

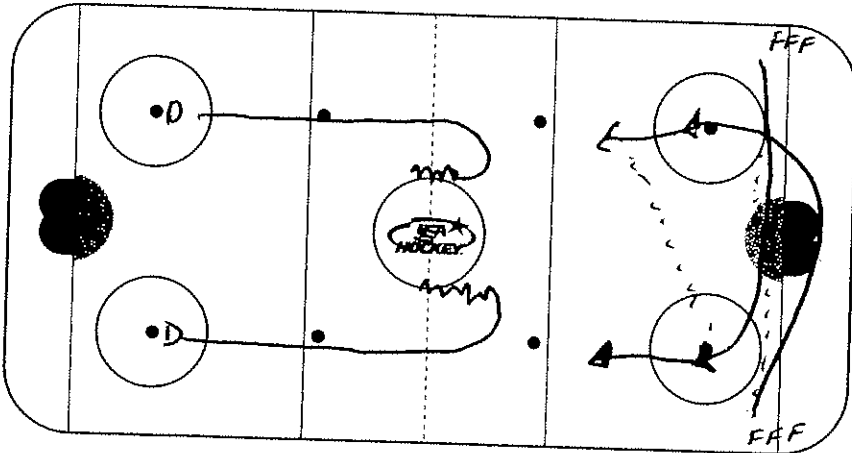
PRACTICE 6

TEAM PRACTICE

“SITUATIONAL CONCEPTS”



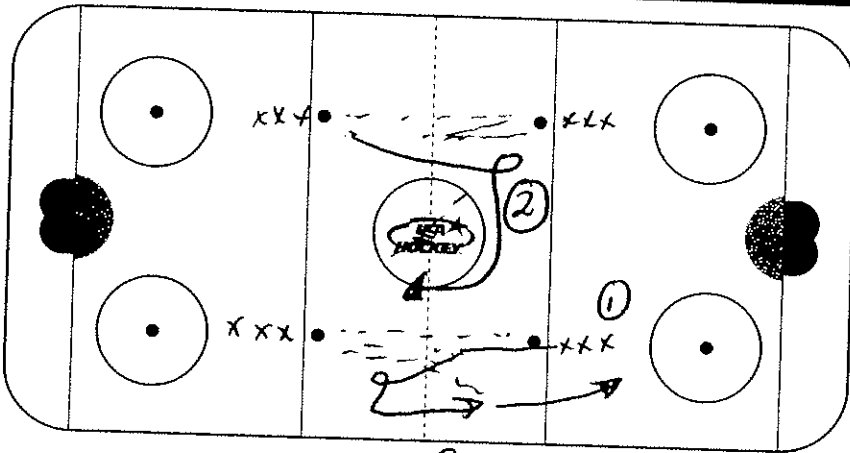
SYSTEM/DRILL ORANGE THURSDAY



Notes/Systems 2v2 speed

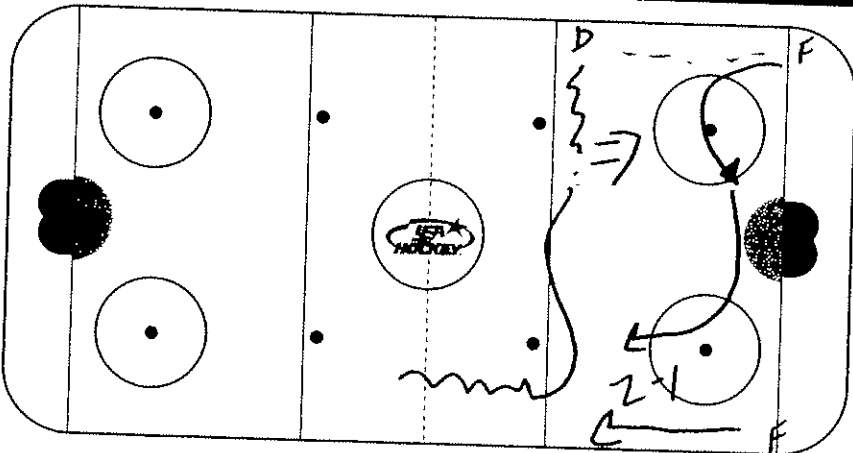
Description _____

Forwards criss-cross
and attack gapping



Notes/Systems GOALIE WARM UP

Description _____



Notes/Systems 2v1 after point shot

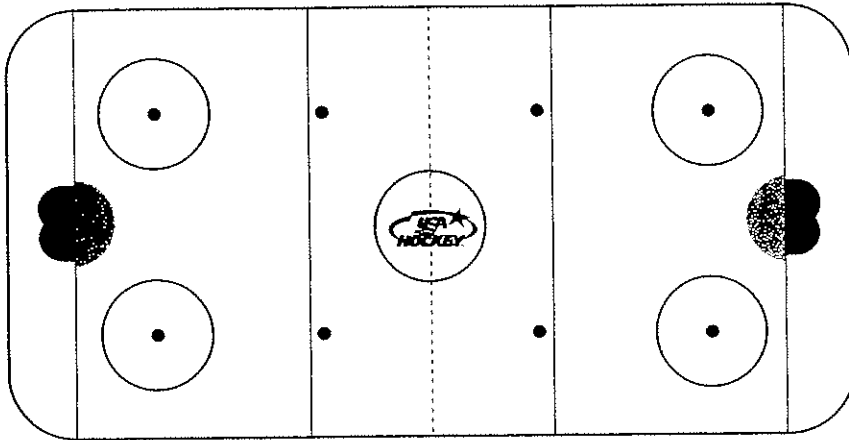
Description _____

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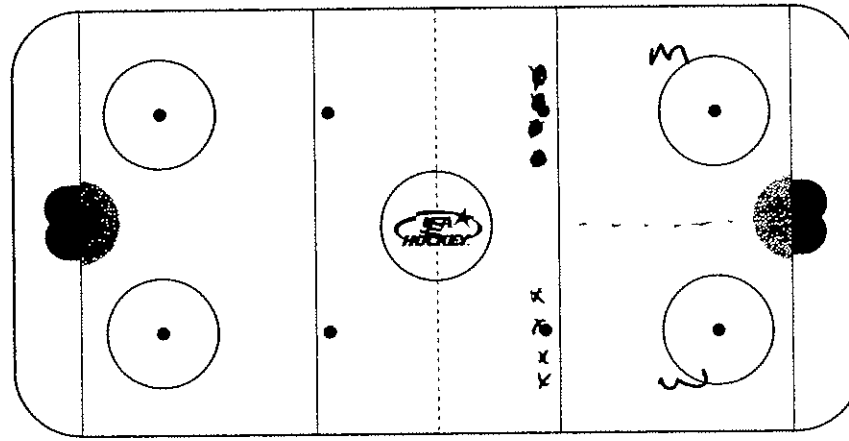


SYSTEM/DRILL Orange THURSDAY



Description _____

Notes/Systems FACE OFF GAME
AND OPTIONS

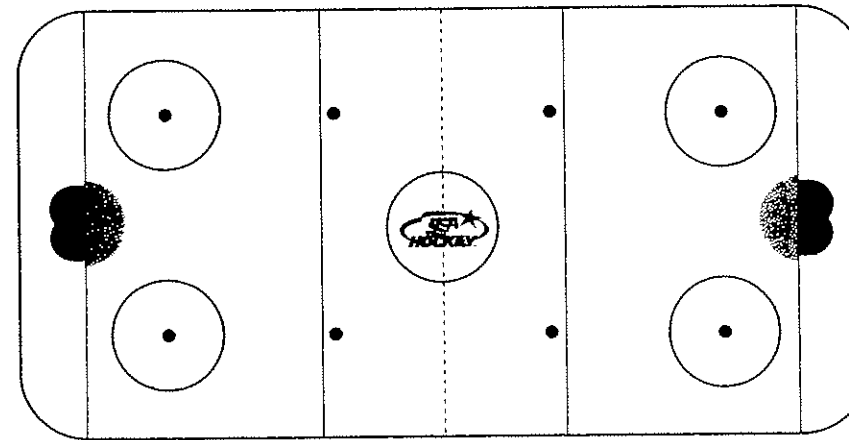


Description _____

* STARTS 1v1

- ADD A teammate when
you pass to your line
and receive a pass back

Notes/Systems CROSS ICE 1v1 add on



Description _____

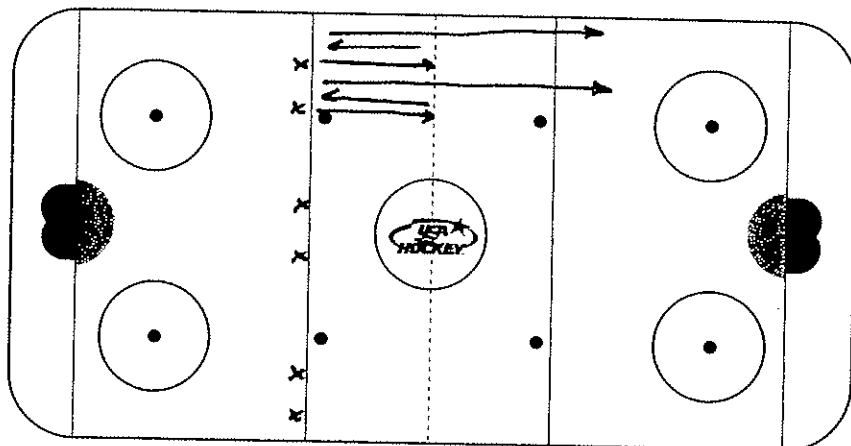
Notes/Systems _____

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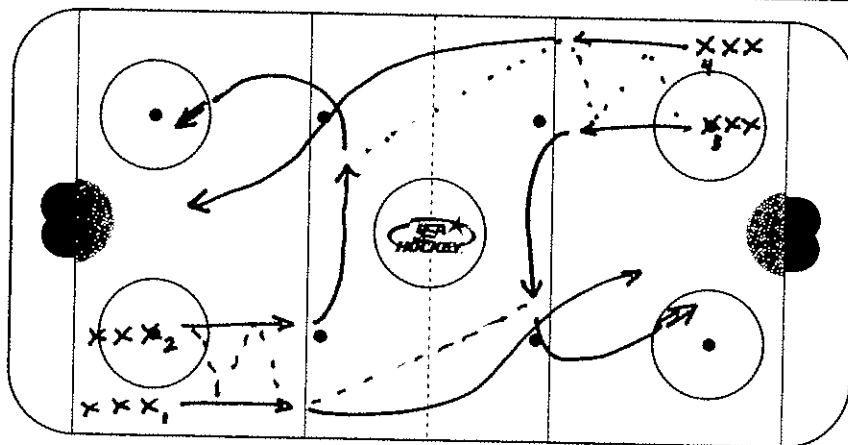
SYSTEM/DRILL THURSDAY (PRACTICE) SEKODZINSKI/MATTILA
VANOVER



Description
"MATTILA MAGIC"

- 2-0 passing progression
- Done in NZ to help transition

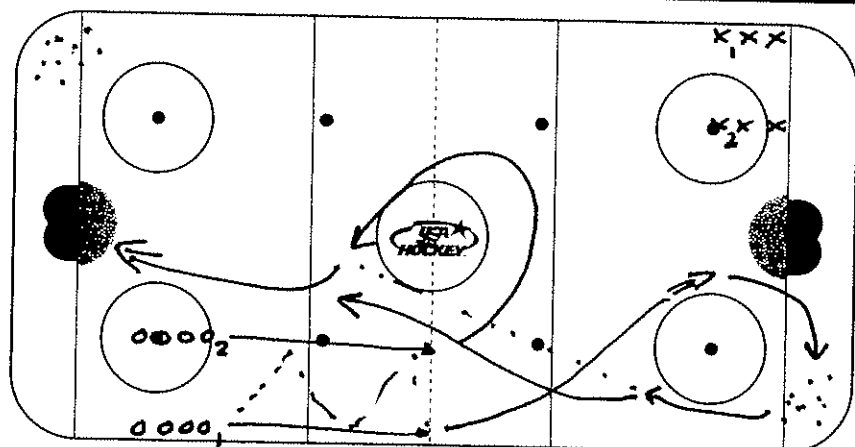
Notes/Systems _____



Description
2-0 EXCHANGE

- Pick must end up on outside of blue
- X1 looks for stretch pass as X2 out of blue line
- * Can add an ESCAPE MOVE if desired

Notes/Systems _____

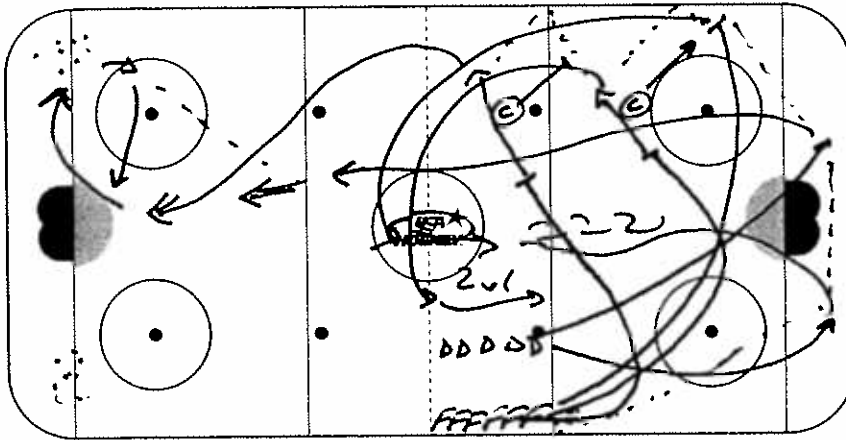


Description
(X1/X2 go together + O1/O2)

- O1 + O2 exchange + O1 must get puck 2 red and go for a shot
- O2 circles the NZ + gets puck on a stretch from O1
- Both sides some time

Notes/Systems _____

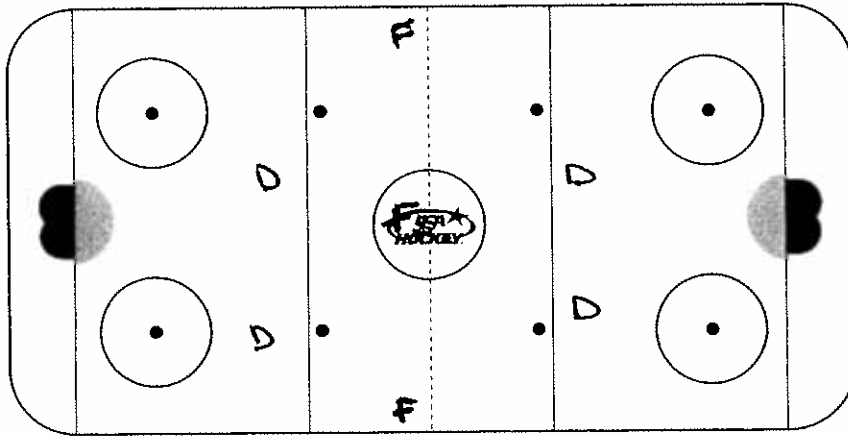




Notes/Systems "Double Chip" 1-0/2-1

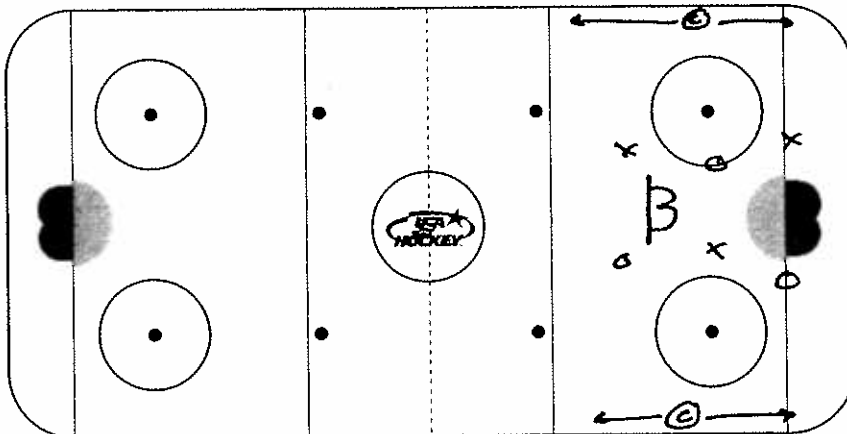
Description

- Puck is dumped + 2Fs go to B.O. positions
- D breaks it out to F's + follows play up ice
- F takes puck down ice for a shot and D follows up
- F gets second puck + feeds D for screen tip
- Other D + 2Fs get second puck + attack some end 2v1



Notes/Systems _____

Description Continuous Regroup 3v1 on whistle.



