

### Sequence

1. Start at right post and T-push
2. Stop shot from player (2); then backward to right post
3. Forward and out to challenge shot from player (3)
4. Two C-cuts and shuffle/T-glide to left post
5. T-push forward, stop, and challenge shot from player (5)
6. Backward to left post and repeat same, starting at left post

(See Skating W Drill for details.)

### Key Points

- Steady hands while skating
- Bring hands to puck for leg saves
- Recover to stance and move to next shot simultaneously
- Lead with stick and check for legs “thrusting” to shot lane

