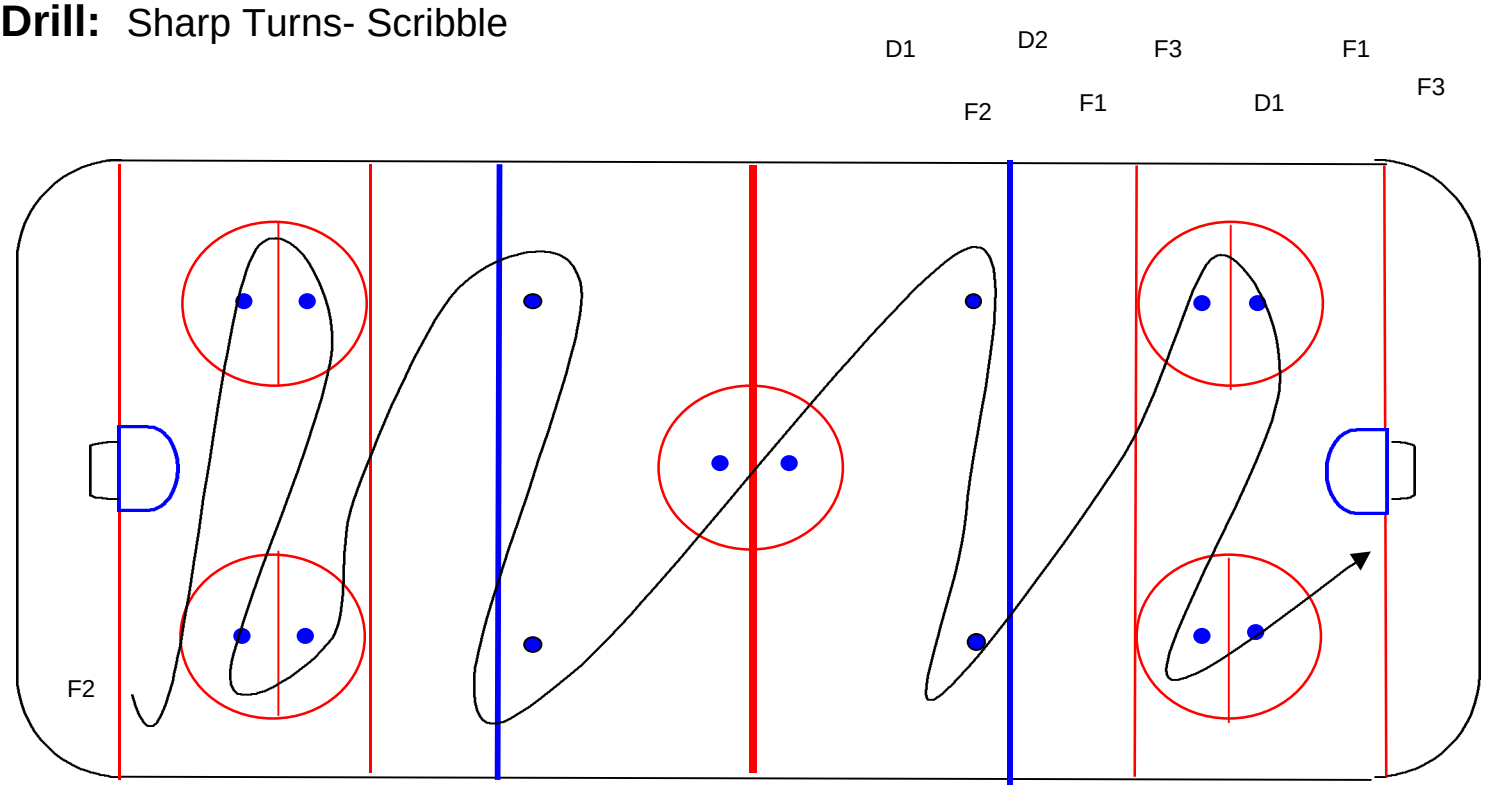
Drill: Sharp Turns- Scribble



Players line up in corner and do sharp turns around the face off dots ending at far end.

variation: with rings.

Two at a time with one chasing the other(with rings)