Notes/Systems _____

Description

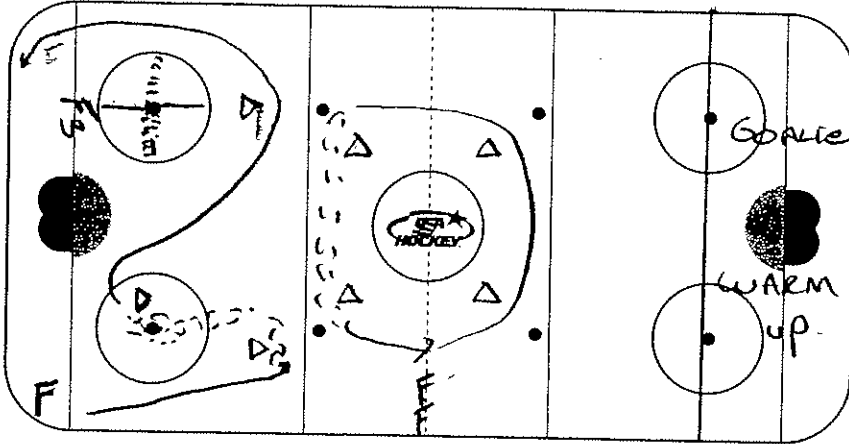
"LEVELS" 3-3

- Offensive possession changes w/ pass to either @
- Score on any net





SYSTEM/DRILL Thurs 6-26. Purple Team.
Coaches Reiridon / Jones / Anzelone



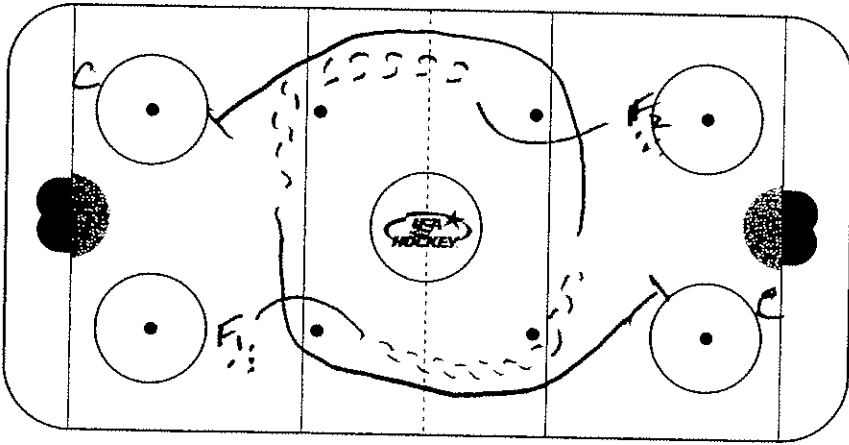
Description 0-7 min
Dynamic skating warm-up
EDGE Work, Pivots

N/Z. Box Drill

F1 skates to cone transitions skates
Back to cone transitions two skates +
comes Down Boards.

F3 Performs Iron cross.

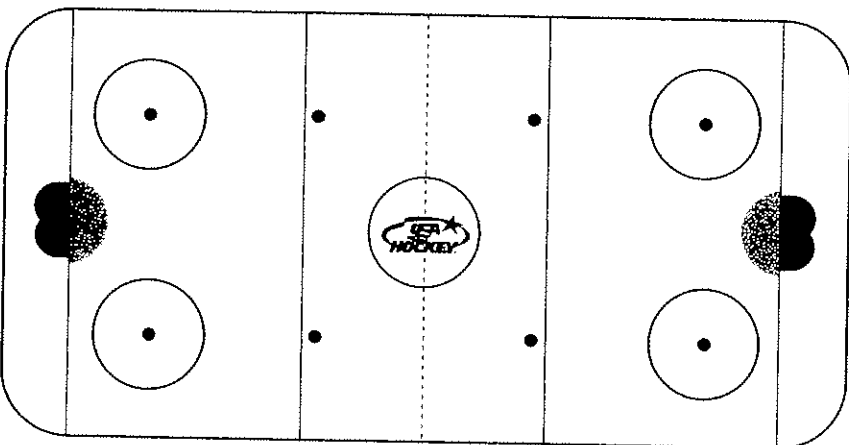
Notes/Systems Choose 2 of 3. to Run at same
time + Rotate



Description 7-14
skating Transition in N/Z
Fwd to Backw. with shot.
F1 skate Fwd to Inside Dot -
Transitions Backward. to outside
of Dot, Transitions Forward.
around N/Z Dot stays wide
to take shot + Follow for
Rebound.

Add on - Give + Go to Coach

Notes/Systems



Description 14-22
GOALIE WARM-up.

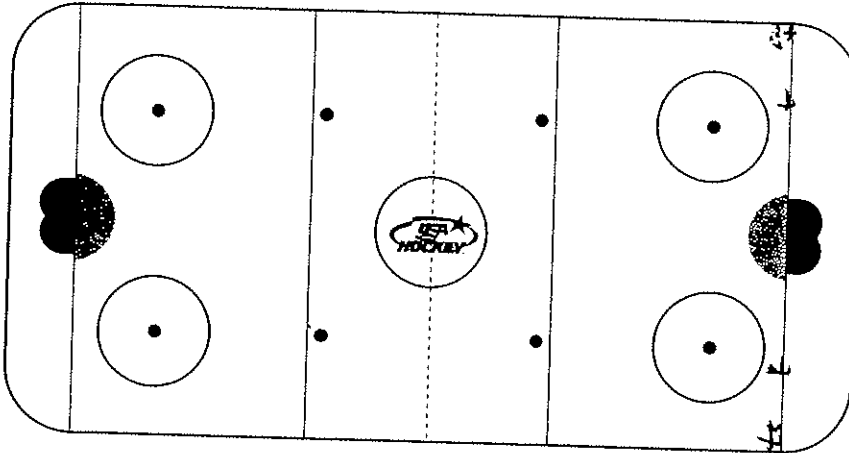
Notes/Systems

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SYSTEM/DRILL Grey June 26 9:15 - 10:05 a.m.

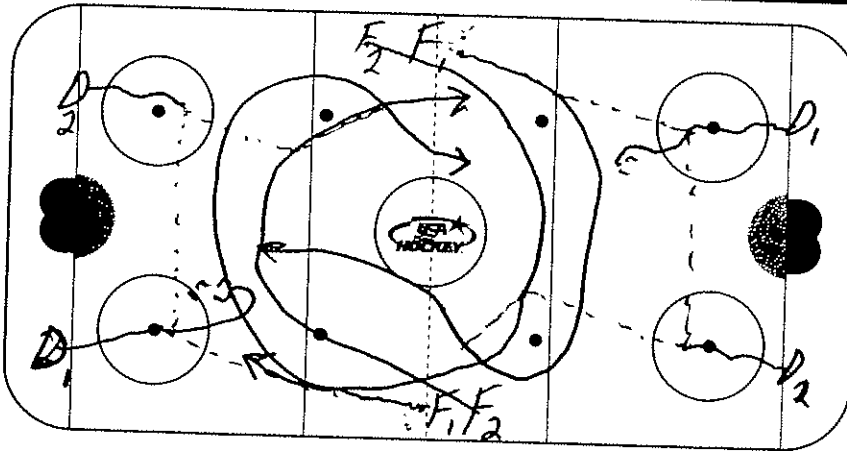


Description A) "Warmup"
2-0 PASS WARMUP

- 1) FWD
- 2) ONE (W) FWD ONE (D) DEF
- 3) WARMUP
- FWD 3-MAN WARMUP / D ONE-TOUCH

Notes/Systems _____

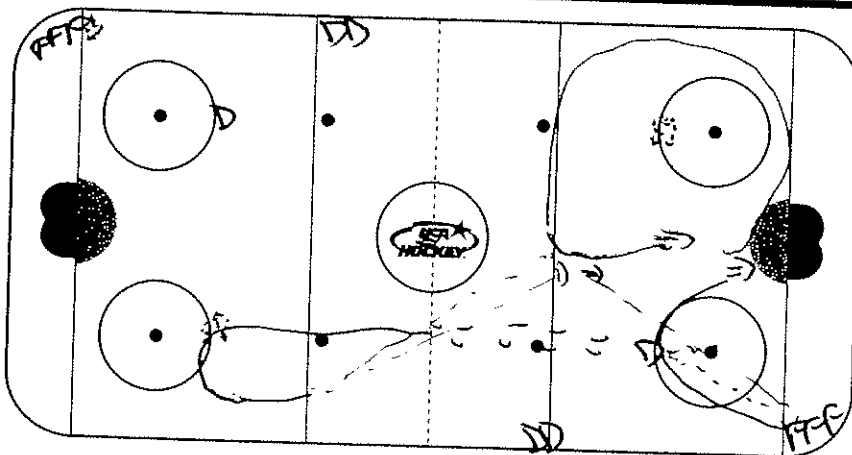
B) Goalie Warmup



Description "Tiger 2 on 1"

F₁ passes to D₁ and skates route. F₂ skates across blue line and receives pass from D₂ (who received pass from D₁). F₂ one touches or exchanges (crosses) with F₁. Attack 2 on 1 with D₁ who gaps up to defend his end.

Notes/Systems _____



Description _____

- BOTH SIDES AT SAME TIME.
WHILE START F₁ PASSES TO D, D 1-Touch BACK TO FWD. FWD SKATES AROUND CIRCLE AND SHOTS. D GETS BACK TO RED LINE POPS AND PICKS UP A PUCK AND SKATES UP TO BLUE-LINE. FWD SKATES AROUND OUTER OF CIRCLE AND PASSES FOR A PASS MIDLINE OF BLUE-LINE. FWD SHOTS. F₂ PASSES TO D FOR SHOT/TIP/REBOUND. REPEAT BOTH SIDES.

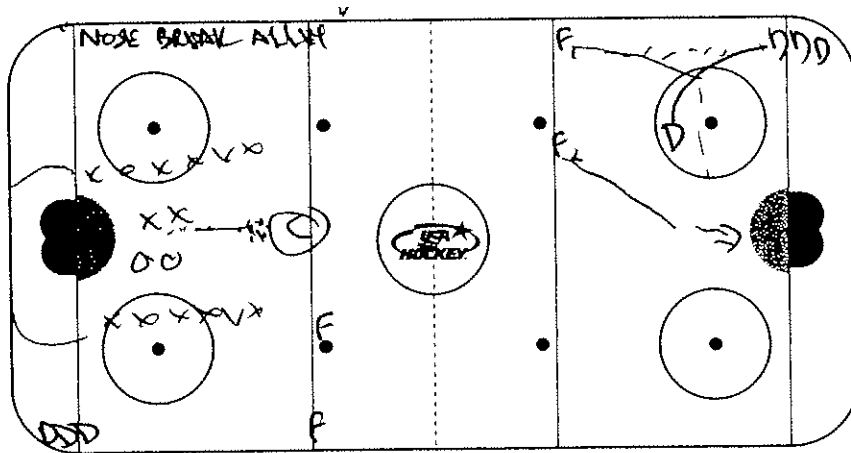
Notes/Systems "KAM LOOPS"

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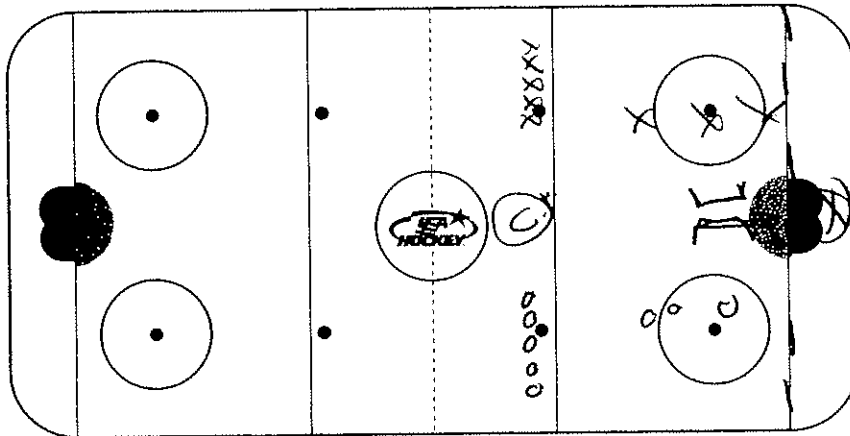
SYSTEM/DRILL Grey June 26 9:15 - 10:05 a.m.



Description

BOTH SIDES SAME TIME. ON WHISTLE D
 PASSES TO F. AS SOON AS PASS IS RECEIVED
 F, G ATTACK D 2 on 1. BOTH SIDES.
 "NOSE BREAK ALLEY"
 ONE END, PLAYERS ALIGN BOTH
 SIDES OF THE SLOT. COACH PUTS A ROCK
 IN PLAY, PLAYERS PLAY 2 ON 2. CAN
 GO BEHIND THE NET.

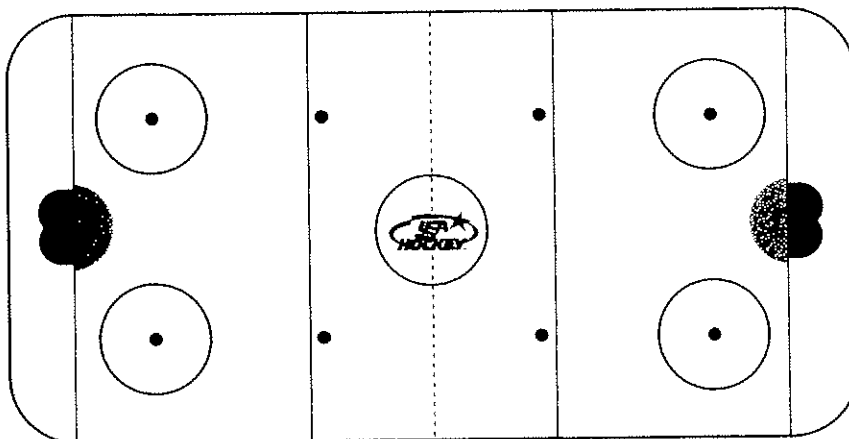
Notes/Systems SHORT-ICE 2-1 ATTACK / "NOSE
 BREAK ALLEY 2 on 2"



Description "Small Game"
 NET TO BACK TO BACK.
 PLAYERS PLAY 3 ON 3 AND CAN
 SCORE ON EITHER NET.

* PROGRESSION:
 ADD PLAYER BEHIND GOAL-LINE
 THAT BECOMES THE THIRD PLAYER
 FOR WHICHEVER TEAM TAKES THE
 ROCK. PLAYERS CANNOT DEFEND ALL-TIME
 QB.

