1.

F2 goes in on Goal and shoots.

D1 starts skating as soon as she has passed and goes around Center Ice Circle  
Receives a pass from F1 who then does the same and so on until all players have  
Completed the drill. Players go back to their same line.

NOTE: after drill completed move pylons to opposite side of blue line so they  
opposite side and they are crossing over opposite way.