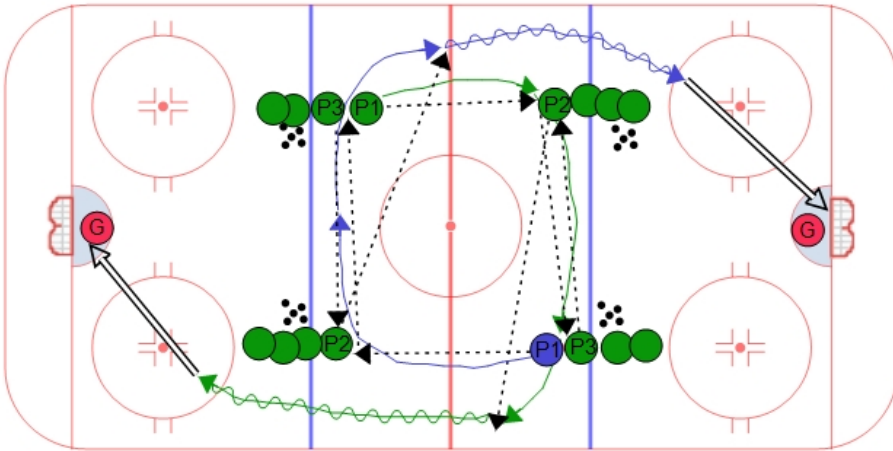


Four Lines Flow #3



The third drill in the series starts from the same formation. Players from opposite lines go at the same time and make a pass to the line directly in front of them. Then they skate around the center circle to receive a pass back before attacking the zone. In the diagram above P2 passes the puck to P3, then P3 passes back to P2. P2 then passes to P1 as they turn up ice around the center circle.