Notes/Systems "ALL-TIME QB"



Description

Notes/Systems

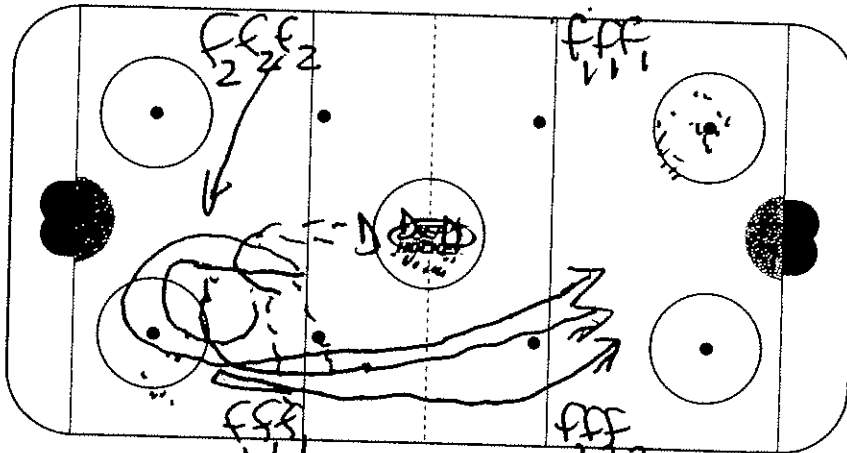




SYSTEM/DRILL

SITUATIONAL CONCEPTS

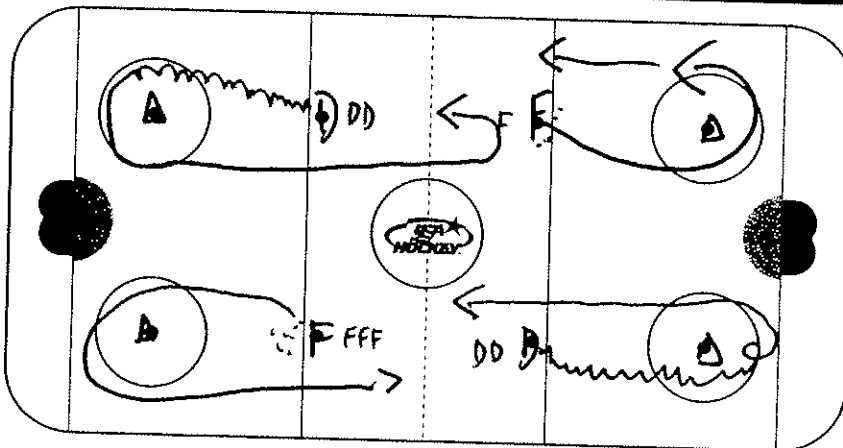
Thursday, June 26, 2008
RED



Notes/Systems

Description

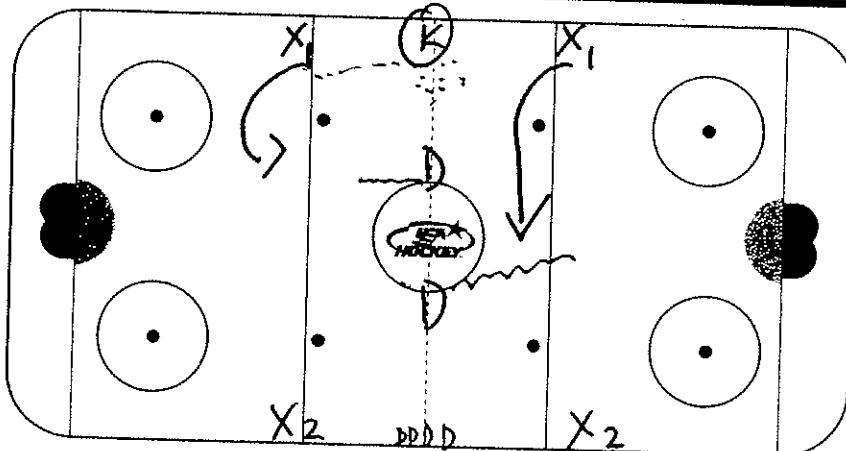
Quick up shooting drill
 D skates backward w/puck
 F drops down open view
 up for pass from D
 F skates length of ice
 for shot
 D circles back for 2nd pass
 F2 swings circles for
 pass from D and
 attacks for shot
 D circles back again
 for his own puck & shot



Notes/Systems

Description STARS 1 ON 1

- On whistle F leave dot
 w/ puck, at the same
 time the D leaves dot
 backwards
 - Once around cone (F =
 inside out) (D = outside
 in) D gap up and play
 1v1 FULL ICE



Notes/Systems

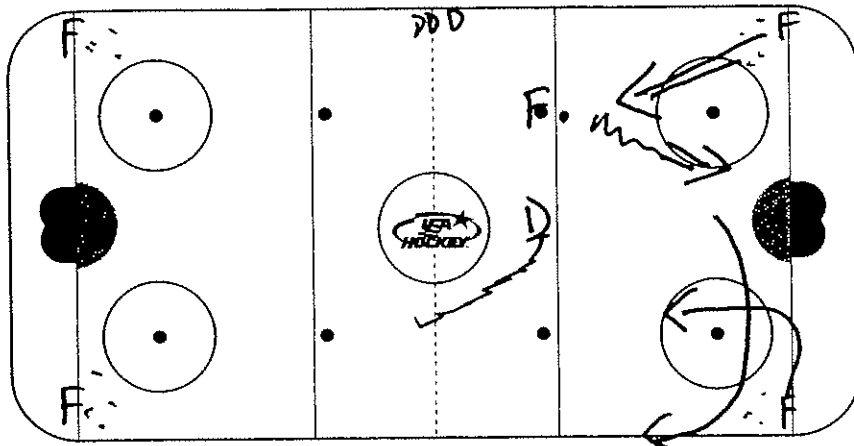
Description NZ 2 ON 2

COACHES CHOICES
 - Coach starts drill w/ pass
 to FOR (X1/X2)
 - Once pass is made to 'X'
 line the opposite line joins
 & they attack the 'D'
 from the NZ
 - Play 2v2 until whistle



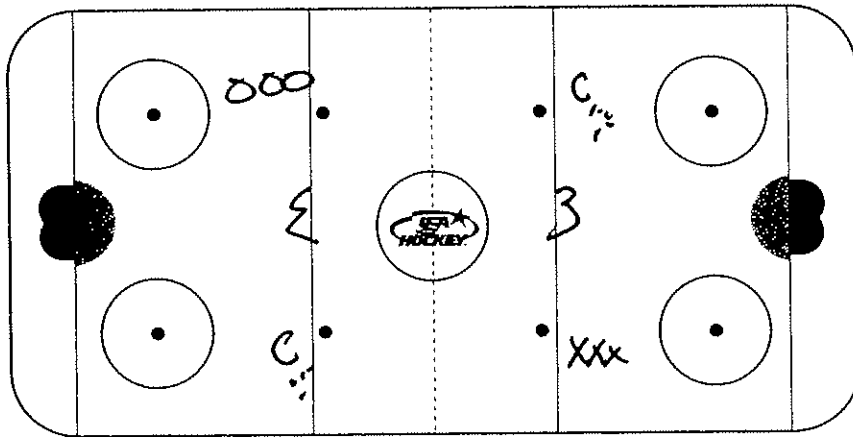


SYSTEM/DRILL Thursday, June 26, 2008



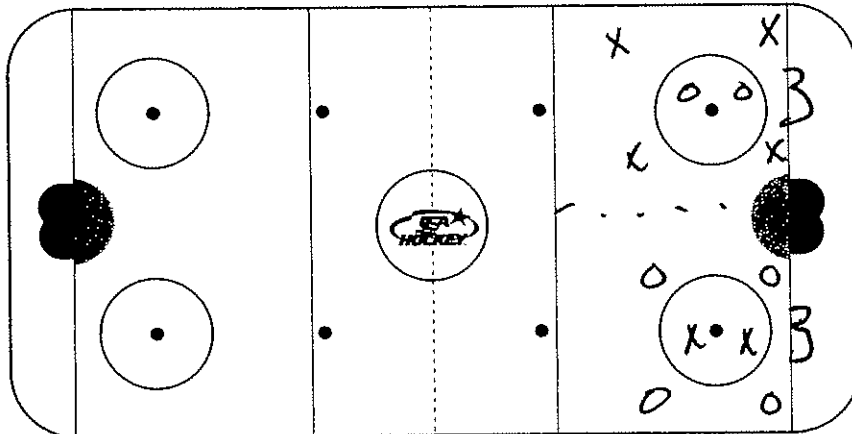
Description 2 on 1 BCKV
into 2v2
 - F starts drill on NZ dot, shoots, then turn into corner
 - Those two F attack D with opposite corner F backchecking to make it a 2v2
 - Play until whistle

Notes/Systems _____



Description 3 on 3 game
 Play 3 on 3 in Neutral zone, whenever puck crosses blue line 3 blue players jump to get or catch will give them new puck.

Notes/Systems _____



Description PP game
 4 against 2 each side when 2 get puck they pass to their teammate on other half of ice.

Notes/Systems _____

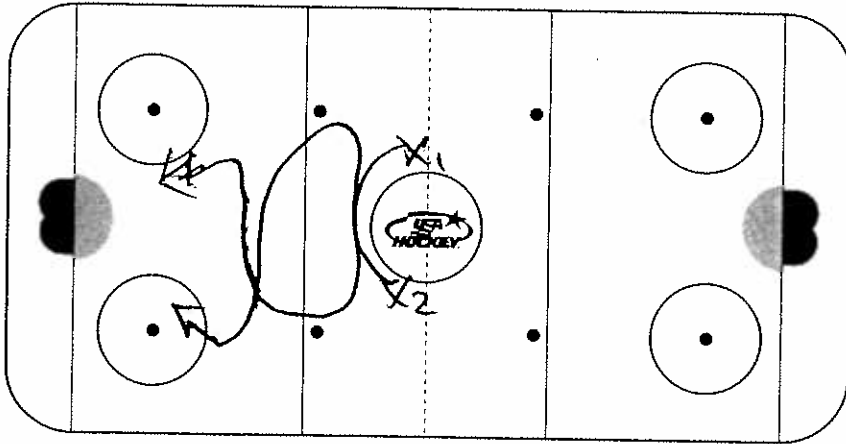
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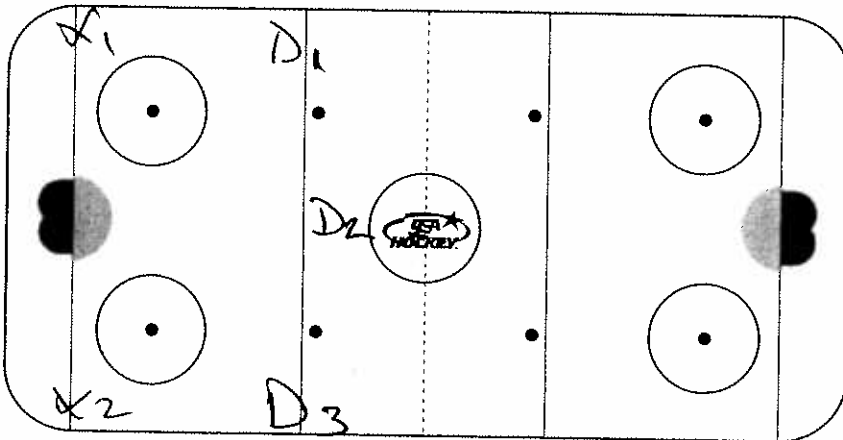
SYSTEM/DRILL

~~Wednesday~~ Thursday Royal



Description 2-0 Shooting
Double Drop
Double Headman
Bkhand to forehand
shot
Twid to Bkwd puckhand
for shot
1 rebound

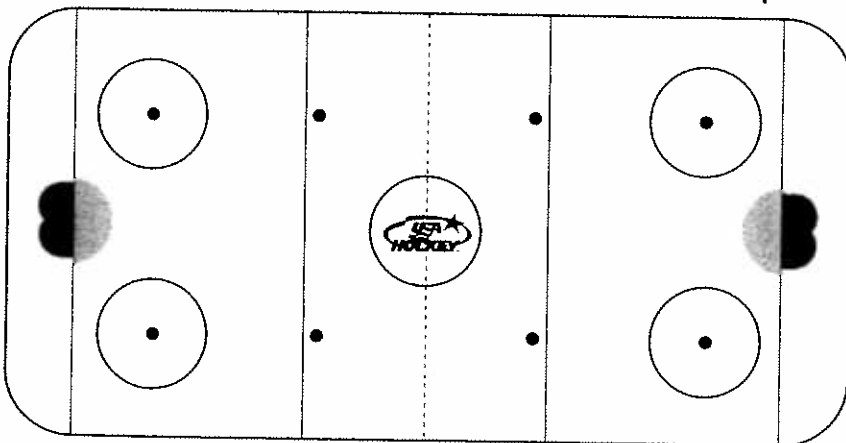
Notes/Systems



Description F/D Shooter
X1 to D1; D1 to D2
X1 proceeds around
top of circle for
pass from D3. 2nd
puck from corner
to D1; to D2; back
to D1 for shot
Add X2 for cross-ice
for D point shot

Notes/Systems

pass from X1 2nd puck



Description _____

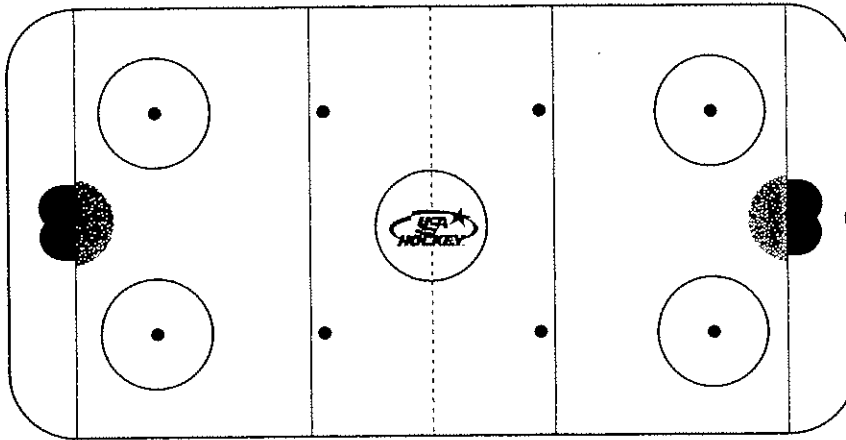
Notes/Systems





SYSTEM/DRILL

Thursday Royal w/ Cheese

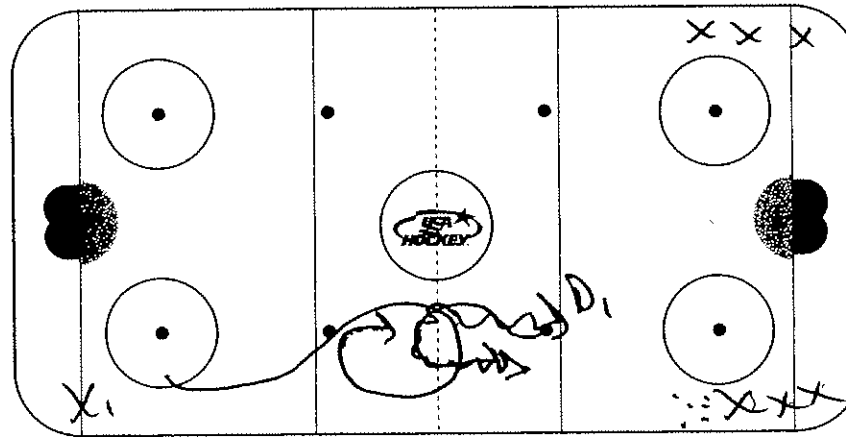


Description 2-1 Keepaway w/ options.

