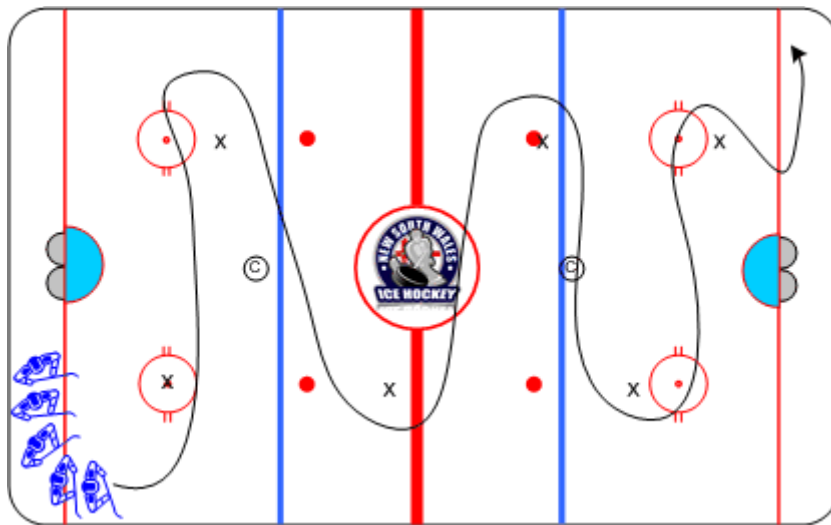




Crossover Snake

Duration: 6 mins

- Crossovers around pylons
- Continuous crossovers, no forward striding
- Add pucks, and repeat the pattern



Coaching Tips

- Quick feet
- Inside shoulder up when expecting contact
- Minimise handling of puck

Execution Tips

- No tight turns
- No forward striding
- 2nd player leaves as 1st player passes the 2nd pylon