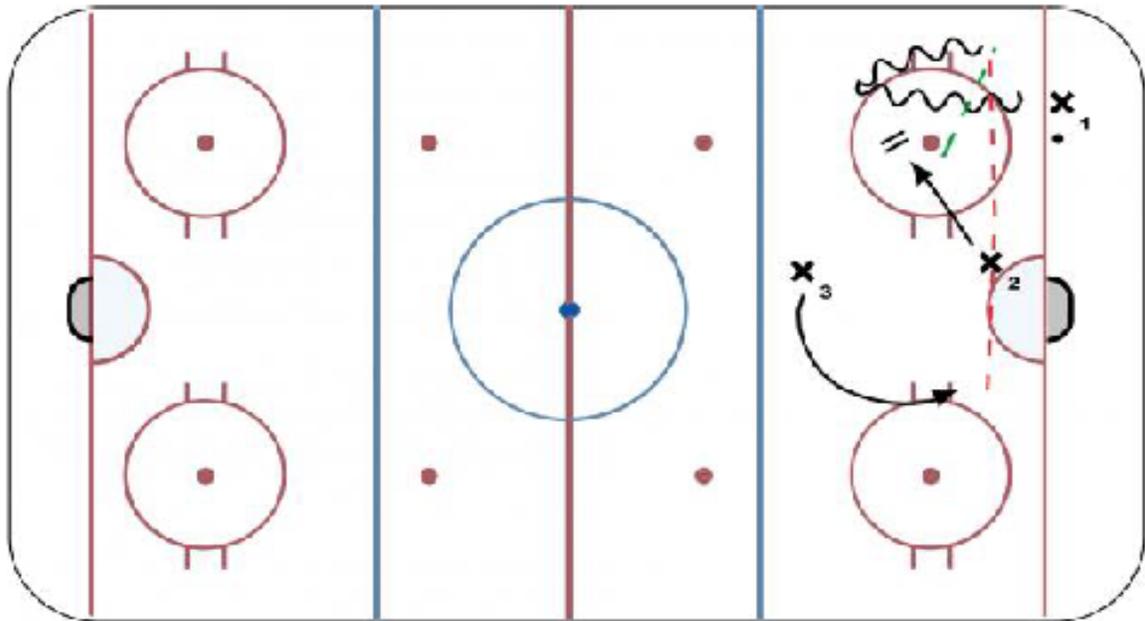


Pop Player to Back Door



Description

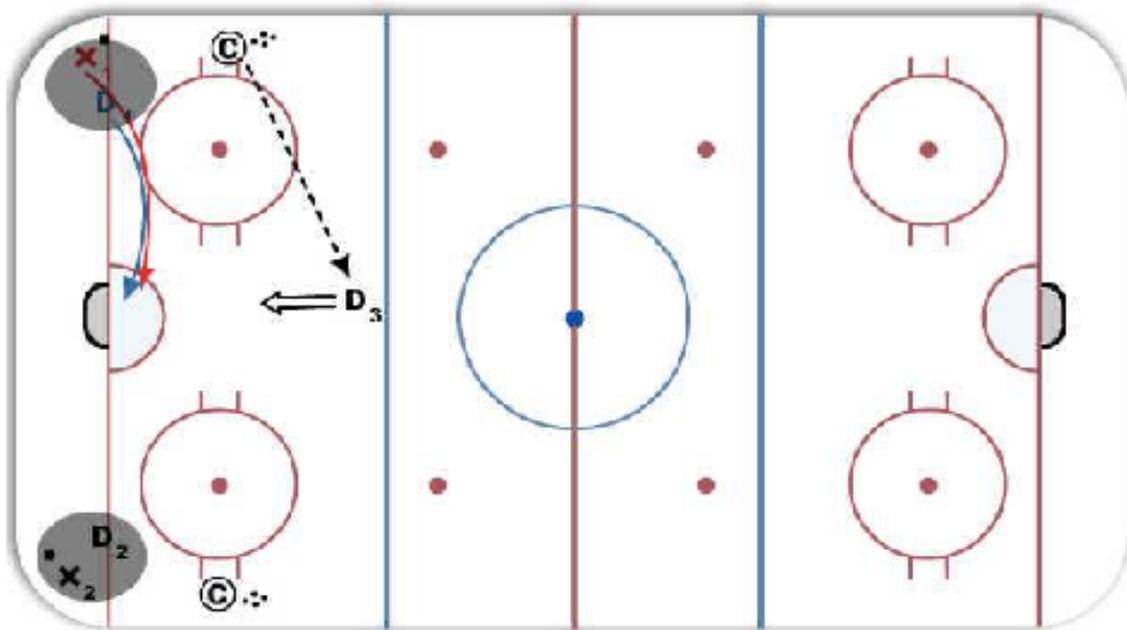
X1 retrieves puck in corner, moves up wall and does cut back just above hashmarks

X2 drives net front and then pops to dot after X1 performs cutback

X3 hovers in high position but then slides back door as X2 pops to dot

Tags: - Timing, - Be "hard" in your routes

Beat Back



Description

D's and C's play defensive side - try to get a pin

W's play offensive side, protect puck with feet while continuing to move

On whistle, Coach will pass new puck out to point for a shot - defensive player must not get beat back to the net!

Tags: DZ pins, Race back to net, Lift sticks in front