Inside 2 Circles

- ① X2 defends X1, the puck carrier (X3) works to get open
- ② X2 attempts to cover X3 (the open man)

Notes/Systems

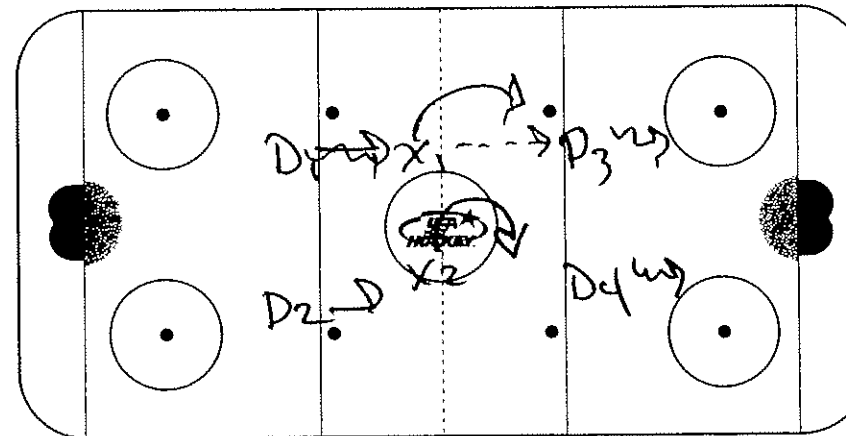


Description Loop 1-1 feeds play fwd & defn

X1 carries puck to neutral zone and loops back while D1 mirrors him by rotating up.

X1 attacks D1. A 2nd puck is contested in the low slot

Notes/Systems



Description NZ 2-2

X1 & X2 regroup to ~~the~~ D1/D2 and D3/D

On Coach whistle, X1 & X2 attack a random pair of defense

Notes/Systems

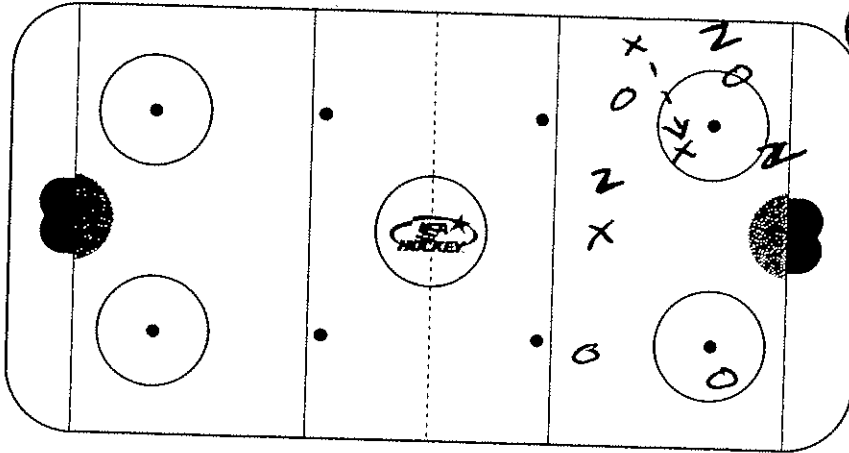




GREEN

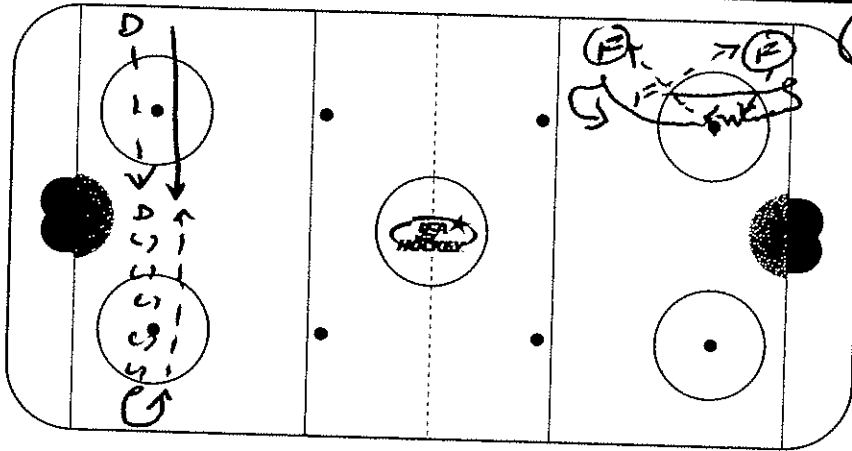
SYSTEM/DRILL

Situational Concepts - Thursday
BONK / ROSE / BARTLETT



⑦ Description "Time Game"
3v3; points are scored by completing a tape to tape pass through times in either direction. Players with puck work to get open; without play "D" to get puck back

Notes/Systems

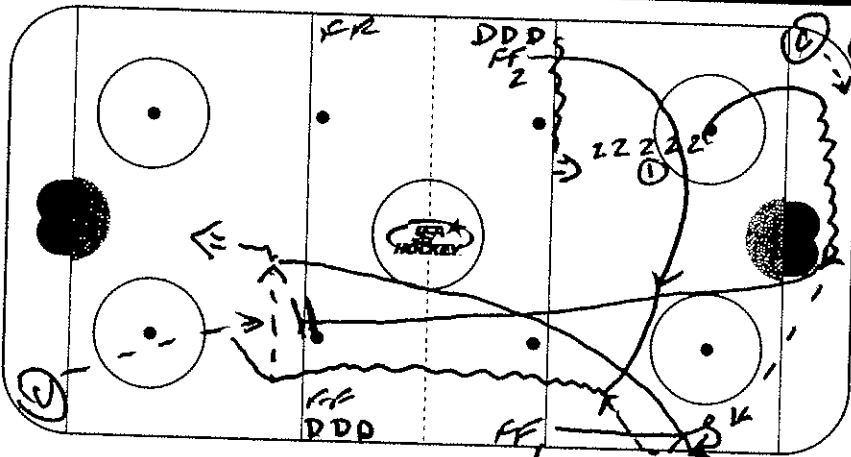


⑧ Description Positional Wa-y-p

① Breakout Passing

② Escape Passing
Pull + escape make pass and it continues.

Notes/Systems



⑨ Description Breakout 3 Shot
D push/pull shot; F1 support for breakout pass - chip pass to F2 who is playing center
Drive up ice 2-0 for shuttle + shot. D follow for 3rd shot w/screen tip from coaches pass. Next or (W).

Notes/Systems

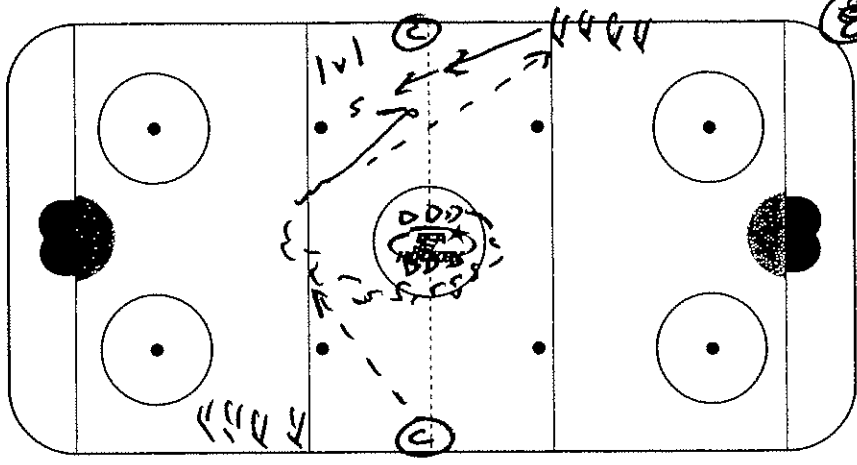
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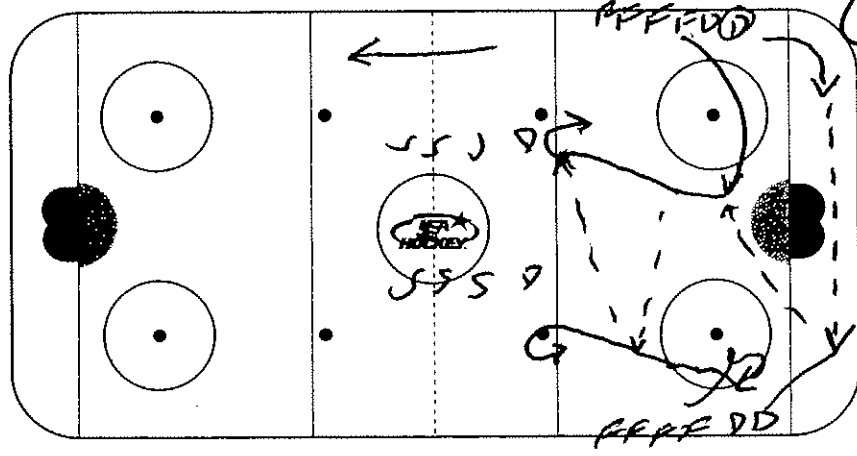
SYSTEM/DRILL

Structural Concepts Thursday
Bones / Note / Barbell



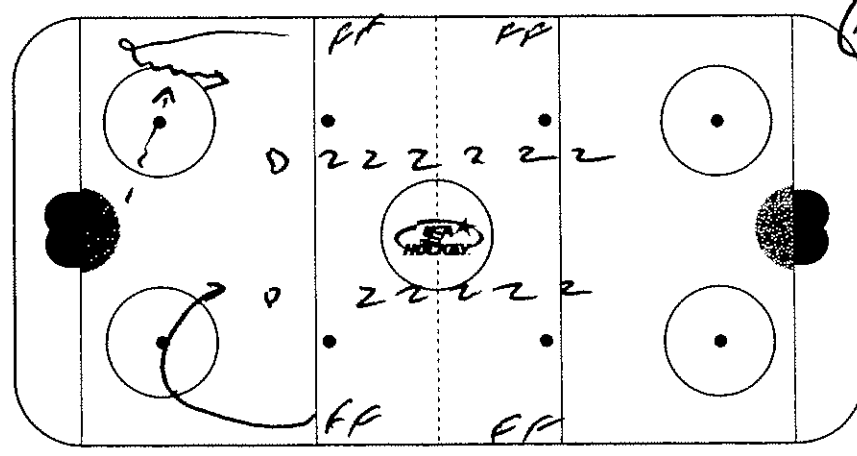
8 Description 1v1, 2v1
Both ways same time
D Skate circle and
get pass from E and
pass to opposite
line forwards - gap
and play rush. 1st
time thru 1v1 and 2v1.

Notes/Systems



9 Description Michigan Tech 2v2
D breakout E's attack
up ice into 1v1
scroup w/ initial D
and attack into
opposite direction.

Notes/Systems



10 Description 1 Puck Series
2v2 3v2

Rush attack the opposite
end the D's will
block the F's who
attack opposite end
on goal goalie beat
and again.

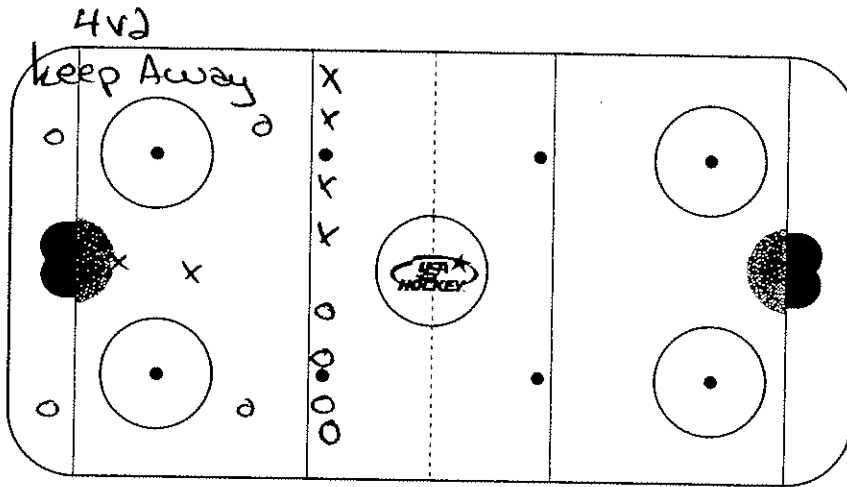
Notes/Systems





SYSTEM/DRILL Practice 6 "Situational Concepts"

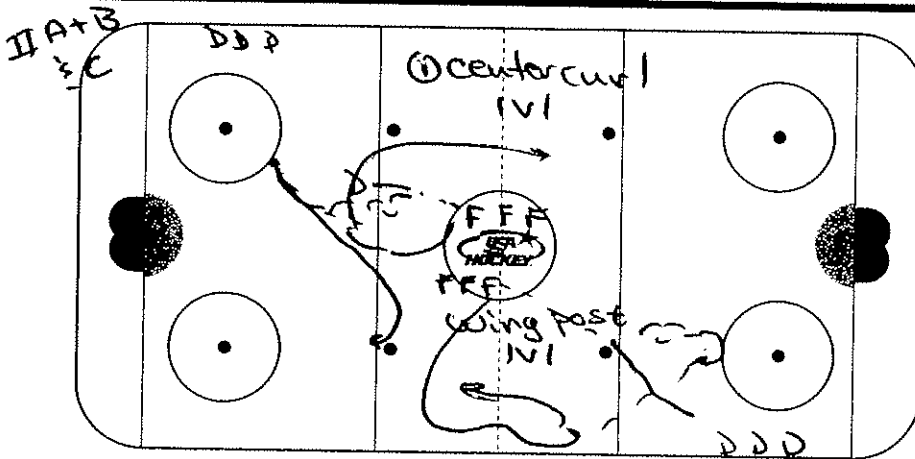
Nagy



Description

- I. Warm-up (15 min)
- ① 4v2 keep away
- Goalies other end
- ② Goalie drill

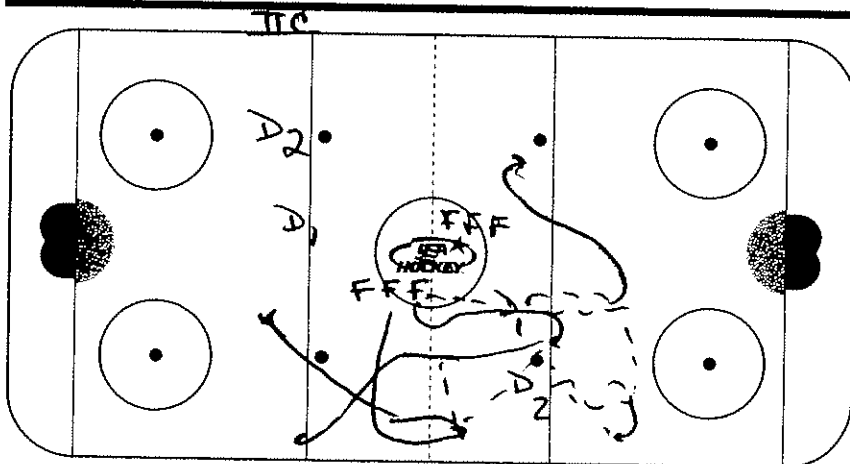
Notes/Systems



Description

- II. Line Rushes (20 min)
- ① 1v1 ① center curl
- ② wing post
- ② Same Set-up centercurls
i wing posts
- D-backs w/puck outlets
- D takes 2v1 on opposite
side
- ③ 2v1+1 ① Adds to rush
- forward drives wide
- w/puck and forward
drives net

Notes/Systems



Description

- D₂ Adds to rush
- D₁ plays 2v1+1
- 2v1 & 2v1+1 Line Rushes
- working
- Driving the Net
 - Cross & Drop
 - Gretzky Turn
- Reading Gaps, space & Time
- Get a good shot

