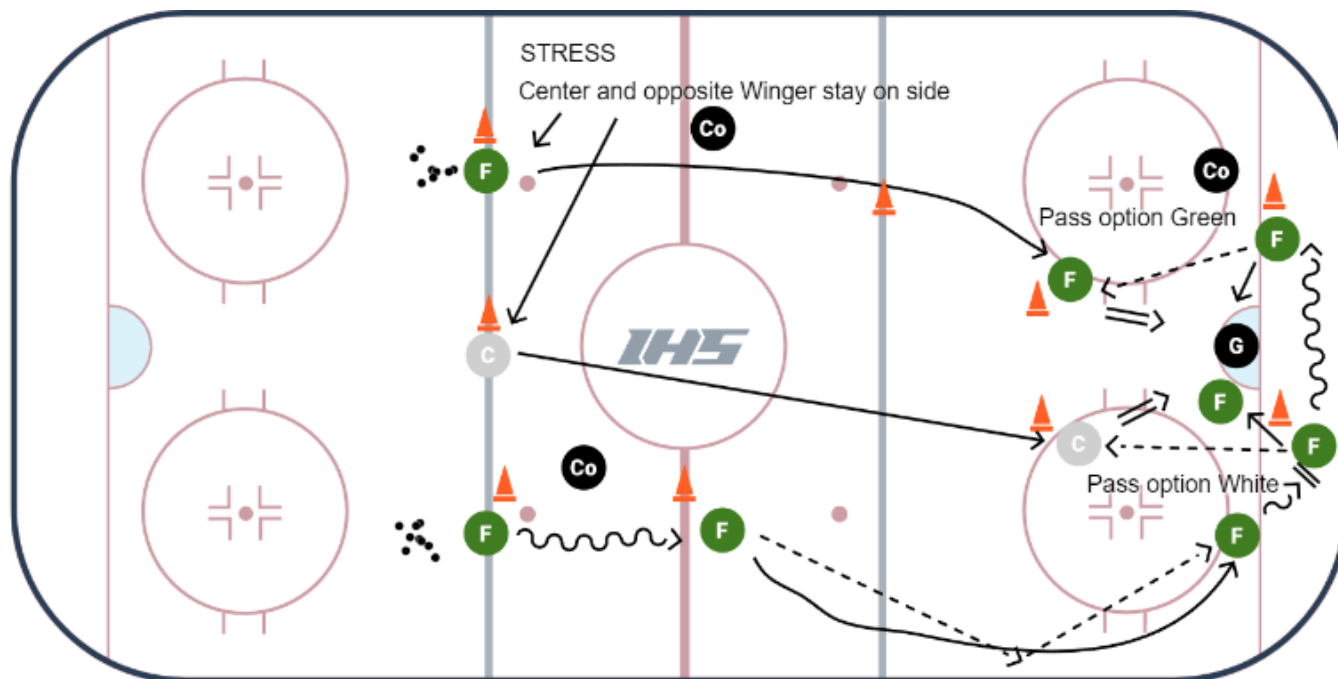


DUMP AND CHASE STEP 1 - WHITE - GREEN OPTIONS



Time:

Station:



DUMP AND CHASE DRILL SHOWING BOTH PASSING OPTIONS -Winger skates past the redline and dumps it in off of the boards, and continues chasing it to the corner and taking it towards the back of the net. The Winger may stop for pass option White (Centerman) or pass option Green (Winger). -After passing they continue to the net for any rebounds. -Opposite Winger takes his place in front of the net on his side of the ice. Options: - White (Centerman) takes position in front of the net on the side of the dump-in, receives the pass and shoots. -Green (Opposite Winger) receives the pass and shoots.