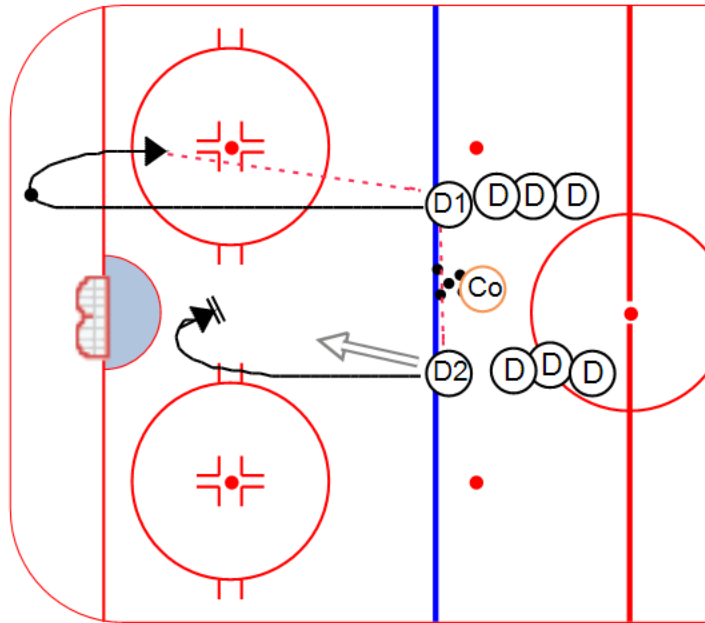


Content elements:

Components :



Key Points :

Description

1. Coach dumps puck behind net
2. D2 goes to the front of the net with feet facing forward
3. D1 picks up puck and goes "Right-Up" the ice
4. D1 passes to new D1
5. D2D pass to D2
6. D2 shoots

Be sure to reverse sides so D2 carries the puck and also have the D alternate lines so they work both sides.

NOTE:

Be sure the D in front has his toes facing up ice