Notes/Systems

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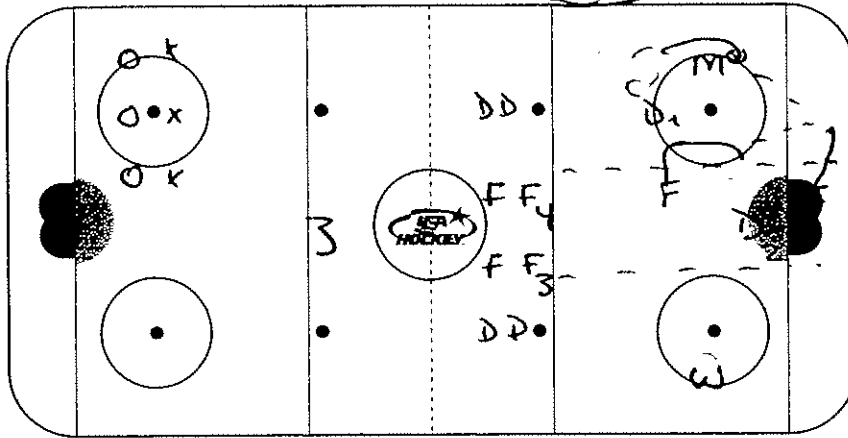


SYSTEM/DRILL

Practice #6 Situational Concepts

Navy

III A



Notes/Systems

Description

III. Game Situations

A) 2v1 Cunniff

D₁ Breakout to F₁ : F₂

F₁ : F₂ Breakout Attack

D₂ → After Rush

D₂ Breakout to F₃ : F₄

Continuous 2v1

Points of Emphasis

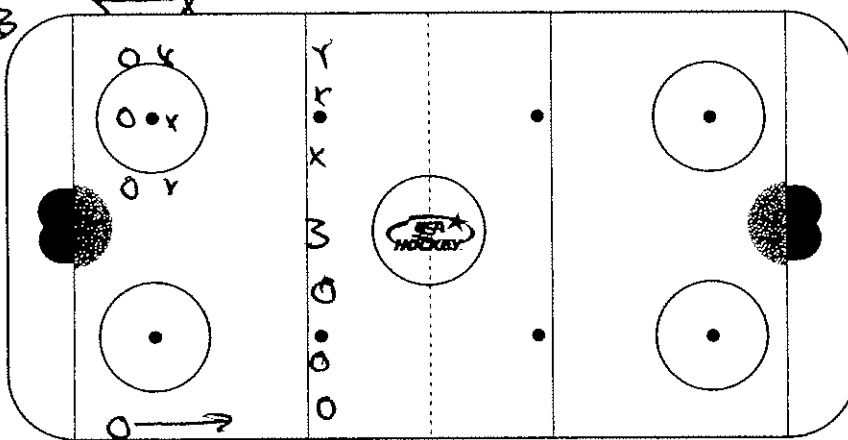
Forwards positioning on

breakout → spacing 2v1

D → close gaps play 2v1

Breakout → crisp pass

III B



Notes/Systems

Description

B) 3v3 face-off Game

- Team that wins Draw

Gets extra attackers

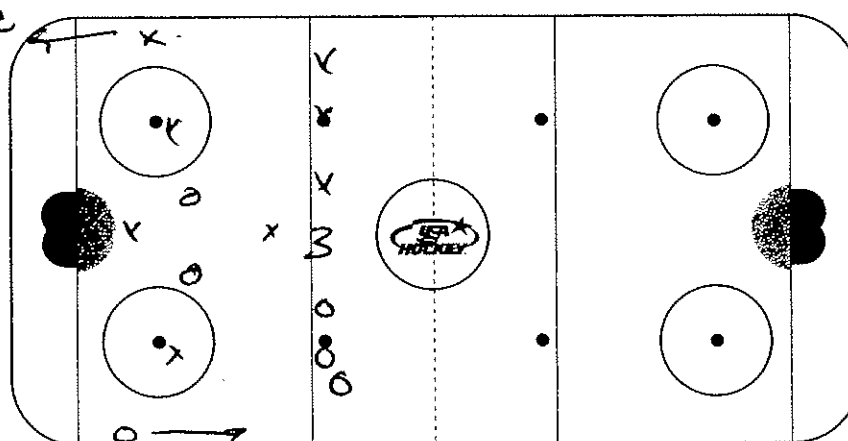
to make a 4v3

- Playing area Blue line down

- Each shift starts with a 30 sec shifts

- Alternate who attacks Goal line Net

III C



Notes/Systems

Description

C) 4v2 PP Game

4x, 3 touch

20 sec limited touch

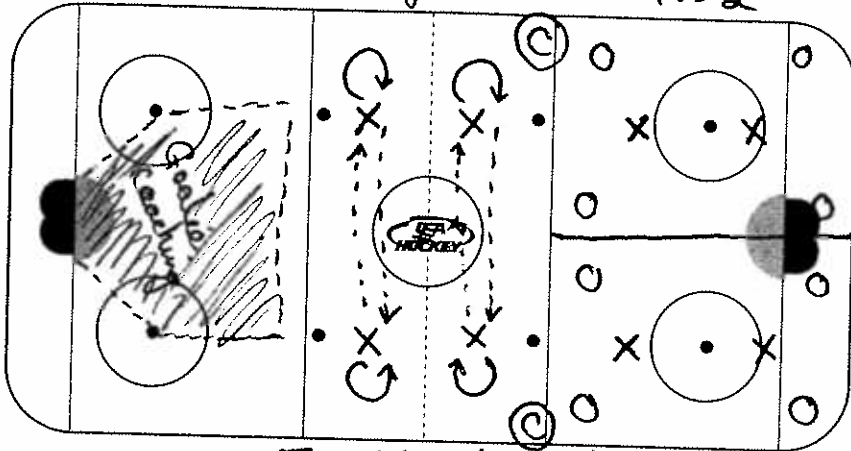
- 30 sec shifts

- Alternate who has 4 and who has 2





Passing w/ back 4 vs 2



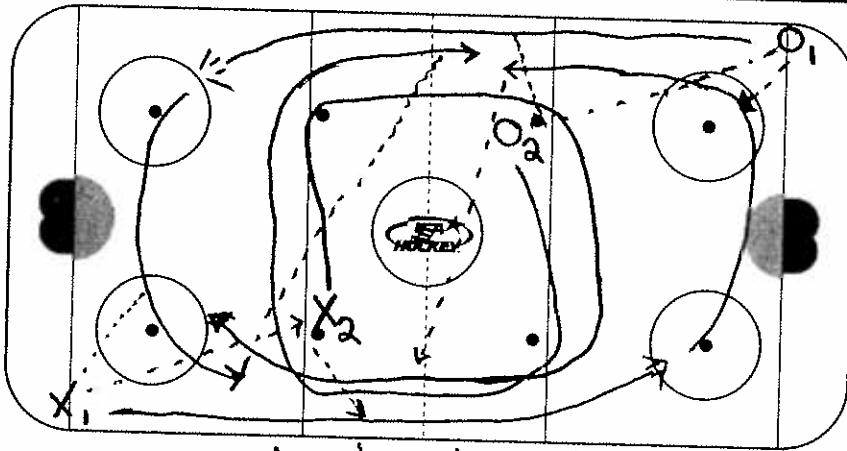
Notes/Systems 7-Minute WARM-UP
"Goalies w/ Goalie Coaches"

© - Coaches throw in new pucks as needed.

Description

4 v 2 puck keep away down low
Separate ice into two halves down low.
two different games going on at the same time.
Defenders trying to intercept pass and chip out of the zone
offensive players must move the puck quickly. "Think ahead & pass quickly."

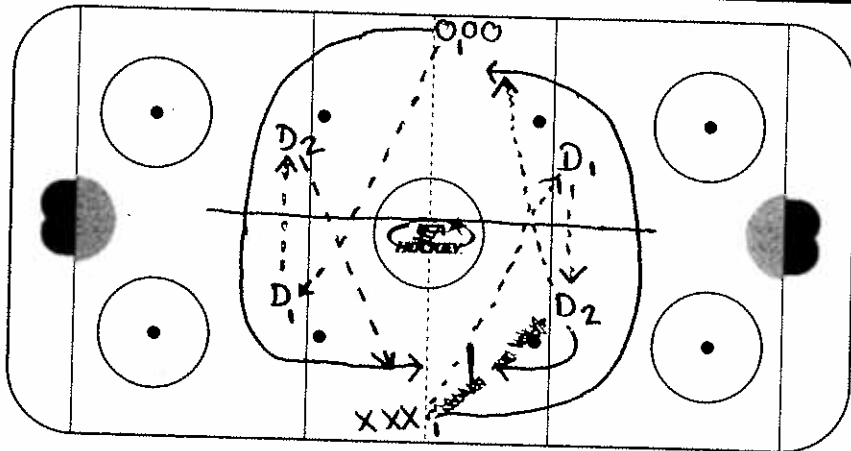
Extra 4 players passing in N/Z.



Notes/Systems Avalanche Warm-up
"Loads of Give-n-Go Passing"

Description

X₁ & O₁ pass to X₂ & O₂ who pass puck right back, Give-n-Go. X₁ & O₁ carry puck across B/L for shot at top of circles. X₂ & O₂ turn around and skate clockwise direction in + Neutral Zone around F/O dots looking for pass from X & O. X₁ & O₁ after their shot look to get pass from corner and make quick pass to far player in N/Z "Continuous Drill" "Communicate"



Notes/Systems 1 vs. 1, 2 vs. 1
and 3 vs. 1

Description

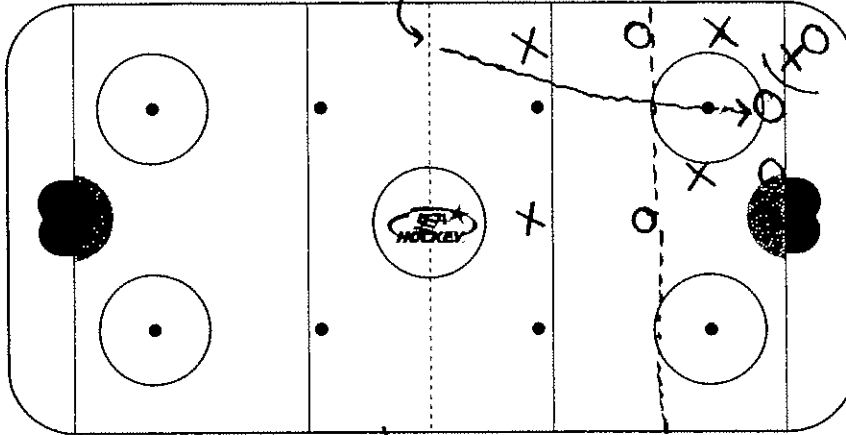
X₁ passes to D₁ and skate behind both Defense.
D₁ makes D to D pass
D₂ passes back to X₁ and quickly turns, gaps-up to the R/L waiting for the 1 vs. 1, 2 vs. 1 or 3 vs. 1. Support the puck carrier. Forwards read the D-man, tight gap → make Move Out shot
Even man rushes, odd man situations & Supporting +/puck



if D-man lose gap, shoot from outside
2 vs. 1, forward w/o puck drive
Net
3 vs. 1, 3rd man rush, close EWO. shot



00000 XXXXX



Description

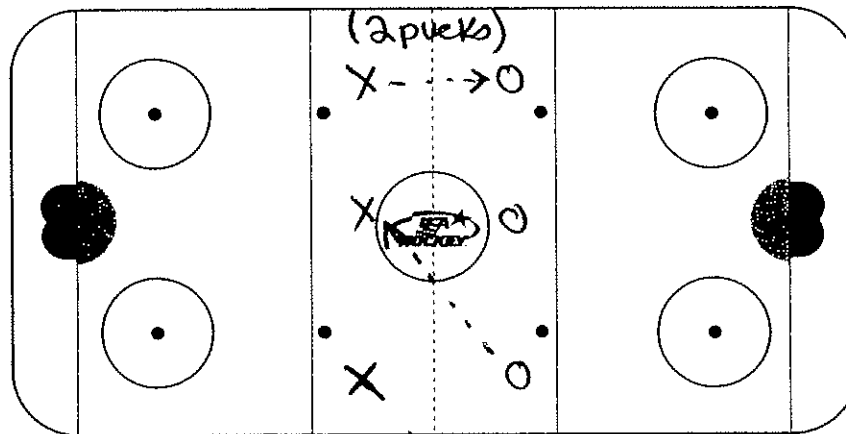
Starts with 3 vs. 2 down low.
3rd forward, support com in late making it now a 3 vs. 3 situation

* Three forwards try to score and can't backcheck past top of circles.

* Def. waiting top of B/L, → No PINCH, waiting for 3vs. Rush and 3 vs. 2 down low play (Support players enter after 3vs2 passes B/L)

Notes/Systems

Continuous 3 vs. 2 with support players



Description

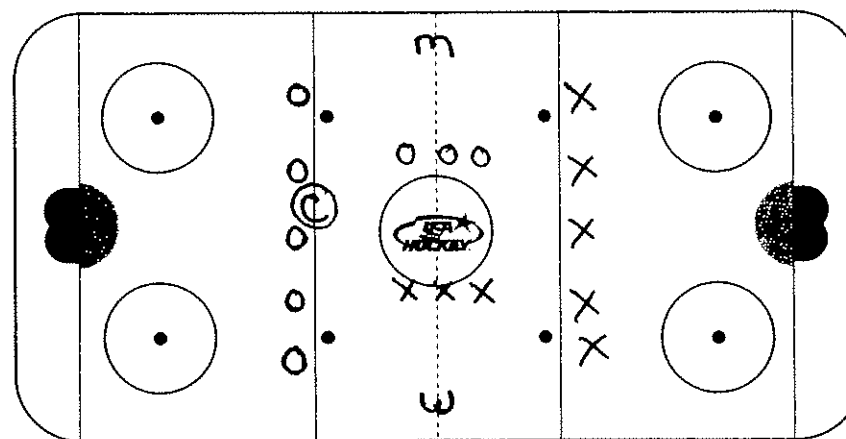
2 pucks being passed quickly in the N/Z
X's & O's staying on their 1/2 of the N/Z but moving with stick on 1/2

* On + whistle, pass to opposite team and attack 3 vs. 0

* Three new players from each bench enter for N/Z passing.

Notes/Systems

XXXXX 00000



Description

* 3 vs. 3 can score on either Goalies.

* Must pass to team on B/L when making transition from Defense to offense.

* 3 vs. 3 players can't leave the N/Z

* Coach will throw pucks into the N/Z for start of play.

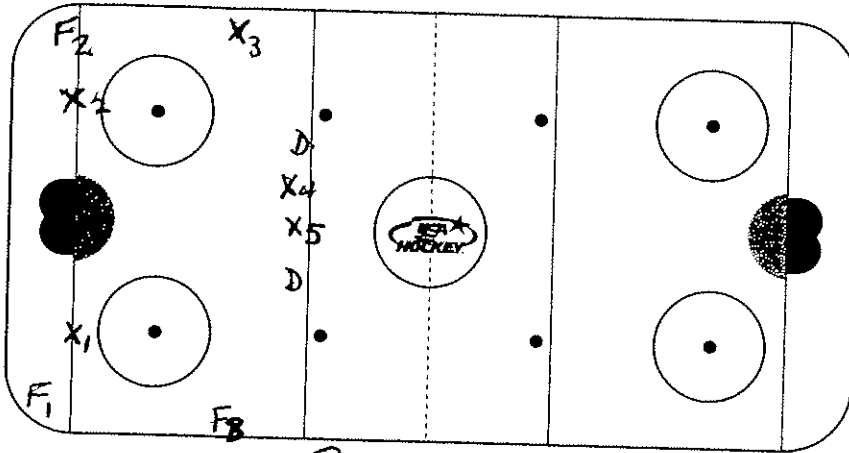
Notes/Systems

3 vs. 3 (small area game)



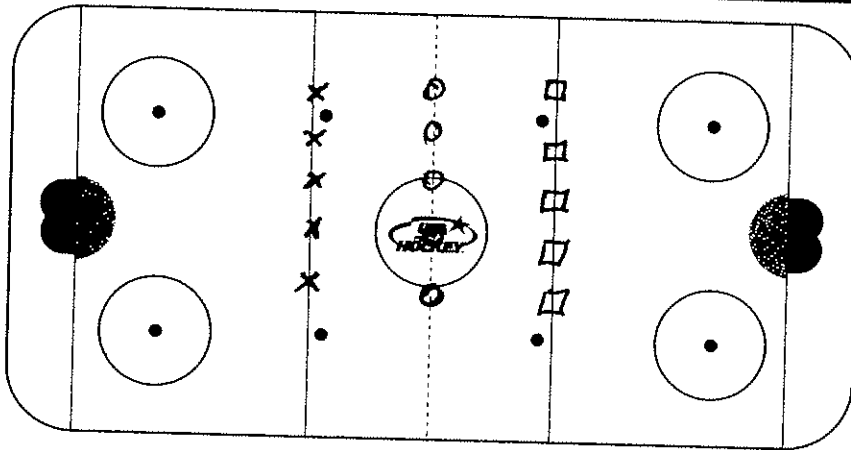
GOLD PRACTICE SYSTEM/DRILL TEAM CONCEPTS

Thursday, June 26th



Description WORKS ON D-ZONE AND O-ZONE.
 WHISTLE- F1 ATTACKS X 1 ON 1
 WHISTLE- F2 IS ACTIVATED AND NOW BECOMES 2 ON 2 WITH F1
 WHISTLE- F3 NOW ATTACKS TO MAKE 5 ON 5.

