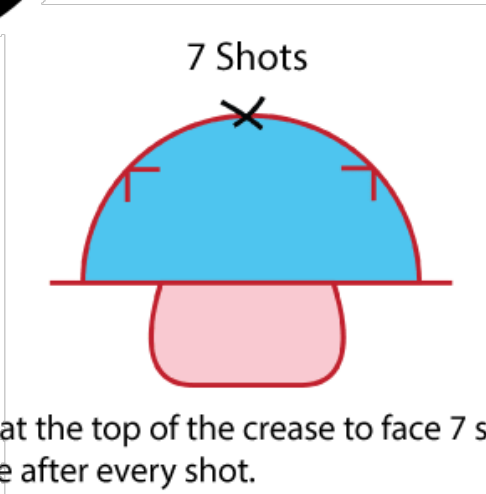




*worldprogoal.com*

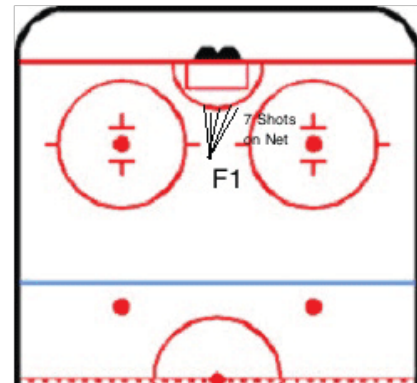


Goalie starts and stays at the top of the crease to face 7 shots from forward. Goalie returns to stance after every shot.

### Player Movements and Key Points

F1 stays in slot with pucks. When goalie is set F1 takes a shot anywhere (shooting to score) while staying stationary. F1 waits for the goalie to recover and get set before taking next shot.

\*Note: This is NOT a rapid fire drill.



### Legend

X - Stance