

Sequence

1. Start at left post, forward T-push to slot, and stop
2. Stop shot from player (2); then recover to stance
3. Backward two—C-cut thrust (shuffle or T-push) to right post
4. Quick low shot from player (4)
5. Repeat from right post; same: finish with player shot (6)

(See Skating Y Drill for details.)

Key Points

- Fast feet
- Gap control to cover net on “deke”
- Use butterfly, half butterfly, or 2-pad slide to post