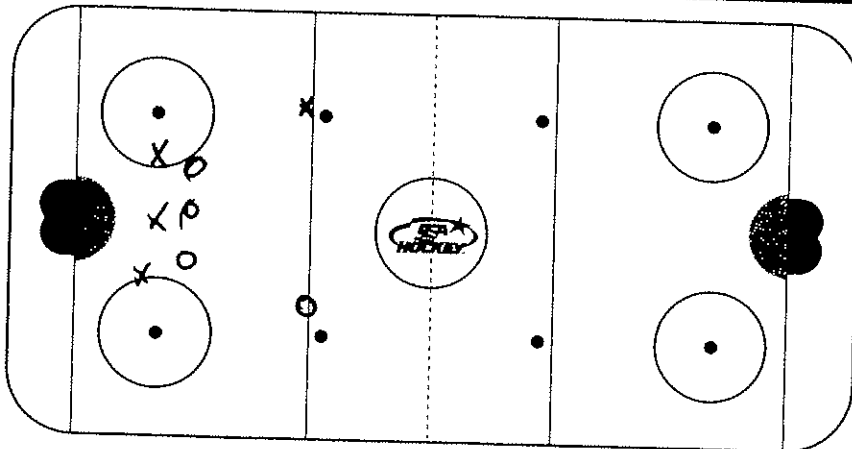
Notes/Systems PARADOX



Description THIS IS A GOOD UP TEMPO GAME SITUATION DRILL THAT IS GOOD FOR WORKING ON FORECHECK SYSTEMS AS WELL AS D-ZONE.

O'S DUMP PUCK ON X'S AND EXECUTE DESIRED FORECHECK WHEN X'S BREAK TUCK OUT PASSED BLUE THEY DUMP IN ON O'S AND FORECHECK. O'S WAIT ON OPPOSITE BLUE FOR O'S. CONTINUOUS.

Notes/Systems THREE LINE FORECHECK



Description 3 ON 3 LOW. TEAM GOES ON OFFENSE BY PASSING PUCK TO RESPECTIVE D-MAN THAT D-MAN IS THEN ACTIVATE CREATING 4 ON 3 P.P. WHEN OTHER TEAM IS ABLE TO GAIN CONTROL AND PASS TO THEIR D-MAN IT THEN BECOMES 4 ON 3 FOR THEM.

Notes/Systems P.P. SCRIMMAGE



1/3

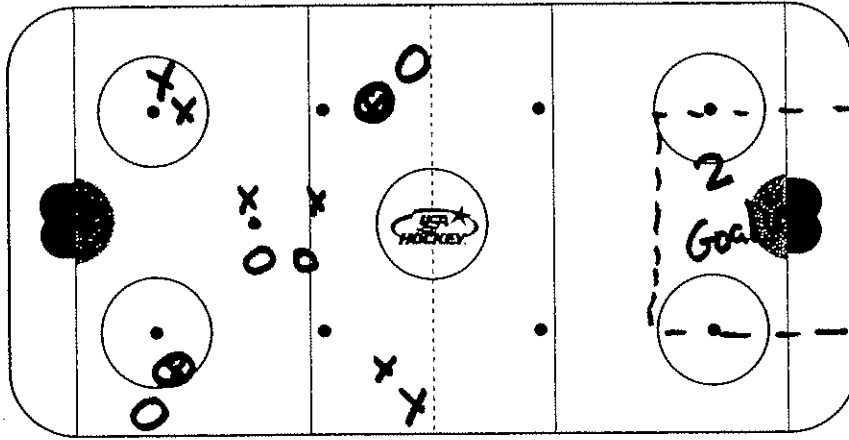


SYSTEM/DRILL

fun

MARCOON # 6
Situations

Bloomer
MacSwain

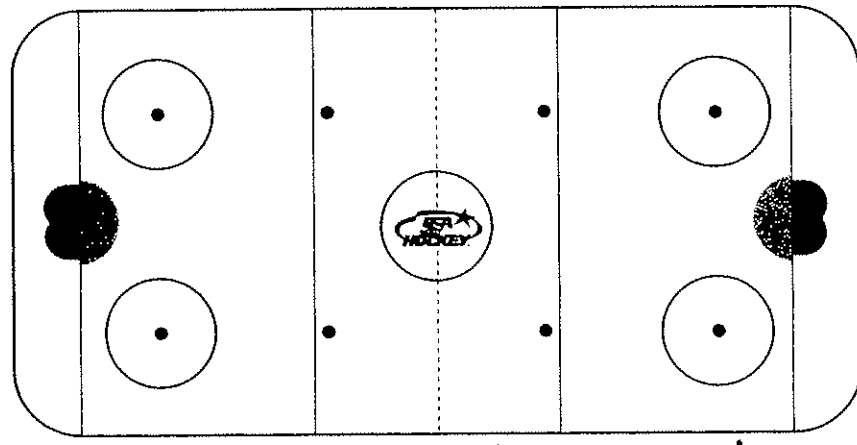


Notes/Systems 2 vs 2 - WITH
Corner support (ATB)

Description _____

X vs O in middle
one puck keep
away... can
use any corner
for support.

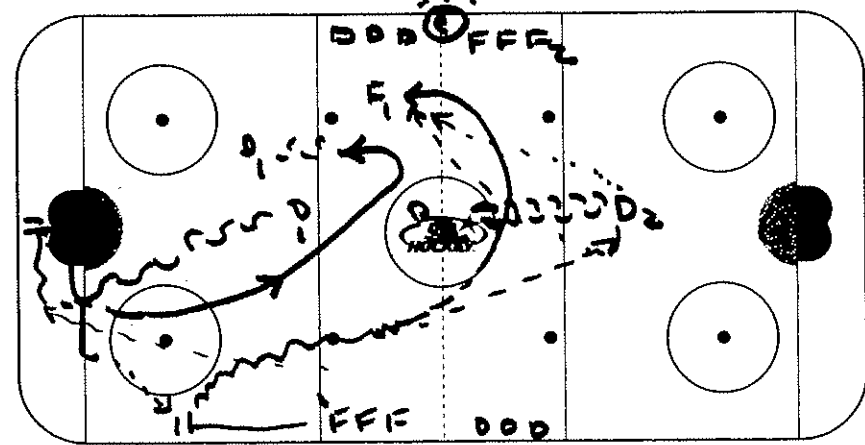
Corner players must
return puck to colc
that gave it to
them...
Keep away/ Protect



Notes/Systems Goal tender shooting
drill (ATB)

Description _____

Joe Ester
NTDP

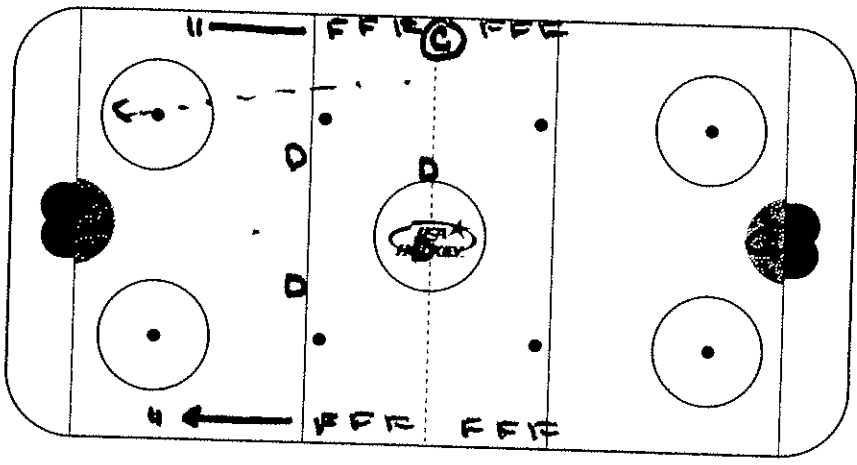


Notes/Systems 1 vs 1
Alternate Ends... (ATB)

Description _____

① dumps puck in Zone
D1 collects (surrounds)
the puck makes B.O.
Pass to F1.. F1
regroups with D2
and attacks F1
|v|..
② dumps puck in
opposite zone D2 collec.
B/O F2 - AA
Continuous...

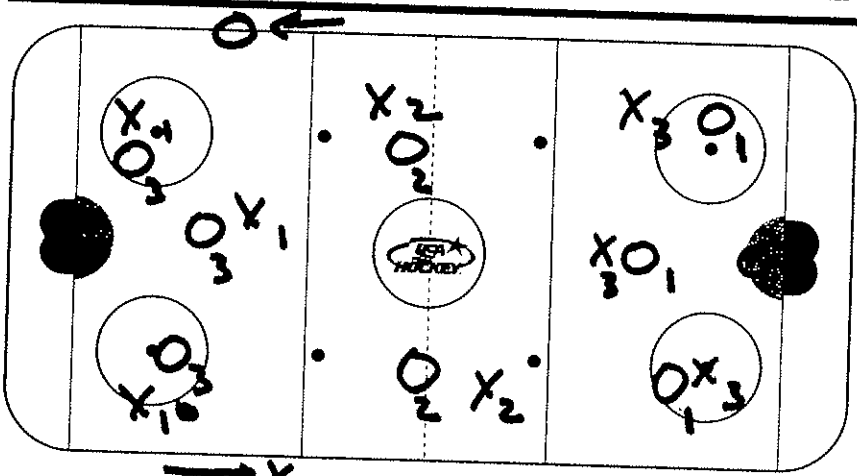




Description (C) dumps puck in zone to start drill
 2 vs 2 off B/O
 with regroup. attack
 2 vs 2

- Use BO options
- D to D
 - Reverse
 - Counter
 - Direct

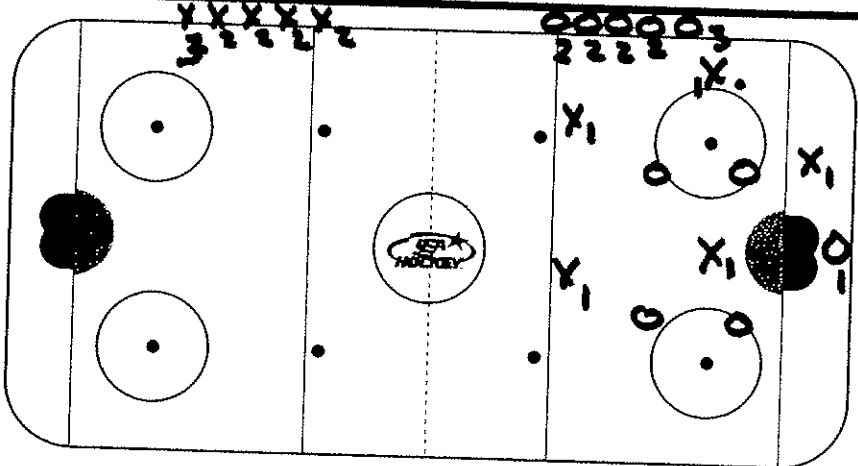
Notes/Systems 2 vs 2 ATB



Description
 ① 1 Puck 3 Zone Scrimmage...
 O's to right, X's scoring to left.

Advance puck one zone at a time.
 X1's to X2's to X3's
 X3 try to score on O1's
 O's score other way...
 Can use 2 pucks...

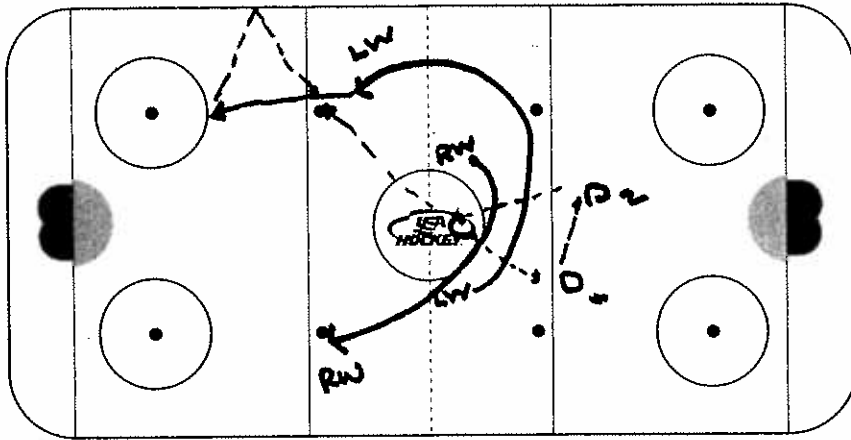
Notes/Systems 3 - Zone Game
1 Puck or 2 Pucks ATB



Description
 X1's on PP against O's 5 vs 4... O1 is "mole" cannot join play defensively...
 STAY OUT OFF WAY BOLA Goal line.. When O's set puck they pass to O1 - PP B/O...
 X1's line change - X2's PK w/ X3 as mole - AA. - Continuos.

Notes/Systems Always PP...
TRANSITION/ Line change





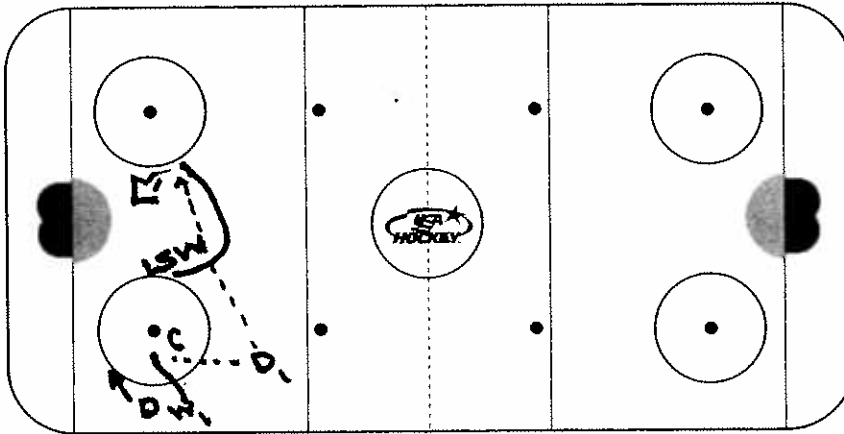
Description _____

Center ice

C draws to D₁,

D₁ to D₂; D₂ hard pass to C - tips to wall for looping LW.

