

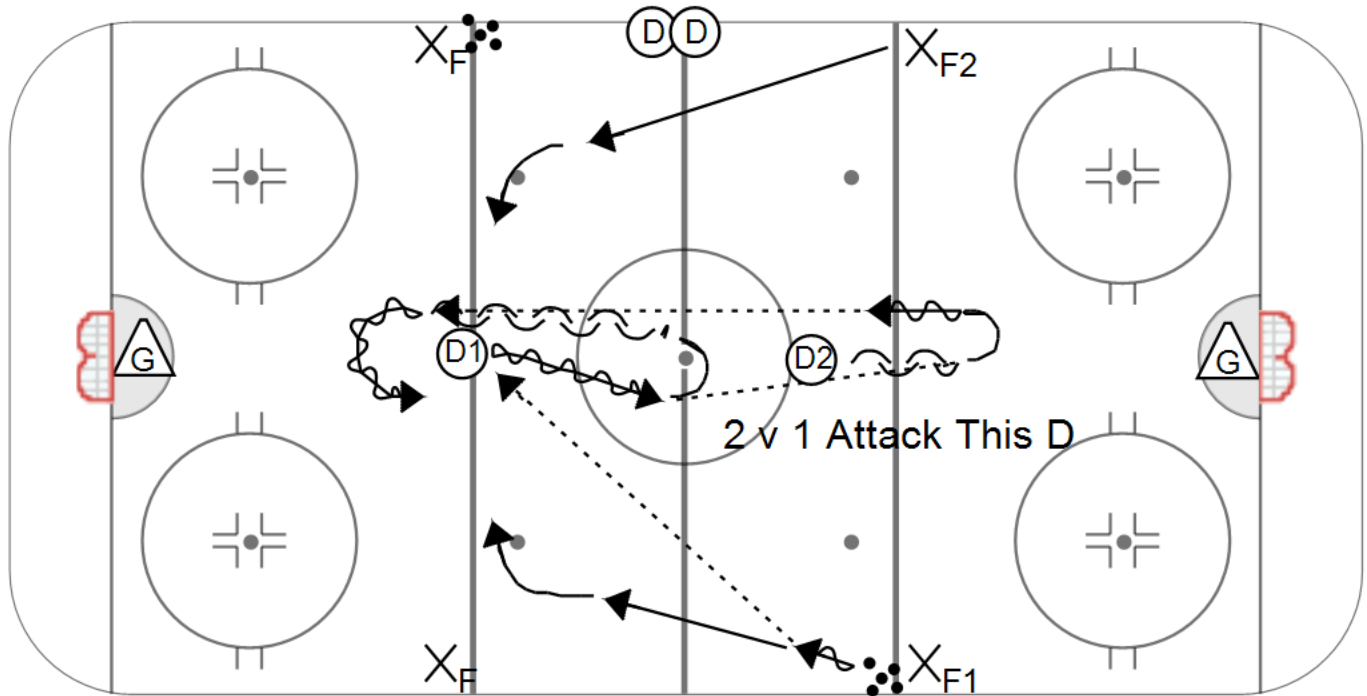
Category #1 : 

Title : Defensemen Agility Passing

Category #2 : 

Content elements :

Components:



Key points :

Defense skating with and without puck

Defense handling to stretch out

Timing of the forwards interaction between

Counter Attack fast and hard to net.

### Description

- 1---On whistle F1 passes to D1,
- 2---D1 moves forward and passes to D2 moving backwards
- 3---Defense Exchange passes and roles while forwards, F1 and F2 loop in the neutral zone
- 4---forward loop around the neutral zone, and receives puck from the original D1, have to time and present.
- 5---Forward Attack the opposite D2 2v1.
- 6---A new D moves off the boards, accepts pass from other blue line. Continues or timed by whistle up to coach.
- 7---Slide pucks down to give D new target angle.