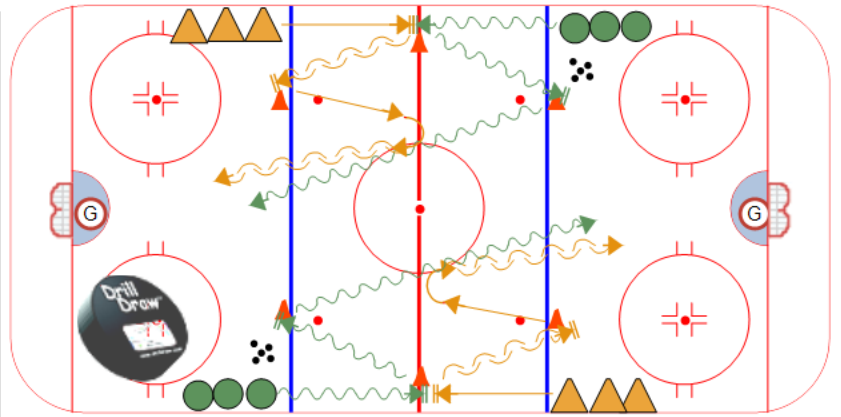


Description

Forward ● carries the puck to the red line and stops. He then goes to the blue line and stops again before speeding towards the net.

Defensemen ▲ skates to the red line and stops, skates backwards to the blue line and stops again. He then skates forward to the red line where he pivots and skates backward towards the net and closes the gap on puck carrier the whole time.

**Key points :**

Look at puck carrier

Judgement

Speed

Handling