Notes/Systems FACE OFF PLAYS
MN - CTR ICE DRAW (STEVE)



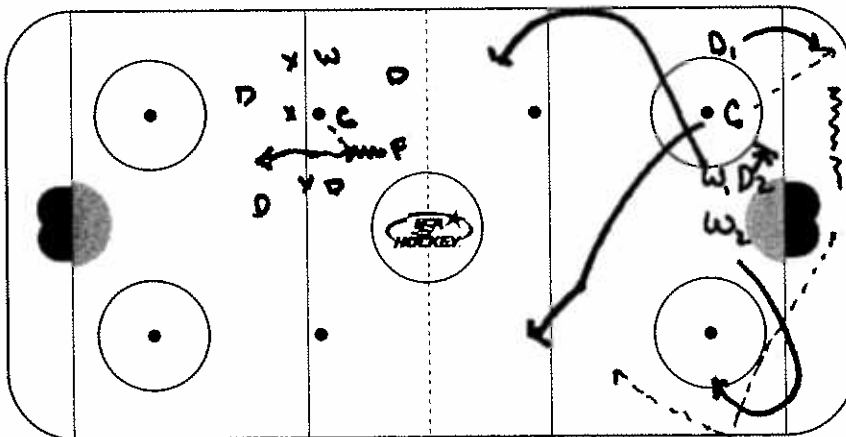
Description _____

offensive zone

~~offensive zone~~
either wins cleanly to D₁ or LW, goes in and gets puck to D₁

Notes/Systems FACE OFF PLAYS
"Corbin Draw" (STEVE)

LSW - opens for LW timer from D₁



Description _____

"D" zone

offensive B.L.

Notes/Systems "N₂ Charge" "D-zone" (STEVE)

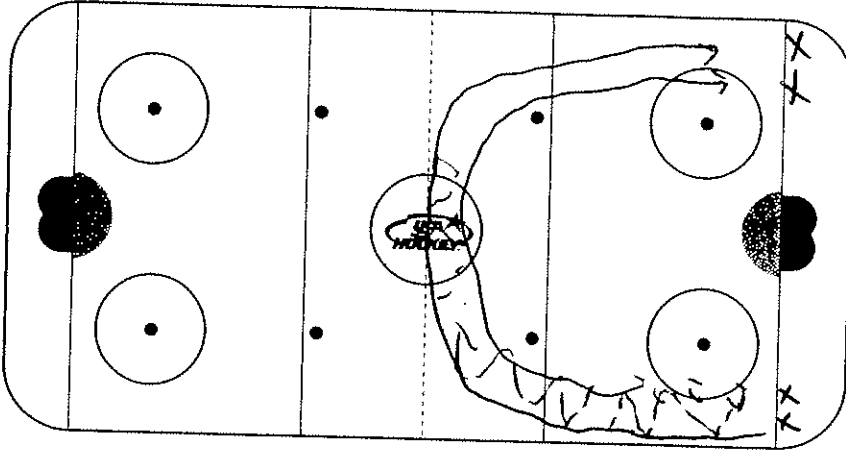


SYSTEM/DRILL

Herr/Smith

Thursday 10:15 - 11:05

Teal



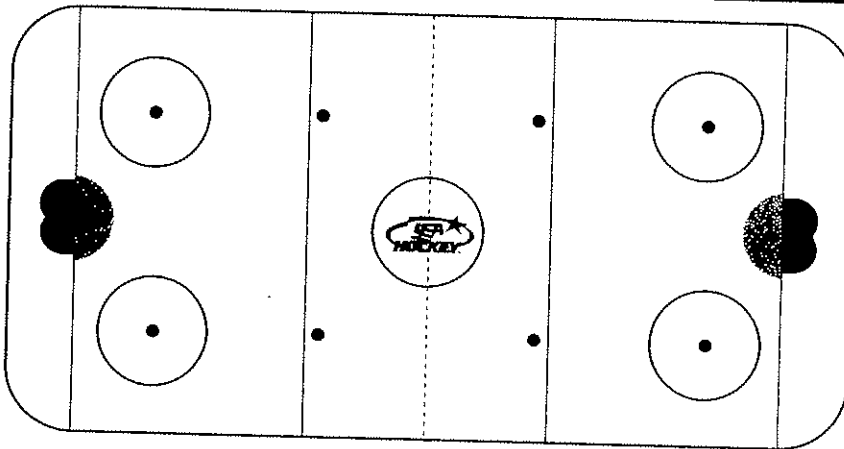
Description
7-Min Goate

players passing arc

follow pass
forward/backward

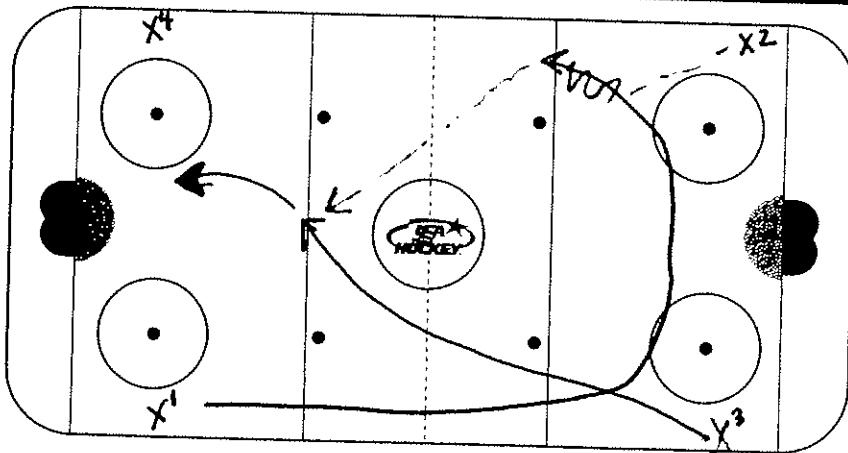
Power skating / foot skate
Stick CD

Notes/Systems



Description
Goolie Drill - 7 min
refer to goatie drill
page for date.

Notes/Systems



Description Jersey Flow

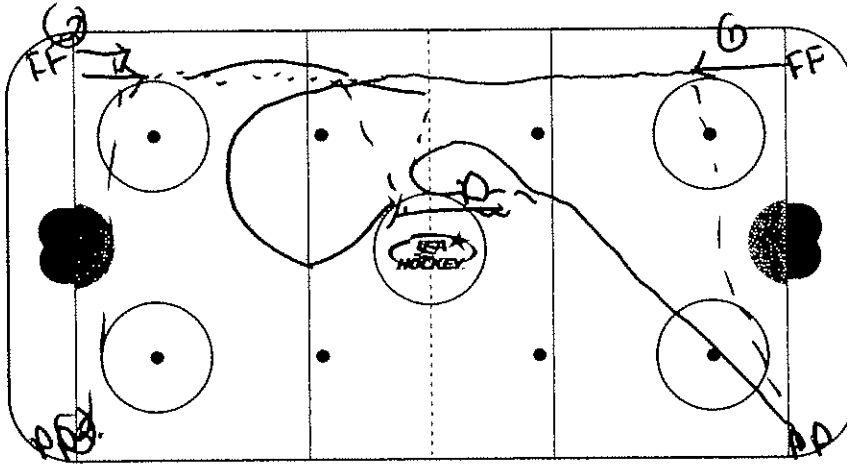
when x1 clears thru x3
takes off

x2 passes to x1
x1 passes to x3 } drive net

Notes/Systems both ends @ same time

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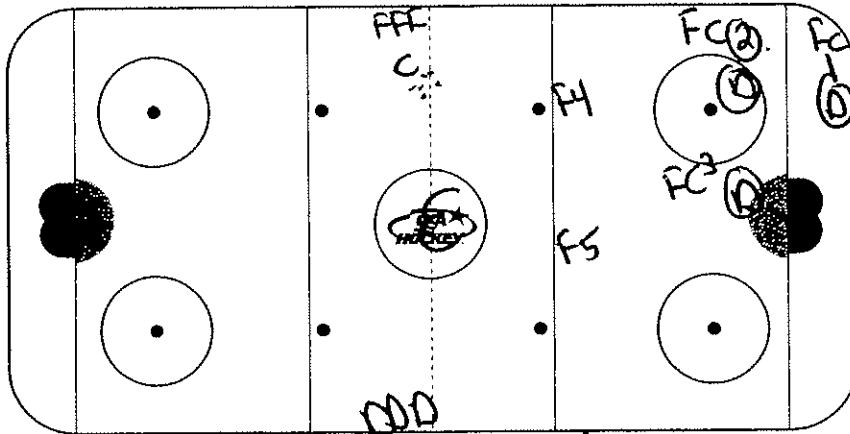


Description NYI Speed
2v1

- D - pass to forwards
- F - pass to other end & loop back 2v1 on D that made pass
- 2nd D makes pass out of other end starting again 2nd guy in line

Continuous

Notes/Systems



Description Small game
forecheck

Coach dumps puck FC force & tries to get puck to F4

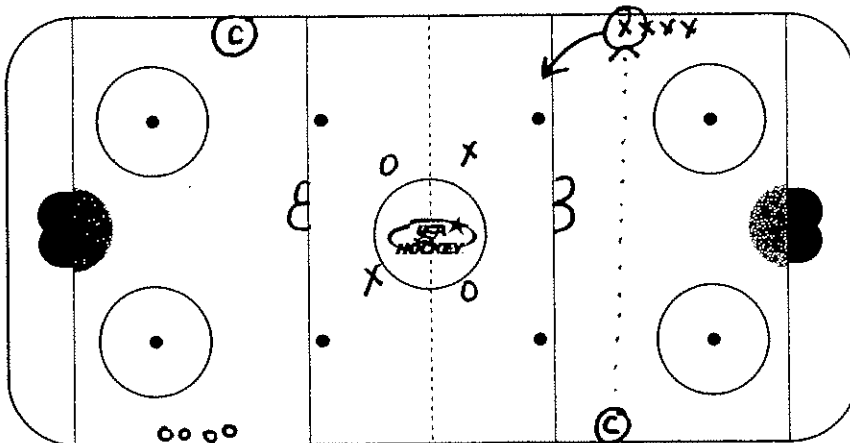
rules

F4 & F5 can only shoot cannot play Defense when D get possession & try to score

D want to box out when puck goes to point

Notes/Systems

Forecheck / box out



Description Coach - Add a man

2v2 in NZ

- pass puck to coach who gives puck to next up player - now 3v2

Continues

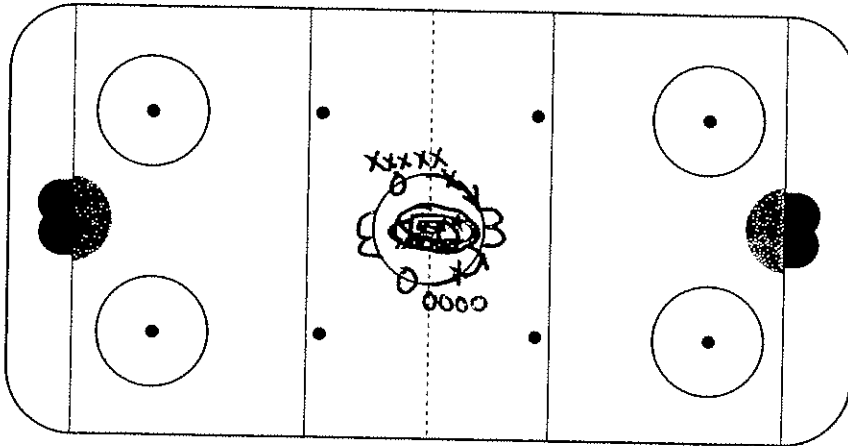
max 4v4 - reset 2v2?

Notes/Systems

pucks behind goal line = new puck into middle from C



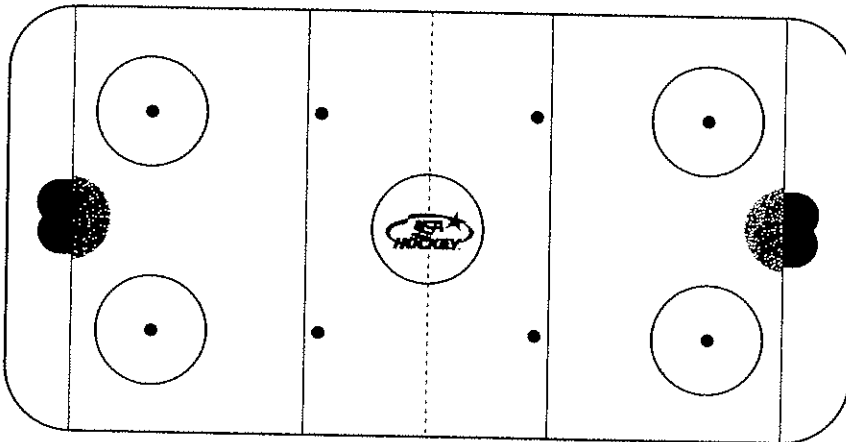
SYSTEM/DRILL



Description Battle 1v1
W-Shooters

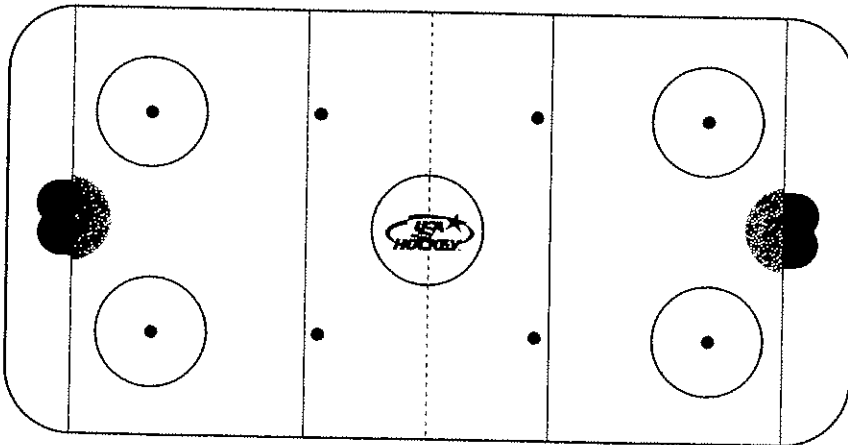
1v1 in circle between
X, O. Other two X's & O's
are only shooters.
once they get the puck
they ~~can~~ shoot or pass
the can =
X & O playing 1v1 want
to get shooter the puck.
Shooter have only small
area to move.

