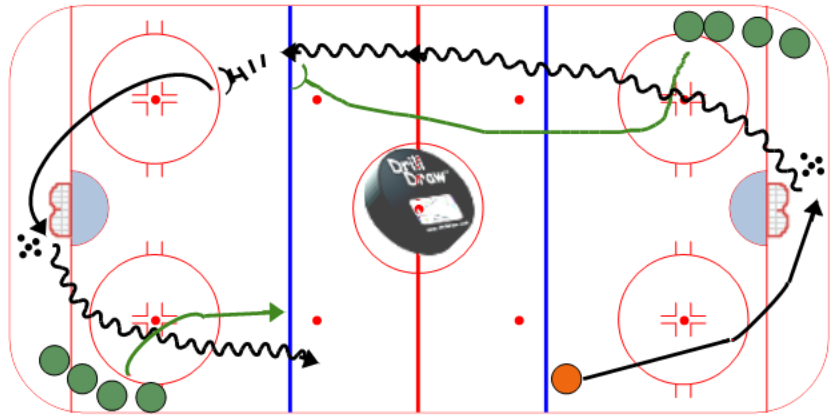


**Description**

● Puck carrier tries to get as far as possible while ● backchecker protects the middle of the ice and takes his man out when he can. When the player ● loses the puck, he must pick up another puck in back of the net for the next rush.

**Key points :**

Keep feet moving

Stay inside

Protect middle