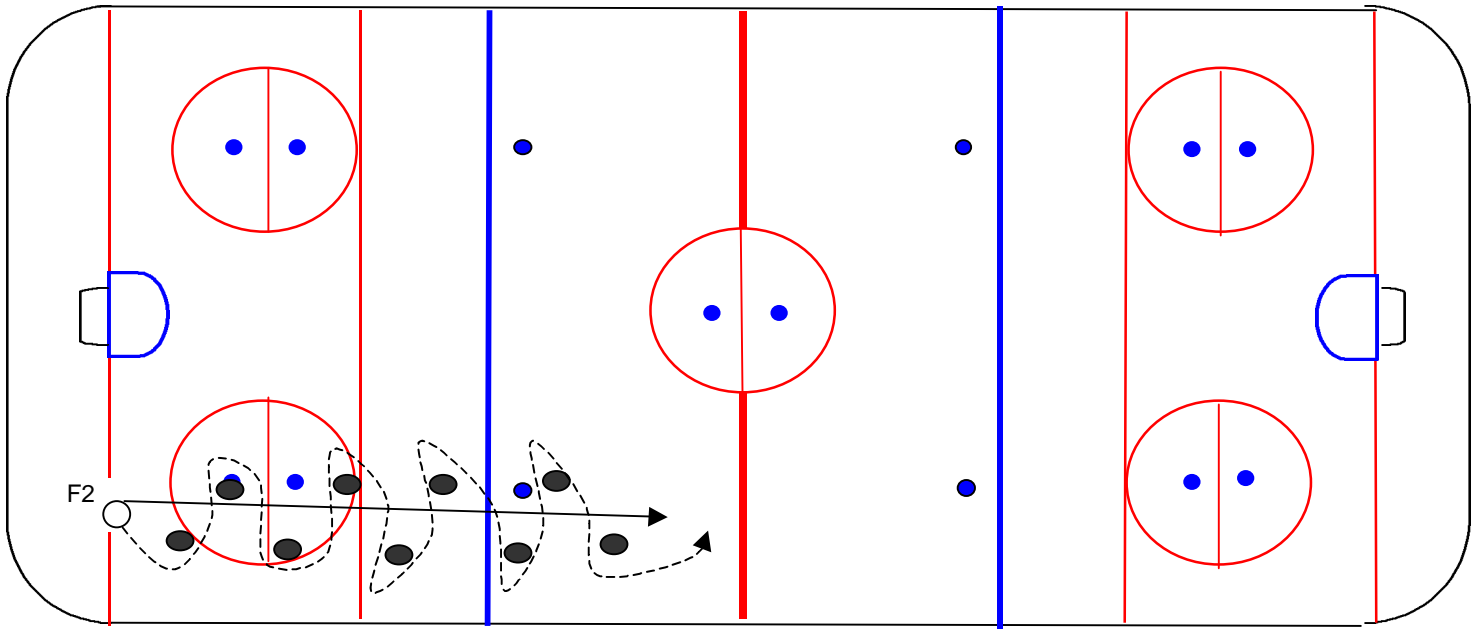


**Drill:** Ring control- side to side

▲ G2 D1 D2 F3 G1  
F1 D1 F3



Place puck as above staggered apart so that Player can skate between them .  
Player must carry a ring around the outside of the puck while skating down the  
center of the pucks.

**RiNG CONTROL**