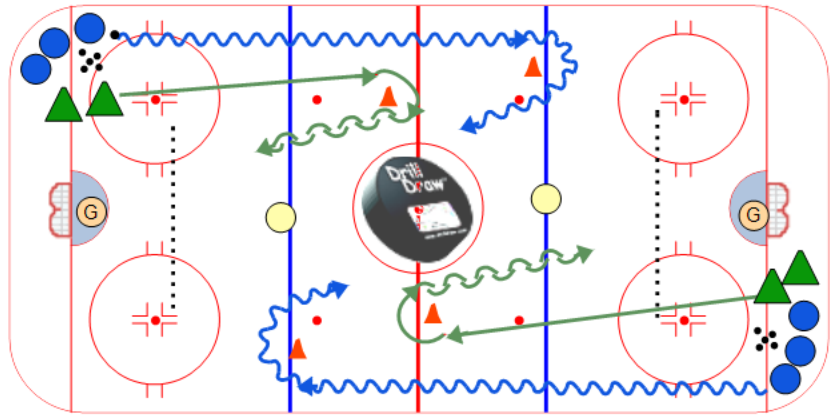


Description

Players start at the same time at the whistle.

Player ● skates with the puck and goes around the farthest pylon, comes back towards the net against the defensemen ▲. He tries to get around him before he gets to the dotted line, otherwise he must shoot on goal and go for the rebound.

Defensemen ▲ skates up to the closest pylon and pivots to face player ●. He must properly judge the speed of his opponent to keep the proper gap and prevent him from reaching the upper part of the face off circles.



Key points :

Handling

Control

Fakes

Speed