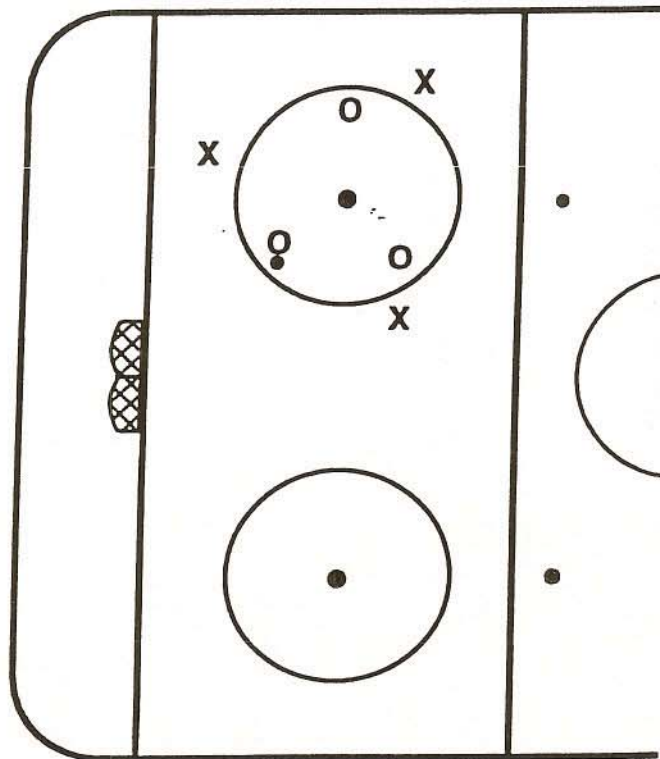


Use of the Circle: 1 Touch



Organization: Groups of six, 3 in the circle with a puck and 3 outside (to keep the puck in play). On the whistle, inside three play continuous 1 touch while moving inside the circle at high speed. Don't let the puck stop rolling. (You can count and see how many dead pucks in 30 seconds. Can add pucks to make the drill more challenging.

Purpose: Improve 1 touch skill, hand speed, soft touch, vision.

Notes: