

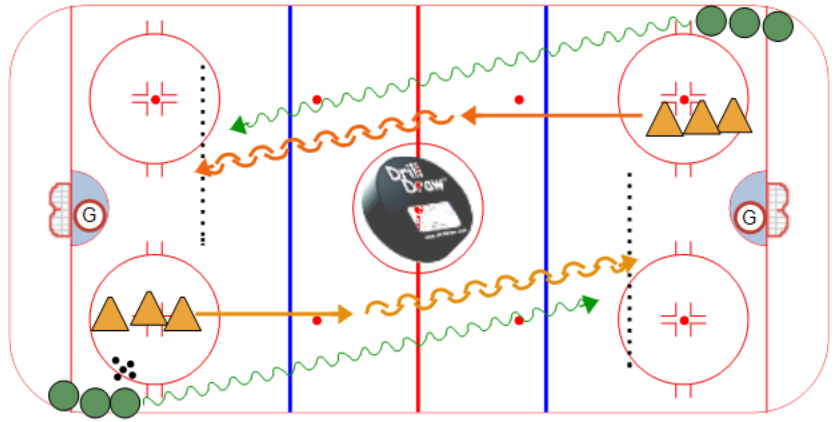


**Description**

Both players start at the whistle.

Defensemen  skates forward and hard enough so that he can pivot before he gets to the red line.

Forward  skates with the puck and tries to get around the defensemen before he gets to the shot line. If he can't get around the defensemen before that line he must then shoot on the net and go for the rebound.



Key points :

Handling

Control

Judgement