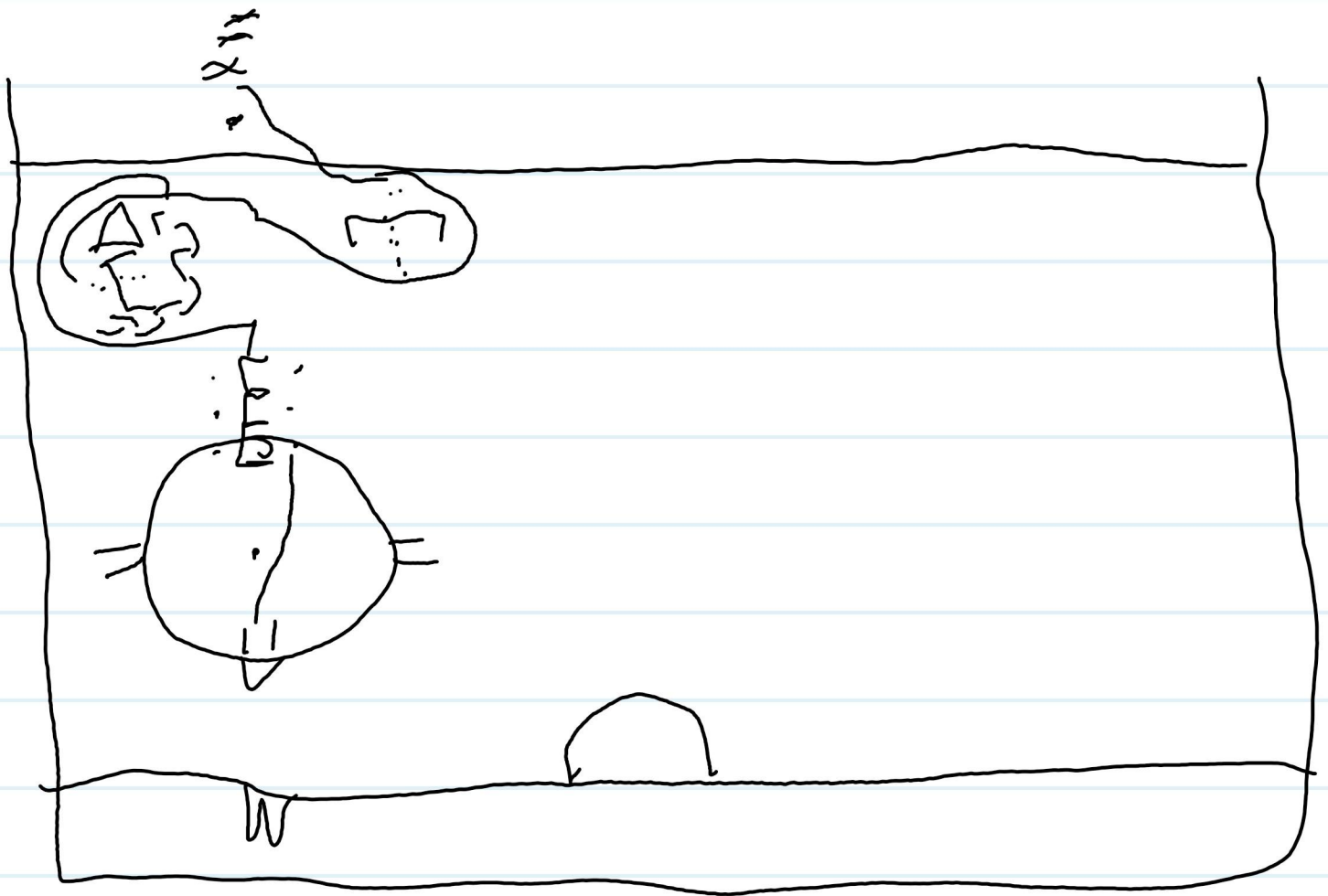


# STATION # 1

1



DRILL STARTS W/PLAYER W/PUCK  
MOHAWK AROUND SINGLE STICK BRIDGE  
(PUCK OVER OR UNDER) SKATES OVER  
TO COVE AND STICK BRIDGE. TRANSITION  
AROUND PUTTING PUCK UNDER STICK  
BRIDGE PICKING IT BACK UP ON THE  
OTHER SIDE. THEN ATTACKS THE NET  
STICK HANDLING THROUGH FINAL BRIDGE  
AND QUICK SHOT.