

## T3 - Stick on Stick-Free Hand on Lower Back-Pin - C U18 F

### Key Points:

Stick is on the ice and on the puck. Toe caps always point at the attacker. Team is preparing to go to the world championships (which they won) and focus is teaching offensive players defensive details.

### Details:

1. Players watch coach demonstrate.
2. Coach mirror attacker with toe cap facing attacker..
3. Stick on stick.
4. Free hand on attackers' lower back.
5. Pin attacker on boards.

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<https://youtu.be/MXxZ4JDhaA0>

