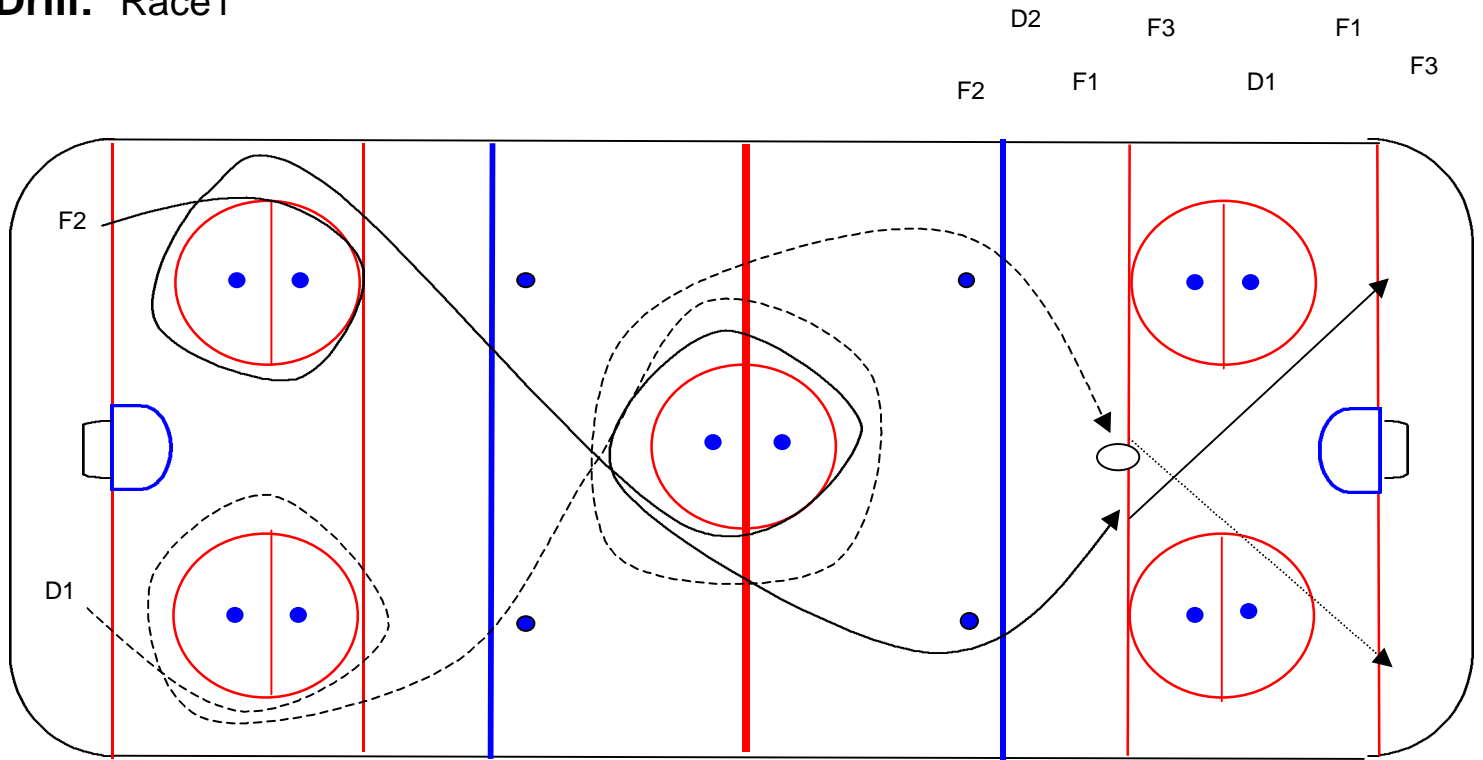


Drill: Race1



F1 and D1 start at goal line. Do full circles as shown.
go around faceoff circle at blue line and head for ring. Shoot on Goalie. Person who does not get the ring is a defender and expected to stop shooter from shooting.
players then line up opposite corner that they were in.

winners get rest. Losers do lightning drill