

**Description**

This drill helps to simulate a backchecking forward coming back to support a defenseman who takes the forward off the puck along the wall.

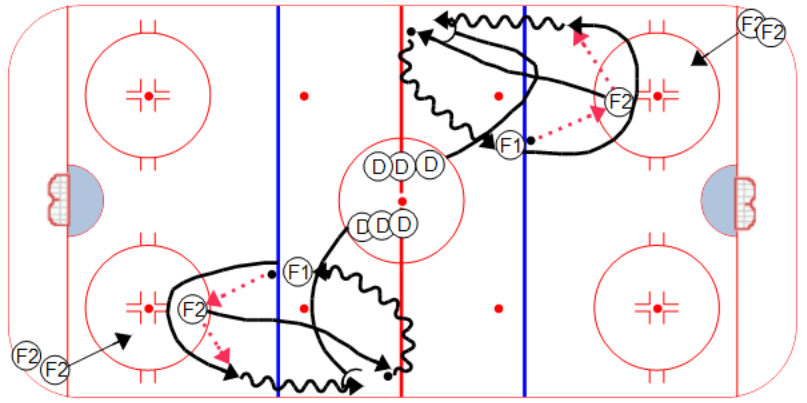
Drill starts with F1 passing to F2. F1 then loops down around F2 and receives a pass along the wall.

The first D in line angles in and takes F1 off the puck along the wall.

F2 skates hard up the ice after making the pass to F1 to support the D and pick up the loose puck after the D rides F1 off the puck.

F2 picks up the loose puck and circles back in to become the new F1. New F2 steps up to receive pass.

Drill is continuous.



**Key Points :**