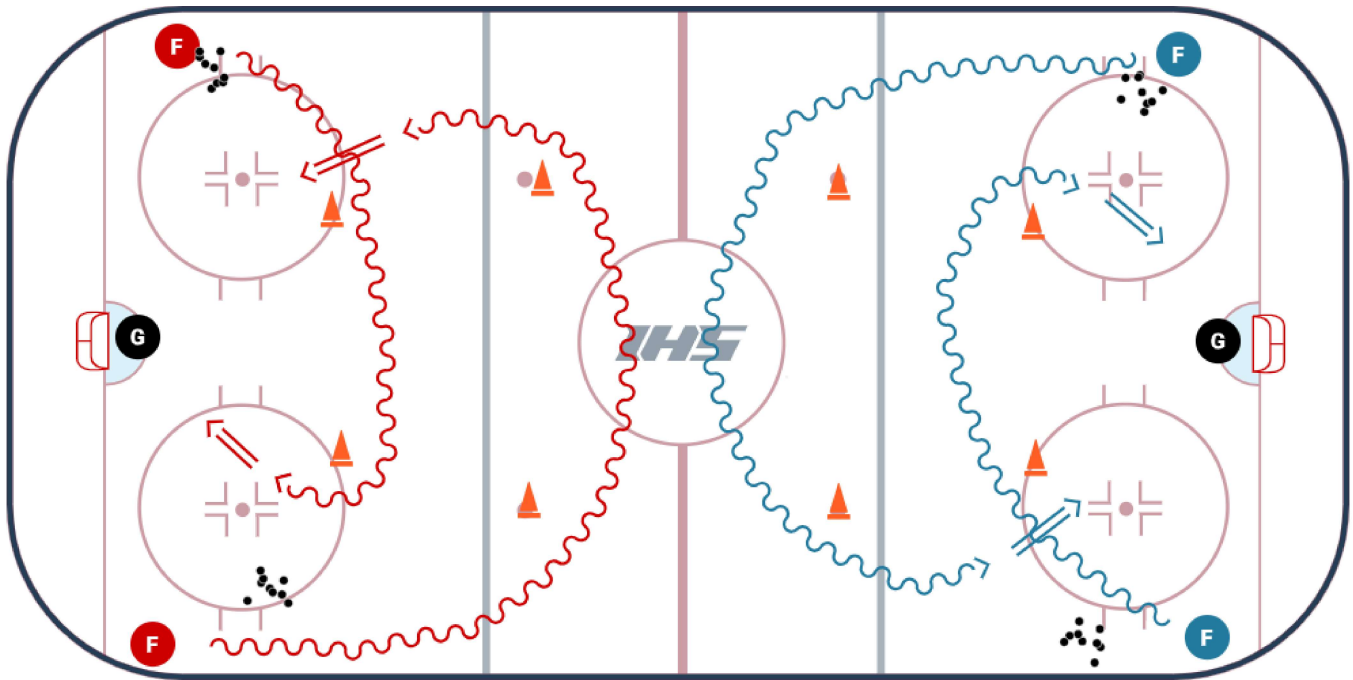


2 Shot Quick Hit



Description

4 Lines, 2 at each end. Each end has a long route and a short skating route. On Whistle 2 players from each end skate the route designated and end with quick shot on net. Players switch lines alternating between short and long routes. Coach can designate skating skill to be executed on turns, IE mohawk turns, punch turns etc.