

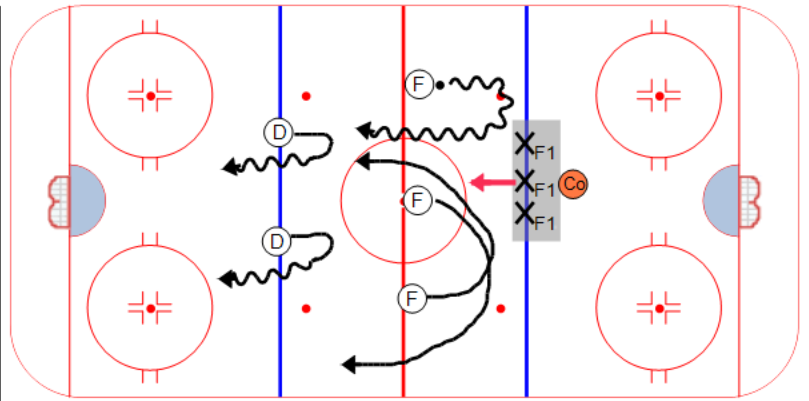
Description

Forwards start at center ice and begin the rush by circling back to the blue line.

Forwards can rush in any pattern they choose.

D should close the gap before retreating

Coach tells XF1 when to backcheck and how many.
(vary the number)
Play out the attack until the whistle.
Alternate the number of attacking F's so D have to read the play. Start 3x2, 2x2 or 1x2 and still use backcheckers.



Key Points :