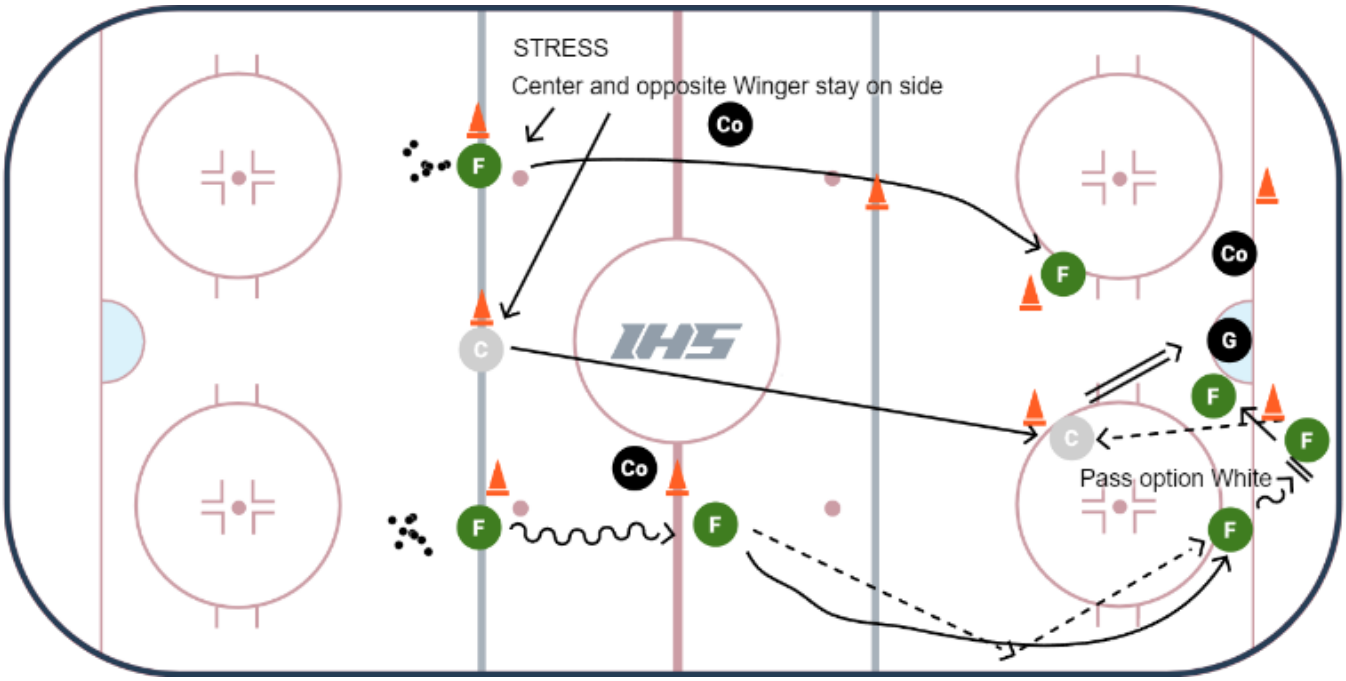
DUMP AND CHASE - STEP 2 - WHITE OPTION

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 stopping for pass option White (Centerman), 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. - White Centerman takes position in front of the net on the side of the dump-in. -Opposite Green (Winger) receives the pass and shoots. -Everyone to the net for rebounds