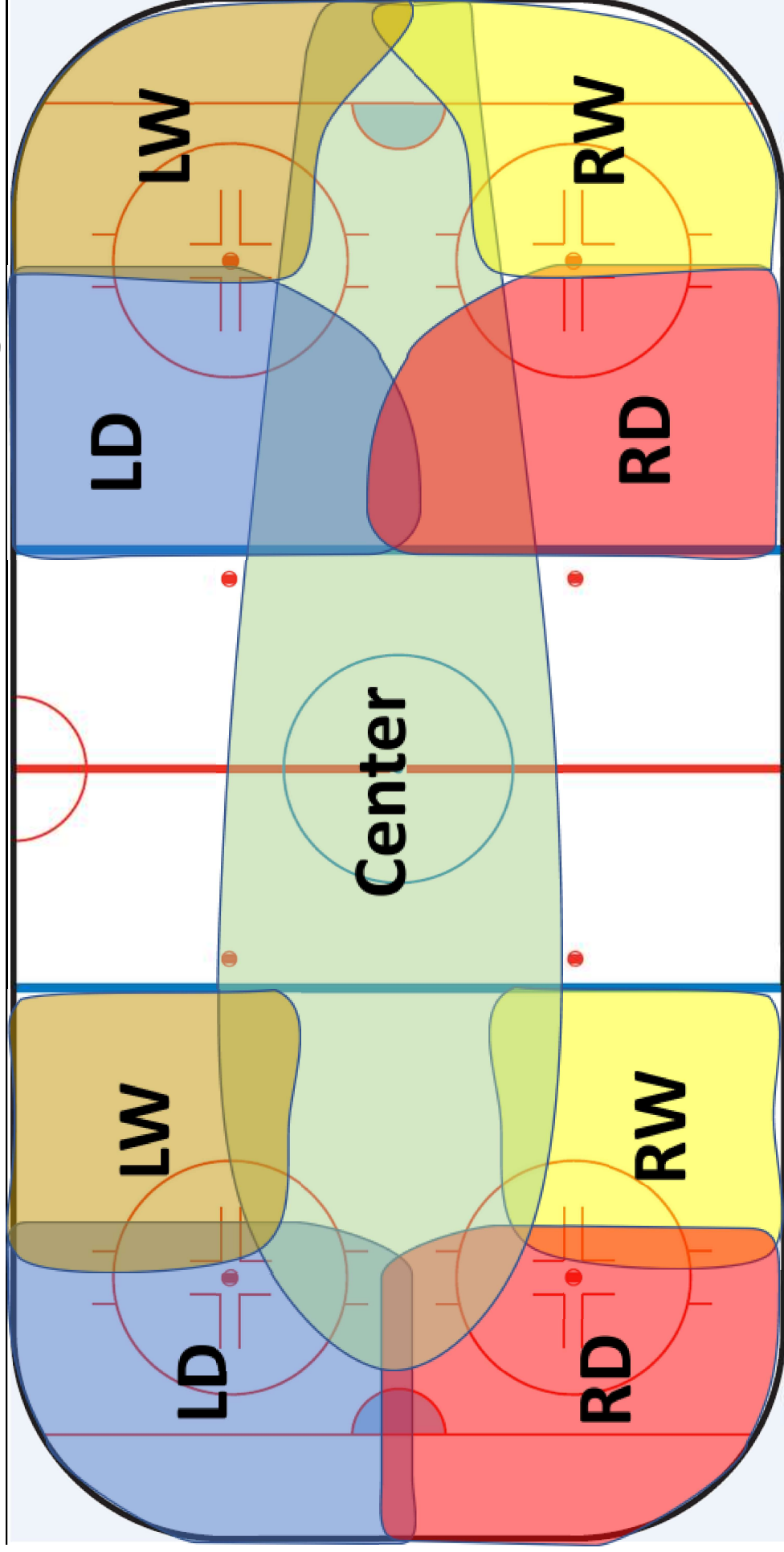


Defensive Zone

Attacking Zone



● Try to roll/ change positions and then lines.

● Wings try to stay in your area.

● Skate hard – get-off!

● Talk **with** and **to** each other!

● On offense

● Forwards: Balance/ Triangle

● Defense: One pinches