

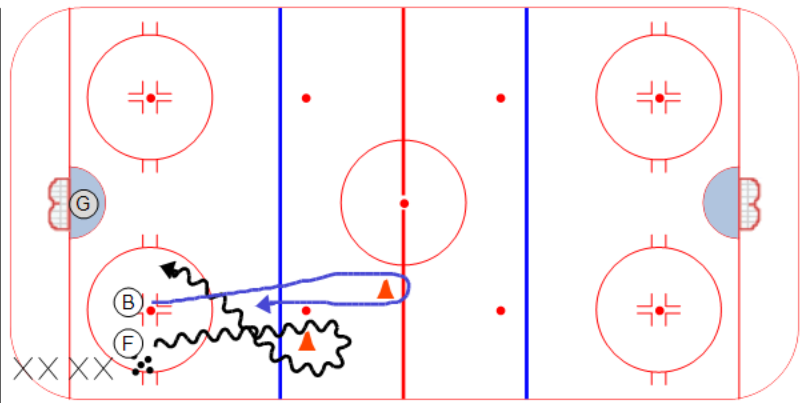
Title : Quick Backcheck

Content elements:

Components :

Description

F & B both leave on the whistle. Players cut around their respective cones. F attempts to score, B backchecks F.



Key Points :

Back Checking

1 on 1

Driving the Net