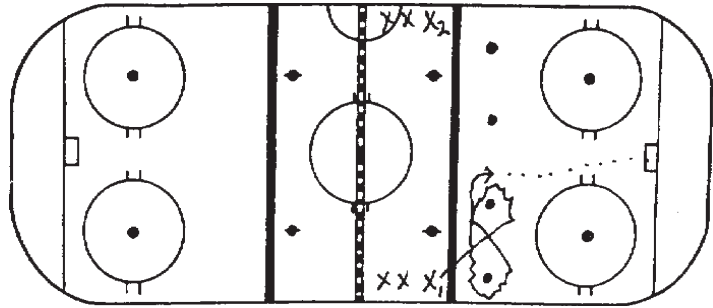


FIGURE 8 SHOOTING

PURPOSE: Lateral movement and walking the blue line.

SET-UP: X1 carries the puck while skating a figure 8 around the cones, always facing the net, pivoting from forward to backward as he moves through the cones. As he rounds the last cone, he moves laterally along the blue line and shoots (on the move). When X1 is about to shoot, X2 begins.



Option B: Start lines in the middle of the ice and do the figure 8 from the outside in so that the player rounds the second cone and walks the line towards the boards shooting from the angle rather than from the middle