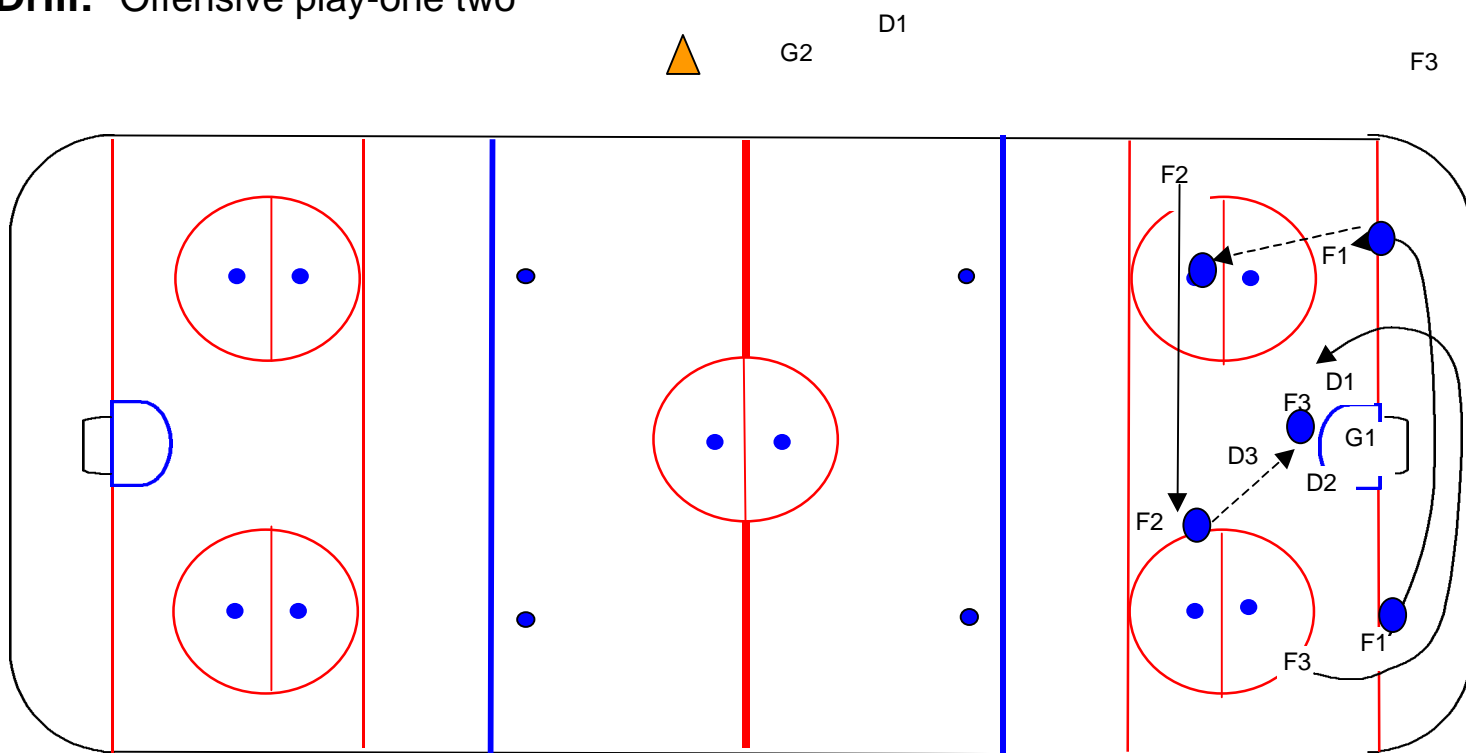


Drill: Offensive play-one two



F1 has the ring and circles behind the net.

F2 is closer to boards seeing F1 going around the net moves forward and receives pass.

F2 skates fast across the front of the net as shown looking for F3

F3 starts in area where F1 started. Timing is important as F3 wants to be arriving in front of G1 as the pass is made.

F3 circles net as F2 crosses in front of the net.

F3 comes from behind taking position in front of D1 and behind D3.

Surprise is required as pass from F2 will come quick.

F3 shoots as soon as she receives pass.

F3 should still be moving.