

# **COACH BEN'S WEEKLY CHALLENGE**

**Wednesday April 29th, 2020**

**3 Rounds of 20**

**(SEE VIDEO FOR EXPLANATION)**

**#1**

Toe drag

(drag puck to heel)

**#2**

Reach left to right

(Puck on toe on forehand and heel on backhand)

**#3**

Maximum reach left to right

(Puck on toe on forehand and heel on backhand)