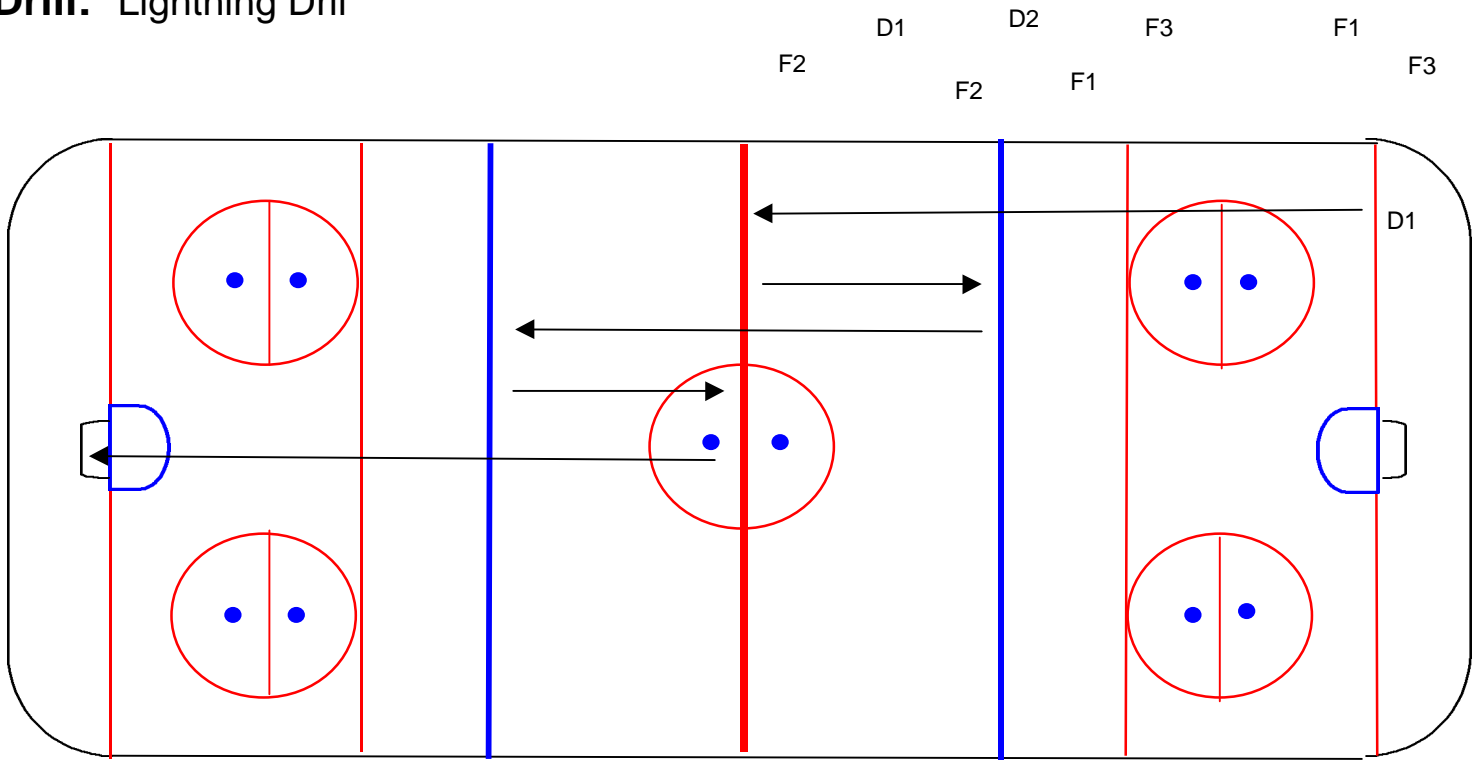


## Drill: Lightning Drill



Players line up on Goal Line

Players skate to center ice. Stop. Go back to blue line. Stop

Go to Far blue Line. Stop. Go back to Center. Stop.

Go far Goal Line. Stop.

Variations: Always facing down ice.

Transition from forwards to backwards.

Crossovers when going forwards and backwards.