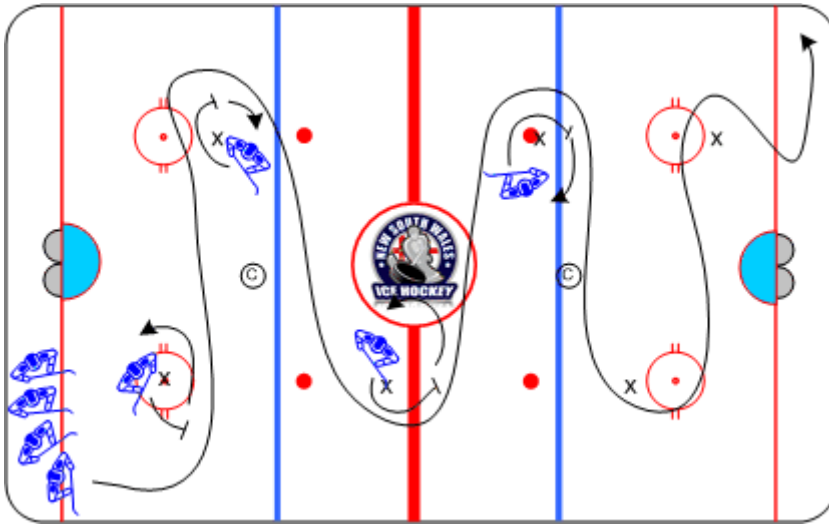




## Crossover Snake with Contact

Duration: 6 mins

- Crossover Snake Drill as before
- Introduce one defender per pylon to supply contact
- Introduce pucks



### Coaching Tips

- Preparation for contact
- Puck protection
- Keep feet moving

### Execution Tips

- Limited contact
- 2nd player leaves as 1st player passes to ©
- Do not stop for a lost puck