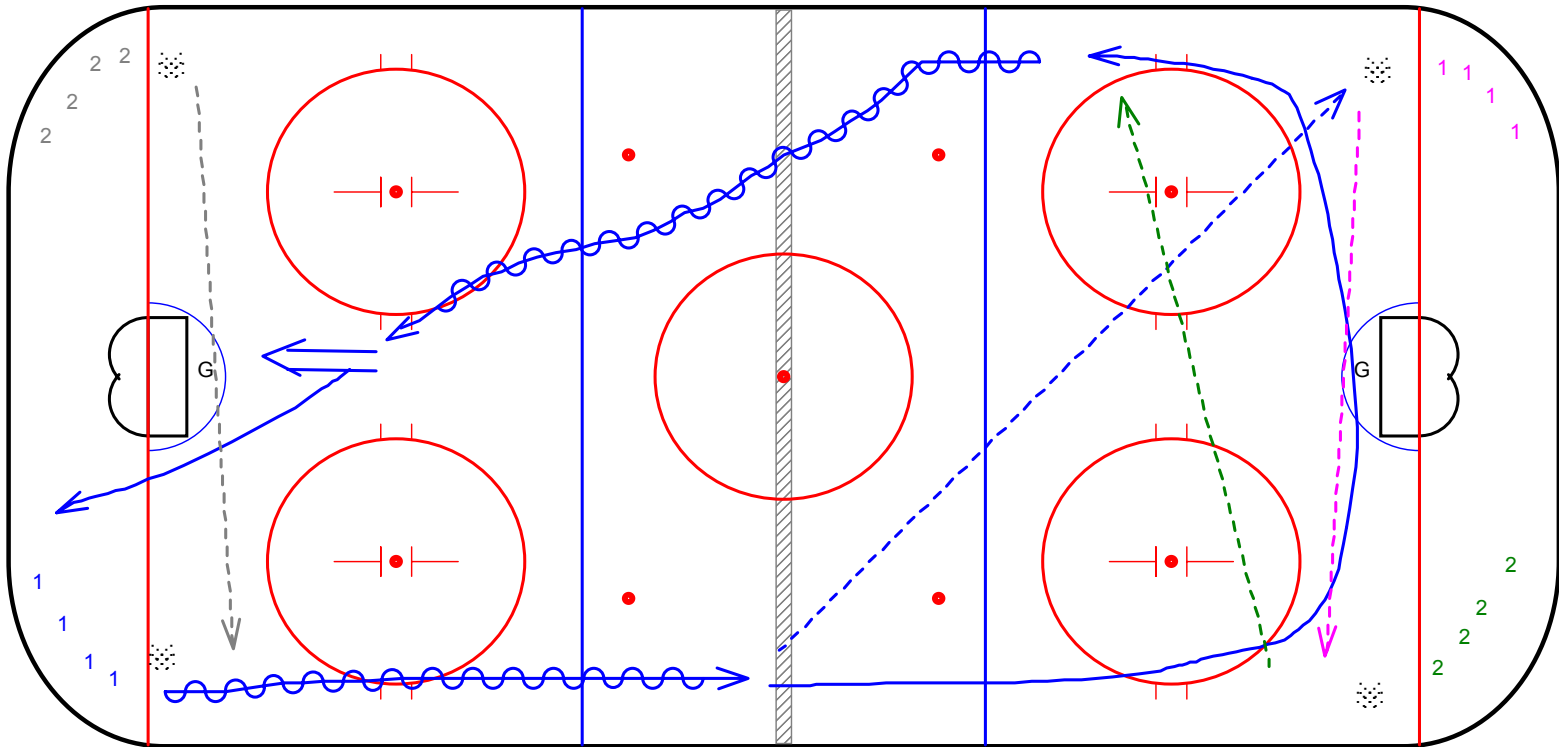


## Long Pass



drill goes in both directions on whistle command. 1's leave and receive cross ice pass from 2's, skate puck to red line, cross rink pass to opposite corner 1's who swing to 2's while 1 skates deep curl to come up wall to take cross rink laterak pass from 2's. On whistle 2's leave to start next rep.