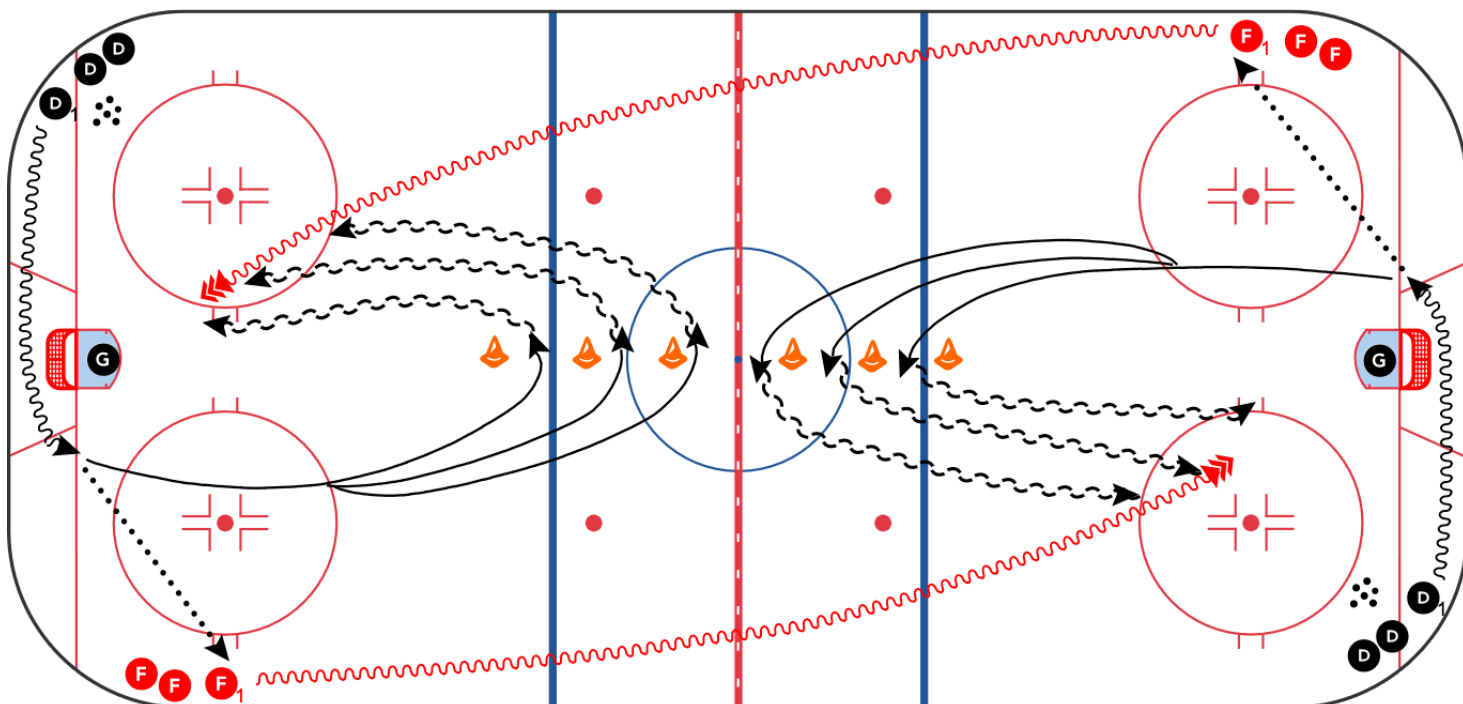


Choose Your Gap



Description

- **D** 1 Starts with puck
- **F** 1 starts on hashmarks. Can't move until receives pass
- On whistle **D** 1 carries puck and passes to **F** 1
- **F** 1 skates full speed down ice and takes **D** 1 from other end on 1 on 1
- **D** 1 after passing skates hard and chooses which pylon to go around
- Object it to go to the 3rd pylon

GOALIE

Play the shot and control rebound.

Key Points

- Faster you skate forwards the faster you will be backwards with a better gap
- Doesn't matter if the D falls. Push their limits
- Pivot around pylon staying square to opponent with no wide turns. Stay tight to while going around pylon