

## T3 - 1-1 Puck Protection-Stick on Stick - C U18 F

### Key Points:

Blue protect the puck with cutbacks, red mirror blue with stick on the puck and toe caps forward. Pin on the whistle with free hand pushing lower back, knee between legs and stick wrap.

### Description:

- 1 - Blue protect puck with cutbacks.
2. Red mirror blue with toe caps forward.
3. Red keep stick on ice and on blue stick.
4. On whistle red pin blue to boards, free arm on lower back, stick on puck in front.

<https://youtu.be/F-cvydJiZSI>

