

- Purpose:**
- puck control and protection
 - passing.
- Description:**
- two pucks in the center face off circle A and one each at B1 and C1
 - on the whistle, 1 and 2 accelerate into A
 - stickhandle inside the circle moving at top speed
 - on the whistle, 1 and 2 leave the puck and sprint to B1
 - at B1, 1 and 2 pass the puck quickly
 - on the whistle, 1 and 2 leave the puck and sprint to B2
 - C has spotted a puck inside the circle for 1 and 2 to play 1 vs 1 keep away
 - on the whistle, the player in possession of the puck attempts to get the puck to the net for a score
 - player without the puck applies checking pressure to prevent a play on the net
 - 3 and 4 begin when 1 and 2 leave A.

- Teaching Points:**
- high tempo
 - compete for the puck.

- Progression:**
1. saucer passes at B1 and C1.

