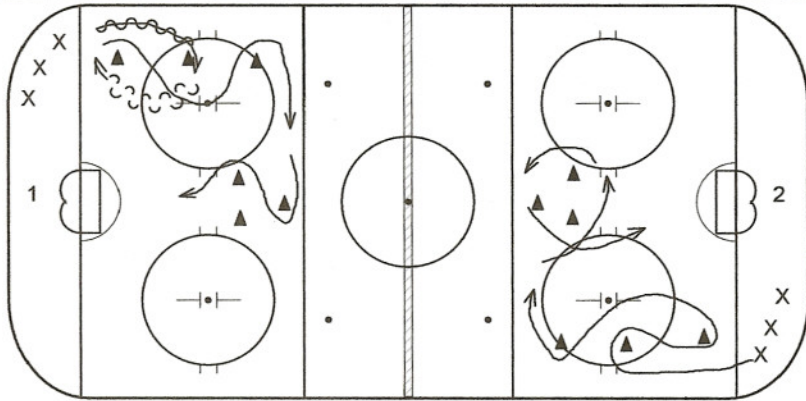


RR 4 Fs Stat

1) Starting from the corner X1 passes to X2 and both move towards the net. X2 returns the pass to X1 who now decides to:

- A-Pass back to X2 for a quick shot
- B-Jam the puck near post or
- C-Go around the net and read what the goalie gives him ie, jam or a pass to X1.

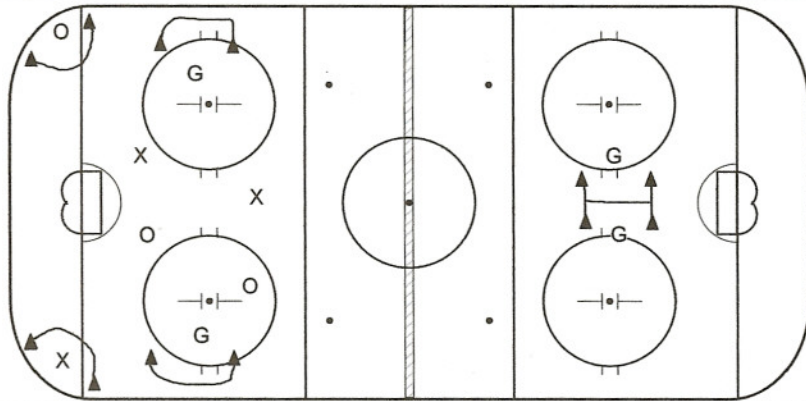
2) Sharp turn drill as per Ds



RR4 D-Stat

1) Transition: Players transition skate around the 1st two cones and then 2-step through the three of them before glide turning around the center triangle.

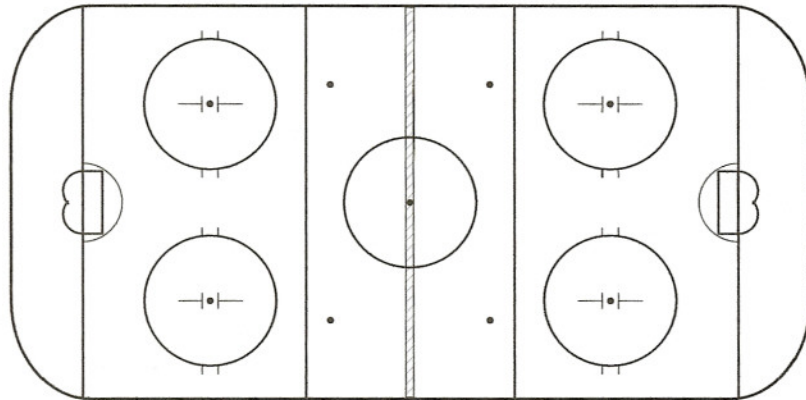
2) Players sharp turn around the 1st two cones and then step inside the top cone before x-over around the center triangle.



Dogs/Anywhere

1) Dog in the Corner:
Teams play 3v3 with a designated corner player. Minimum one pass has to be made to the "DOG" before a scoring attempt can be made.

2) Score Anywhere:
Teams play 3v3 attacking and defending both nets. Goalie Option: Single goalie will have to move and defend both nets.



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