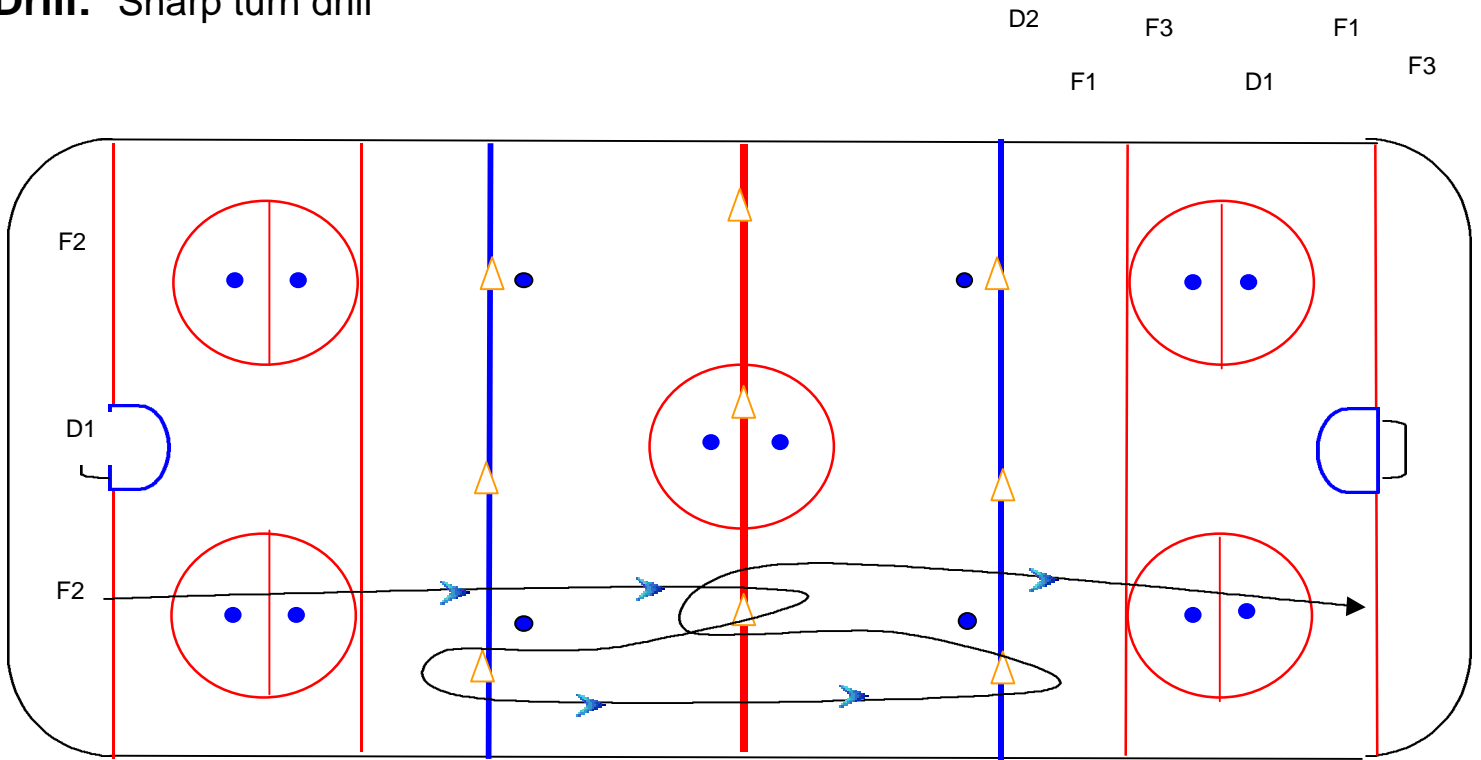


Drill: Sharp turn drill



Players line up on the Goal line.

Skate out to centerline on left side and sharp turn around pylon.

Back to close blue line-sharp turn .

To farthest Blue line- sharp turn.

to center line -sharp turn. To end.