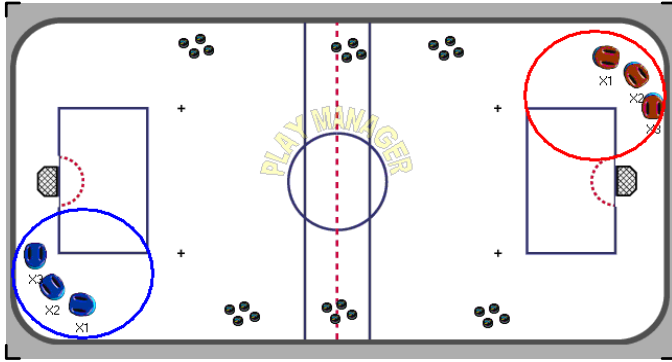


# Inline-Roller Sample Plays

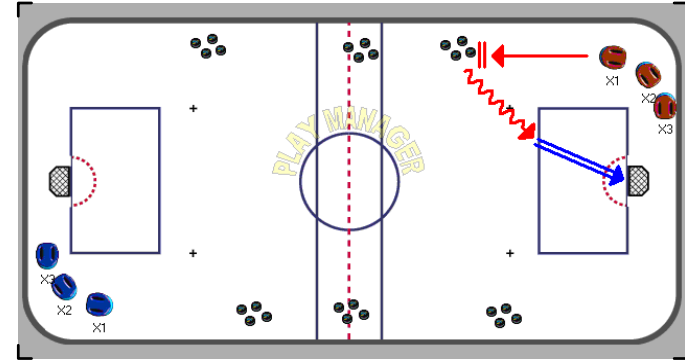
## Stamina Shooting Drill

Players learn to shoot under fatigue and stress.



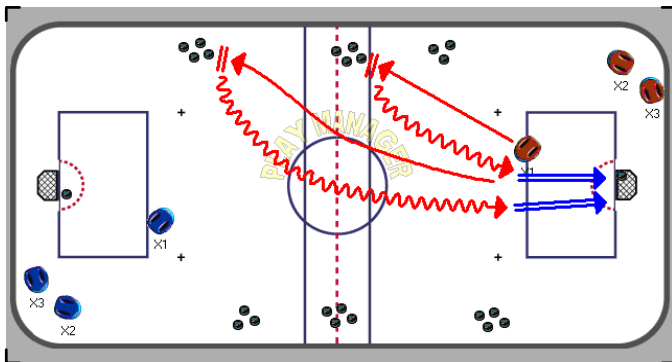
#1 - [0.00]

Start with 2 groups in opposite corners. Sets of pucks as shown.



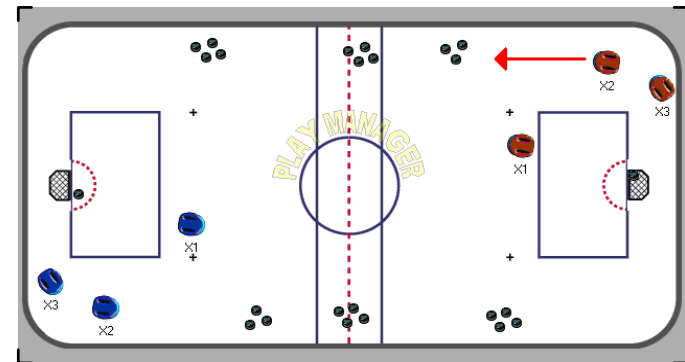
#2 - [0.03]

X1 picks up puck at blue line and takes a shot on goal.



#3 - [1.98]

X1 stops, goes to red line to get puck, takes a shot on goal, stops, goes to far end to pick up puck and skates back to take a shot on goal.



#4 - [2.14]

X2 starts right after X1 picks up first puck. X3 starts when X2 picks up first puck. If using goaltenders, players must make sure goaltender is looking when shooting.