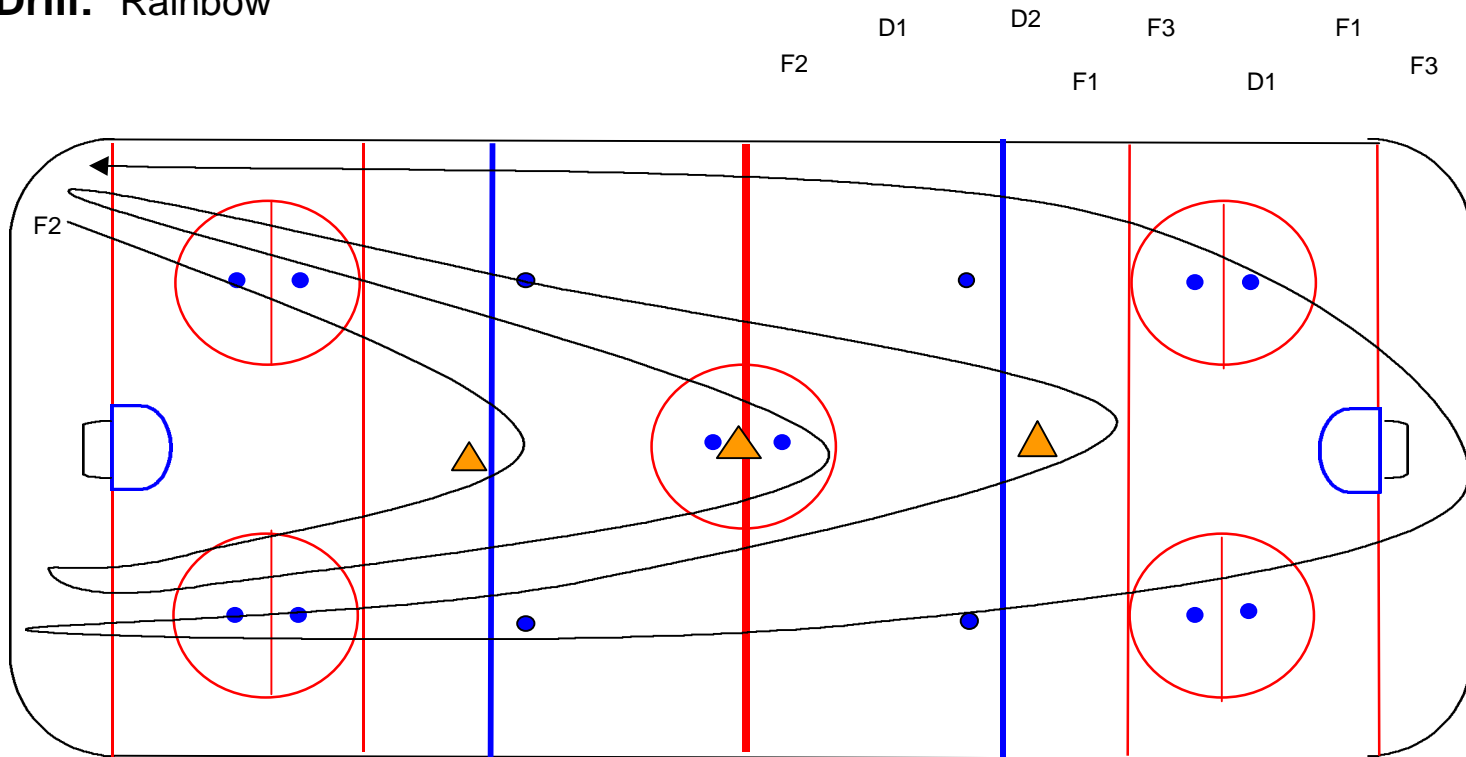


Drill: Rainbow



Start in Corner. Player skates around first pylon, then back to far corner, around second pylon and back to starting corner, around third pylon and back to far corner around far net and back to starting corner.

Variations: Always facing down ice. Transitional forwards to backwards
Carrying rings