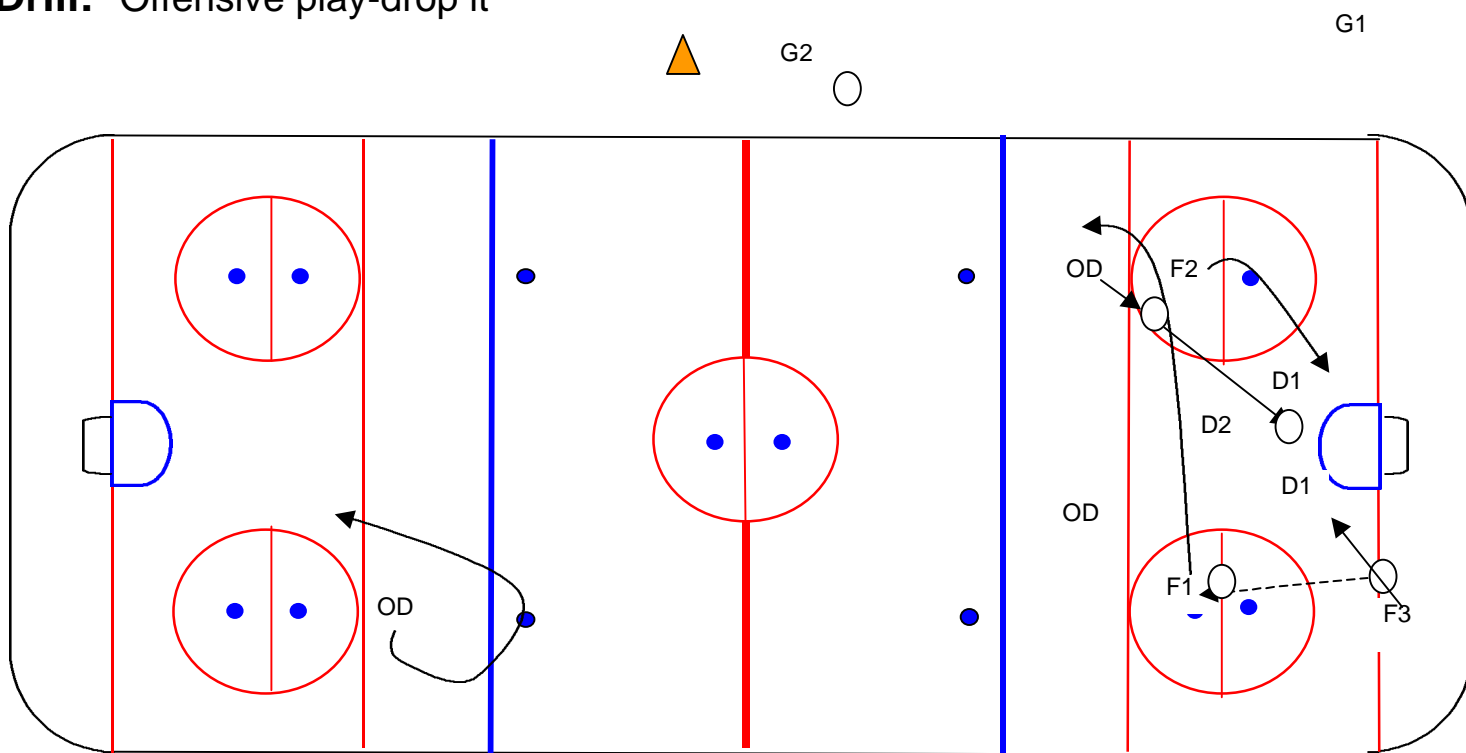


Drill: Offensive play-drop it



Forwards set up in a box-open ended.

F3 passes to F1 who is high in the circle.

F3 then slowly moves to corner of the net.

F1 skates fast across front trying to draw Center with her.

Offensive Defenceman on far side gets ready to come in.

F2 skates to other side of net.

F1 skates out over the free play line leaving the ring inside the free play line.

OD then charges in picking up the ring heading for the net

Option: OD skates outside the blue line as if dropping back then turns and comes in to pick up the ring as F1 leaves Free Play Zone. TIMING WOULD BE KEY.