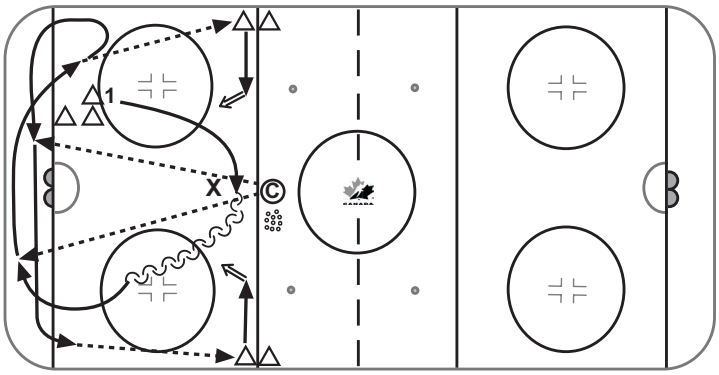
## Defence - Alternating Retrievals - Wheel

- Defenseman steps up around pylon, retrieves the puck, wheels the net and  makes an outlet to defenseman at blue line who then shoots
- Defenseman keeps going up around pylon, retrieves puck from other corner, wheel the net the other direction and makes an outlet at blue line who then shoots
- Next defenseman goes




**Key teaching points**

- Quick to the puck
- Shoulder check ; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your fore-

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