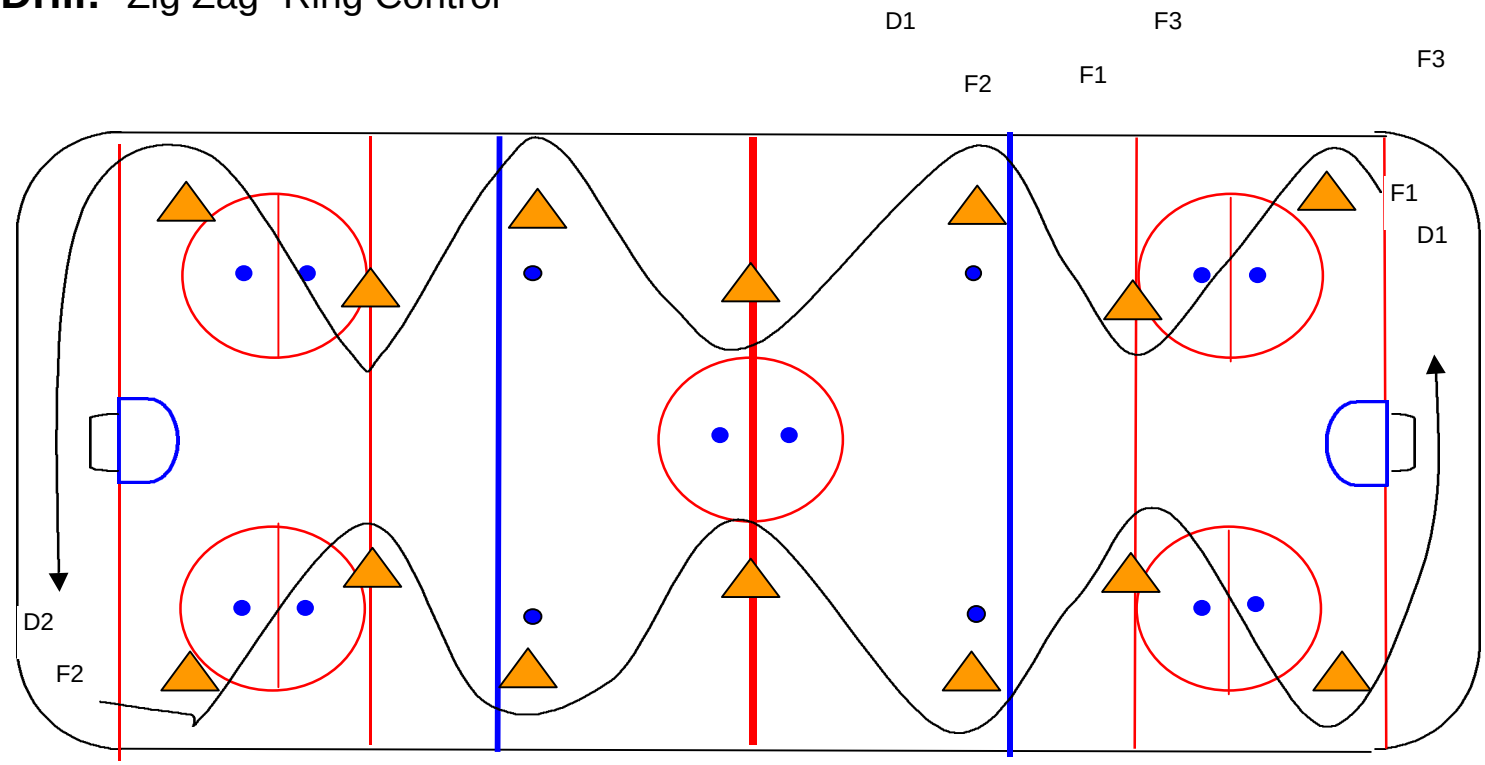
Drill: Zig Zag- Ring Control



Players carry the ring while skating around the pylons as in the diagram

Variation: Player 1 carrys ring through pylons.
Player 2 follows Player 1 checking from behind first with intent to throw player one's concentration off. Then intent to take the ring. Player 2 must follow same route.

Varitaion: have coachs stand at pylons and do stationary checking.

Variation: use pucks at pylons. Player has to go around puck as above but ring has to go on other side of puck