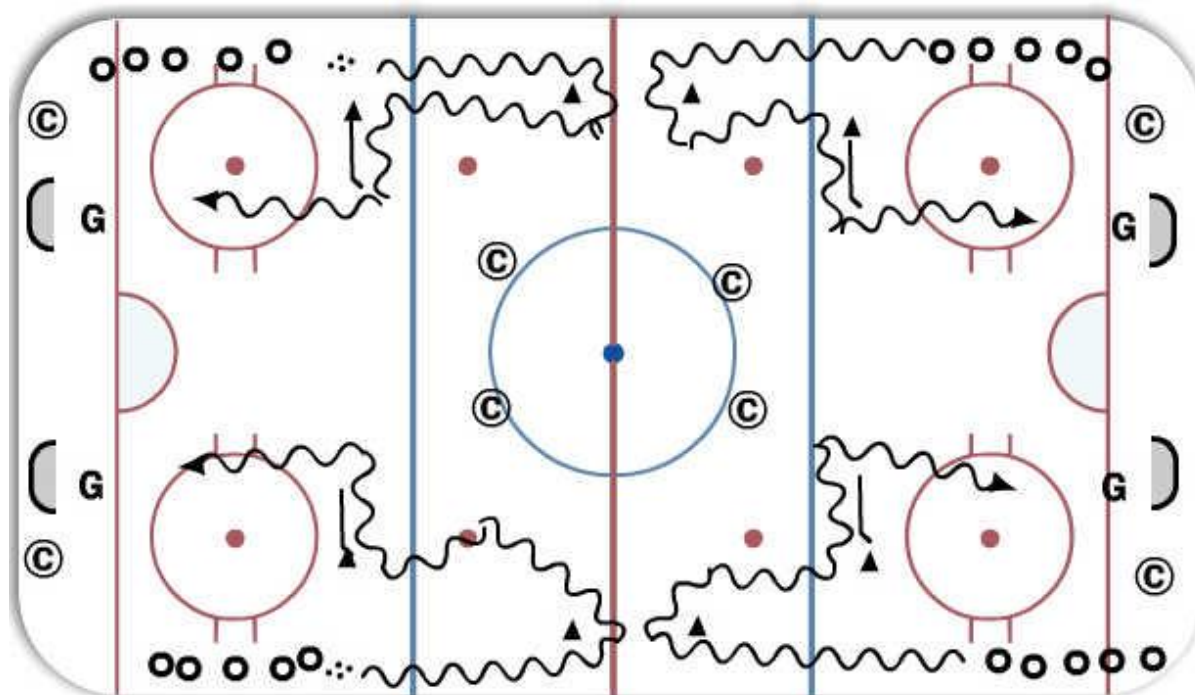


Front Fake Forehand/Backhand Side



Description

3 basic parts to watch for:

1. Shuffle Stride with a dribble, have the puck in front of your body to see in front of you.
2. Quick fake to your side, do not go past your skate. Bend your knee, drop your shoulder, and tilt your head in the fake direction.
3. Now do a quick snap across your body to the direction you want to go, and drive wide.

Key Points: -Shuffle stride, and dribble., - on your fake don't go past your skate, - bend your knee, drop your shoulder, tilt your head.