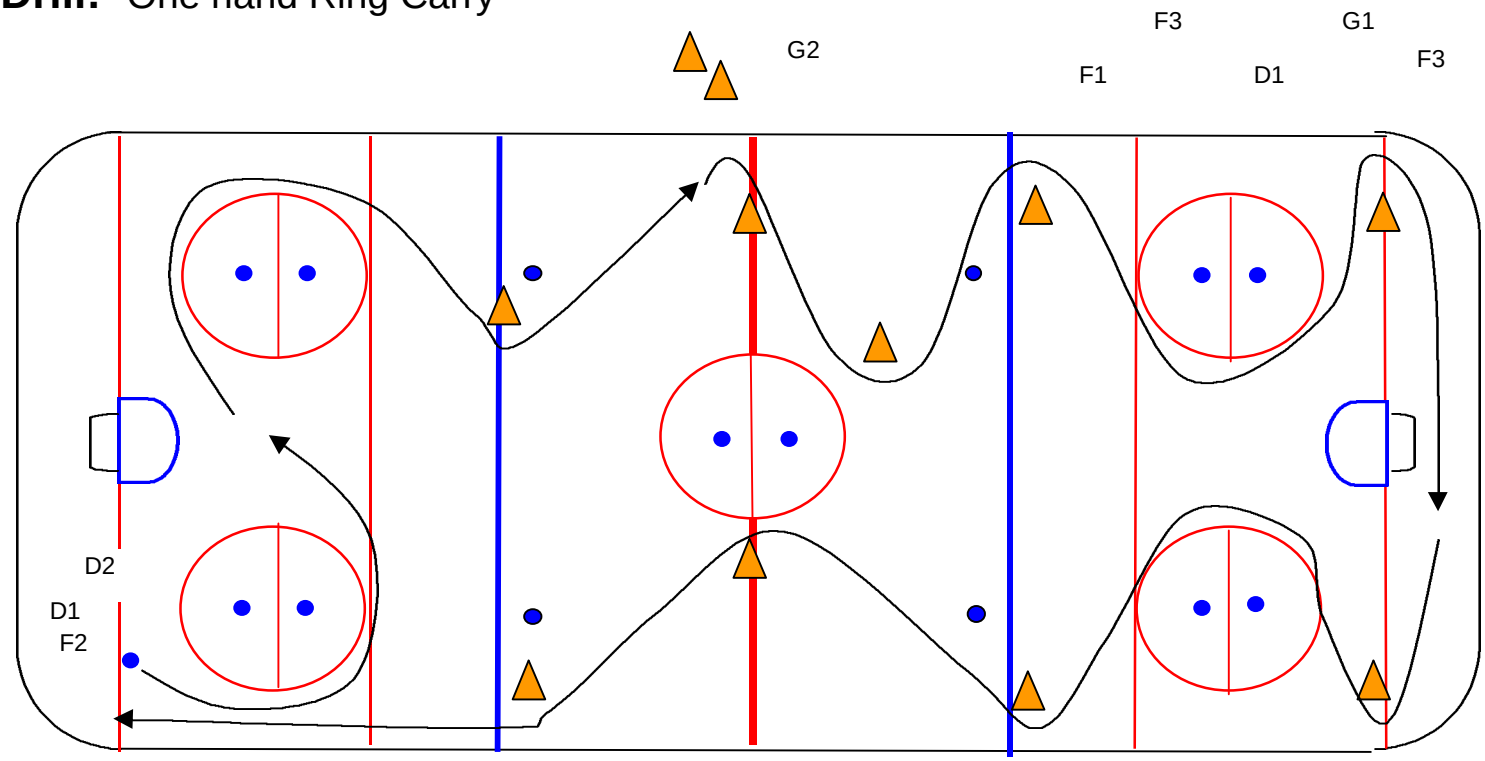
Drill: One hand Ring Carry



Players start in corner with the ring.

Players use only one Hand to carry the ring.

Players follow the course remembering that each face off circle they must skate around the outside as shown.

Players practice taking corners without looking at the ring.