Notes/Systems _____



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

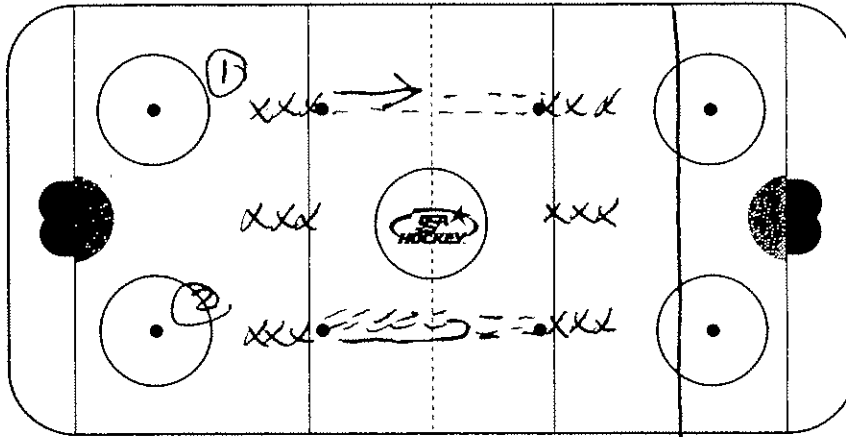
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SYSTEM/DRILL

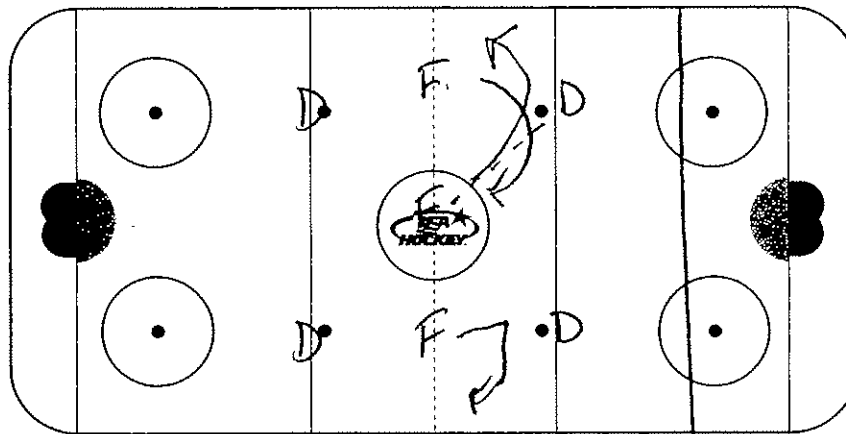
White



Description Warm up

- ① One touch passing
- ② One touch passing, X¹ Skates to X² then pivot Back to End of line

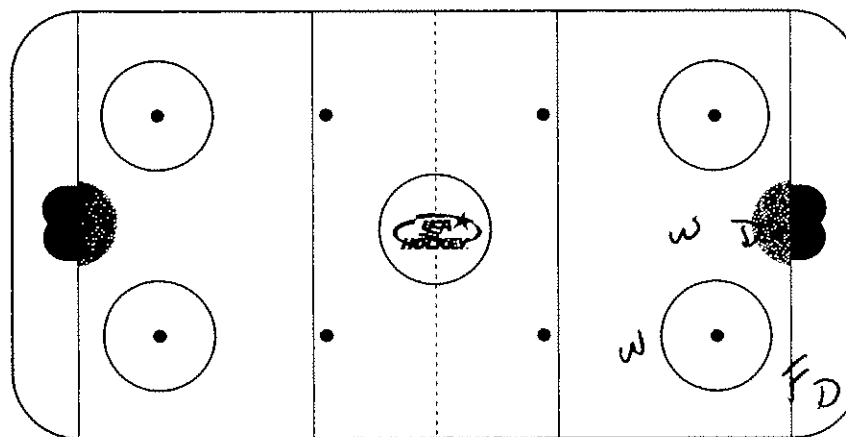
Notes/Systems



Description Warm up

3 1-2 group - All F touch
Puck before pass to D

Notes/Systems



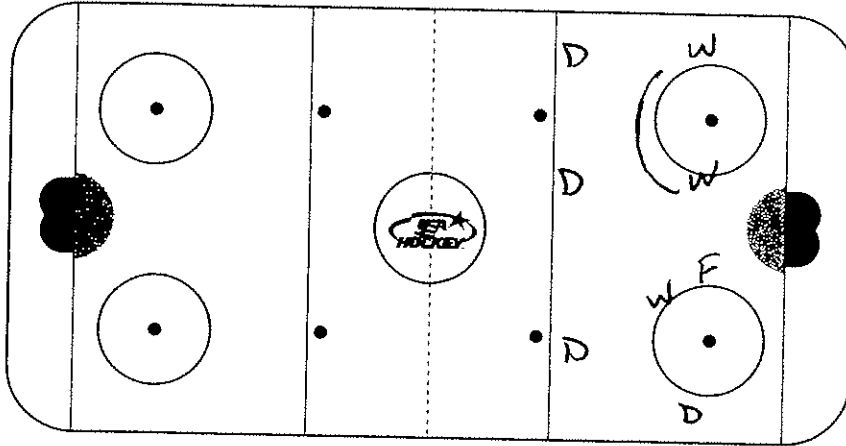
Description D-Zone Coverage

Notes/Systems





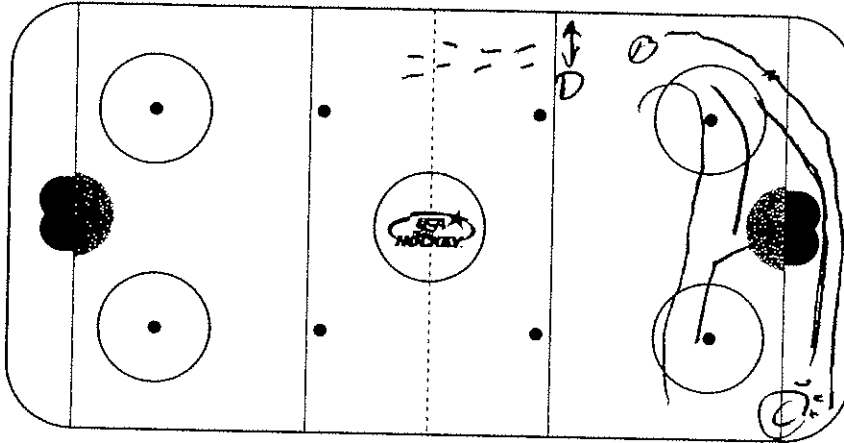
SYSTEM/DRILL



Description Offensive Zone Face
 ① Bossey Faceoff
 off side shot gets the puck off the face off comes around the circle for a shot

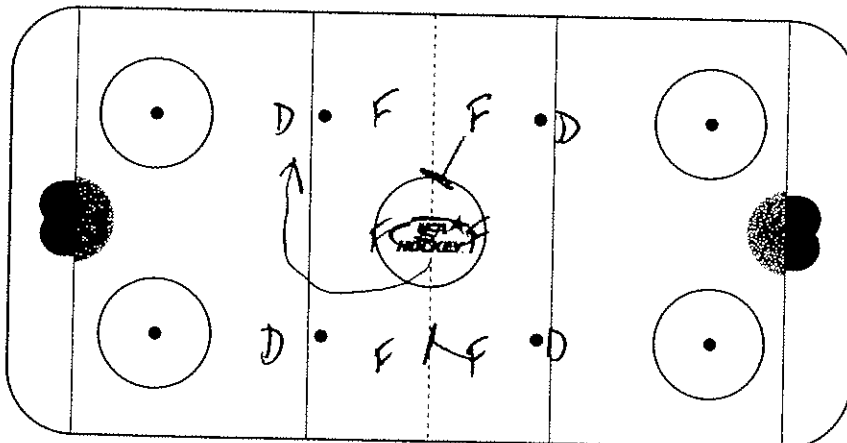
② Quick shot with prep to right shot, quick shot

Notes/Systems



Description
 ③ will wrap puck, D will keep it in and walk to middle for a shot, at same time F1 will go to net and screen goalie. Right after shot F1 breaks to the boards for wrap. F2 will swing for support. D can pinch or back off. D will play 2/1.
 - Both ends, let a time
 - Talk

Notes/Systems



Description ④ 5 on 5 in zone
 ⑤ 5 on 5 in N-zone

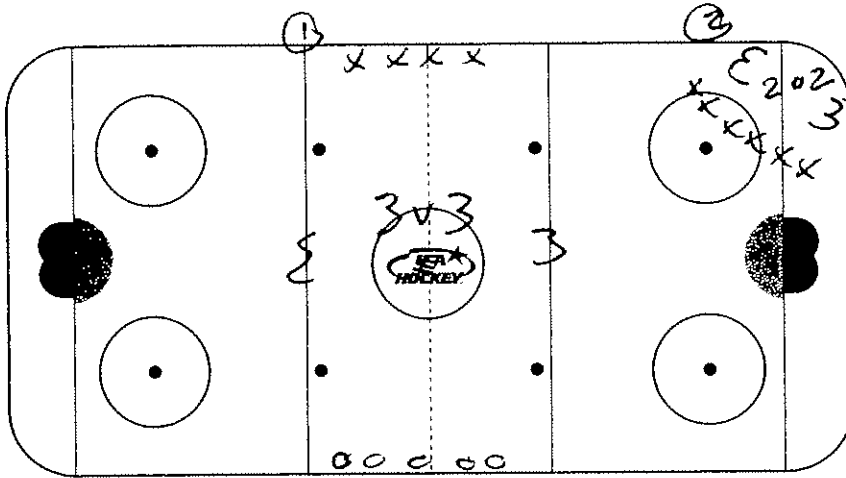
⑥ N zone fore check

Notes/Systems





SYSTEM/DRILL _____

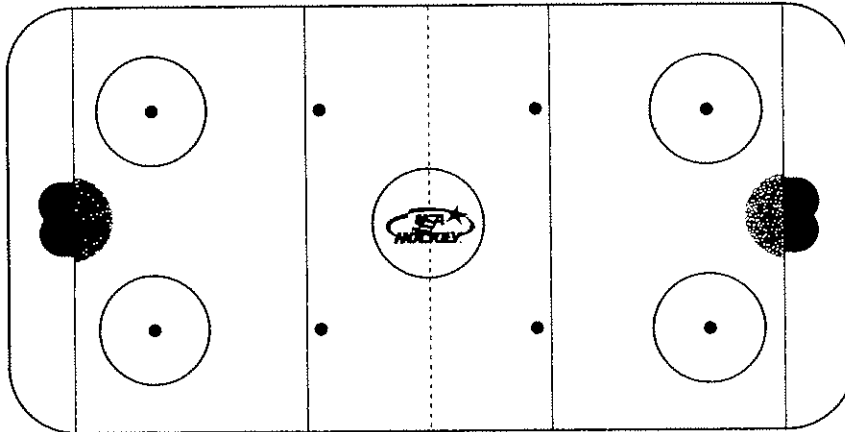


Description 3 on 3

① you can pass to forward along boards. Can score on any net.

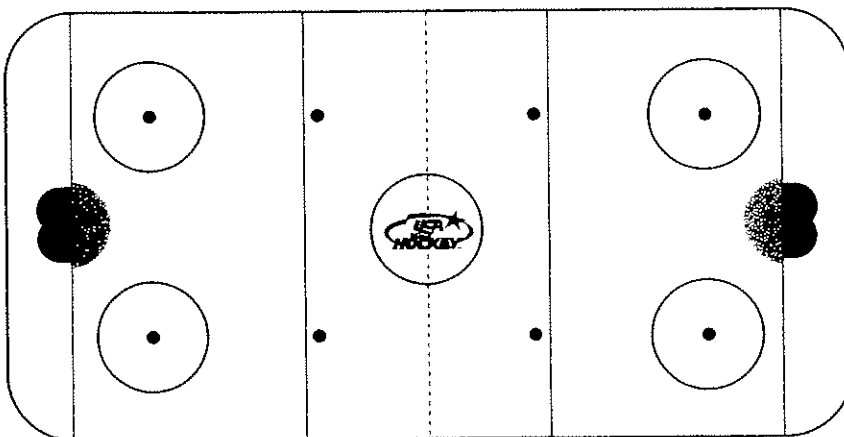
② 2 on 2 Down low X's keep the puck in. Can score on any net.

Notes/Systems _____



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

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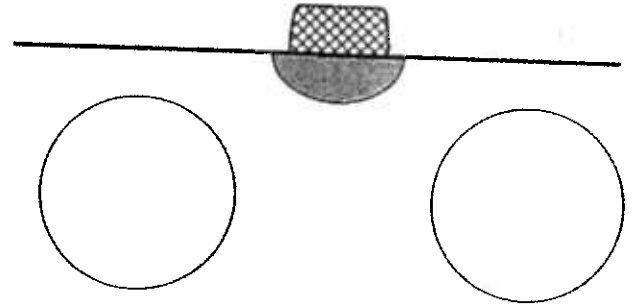




USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE FOUR
“Quality repetition is more important than quantity.”

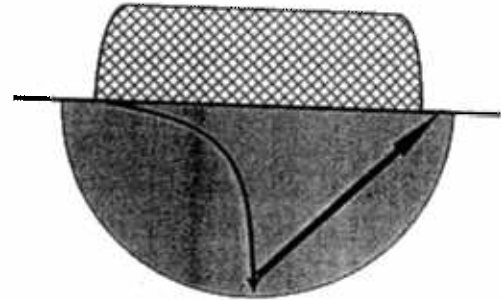
First Seven Minutes of the Team Practices allows for the goaltenders to perform a series of movement drills and one technical drill.

An additional ten minutes of each practice is set aside for a specific goaltender drill involving the entire team. The designated drill can be inserted into the practice where it fits best within the flow of the practice.



Middle Out Butterfly Slide

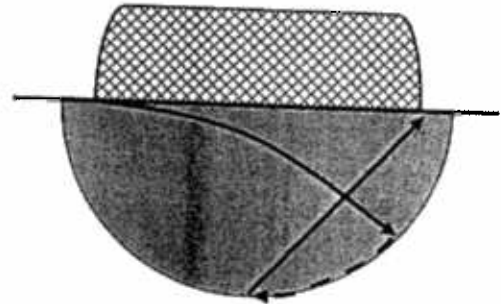
T - push or C - cut out to the middle of the top of the crease and set feet. After setting feet the goaltender butterfly slides back to just outside the opposite post from where he/she started. Off post the lead leg should be placed in the middle of the net. Butterfly slide, rotate hips, lead with stick and gloves, and push hard with the inside edge of the outside leg.



6 Reps

Off Post Small Shuffle Work

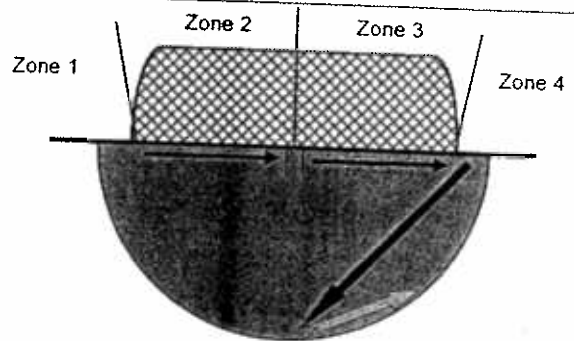
The goalie comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet. The goalie small shuffles across the top of the crease until he/she reaches the puck in the middle of the slot. The goalie then rotates hips and T - pushes back to opposite side post. Repeat drill from opposite post.



4 Reps

Zone Work Butterfly Slide

Start on post with head looking over right shoulder into zone 1. One small shuffle push into middle of net. Look over right shoulder into zone 2, pause, and then turn head and look into zone 3. One small shuffle push to post, head turned looking into zone 4. Butterfly slide to the middle of the top of the crease. Catch edge and butterfly slide to the corner of the top of crease.



4 Reps



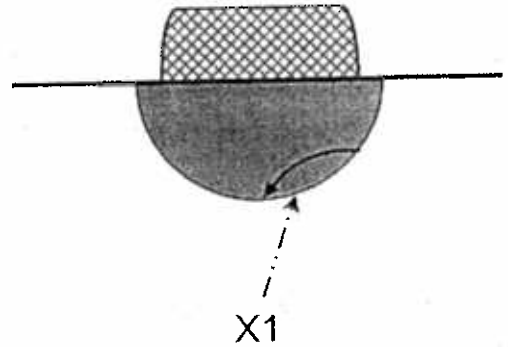


USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE FOUR

“Quality repetition is more important than quantity.”

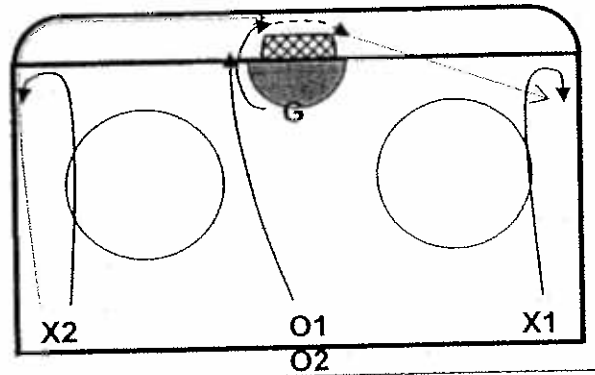
Triggered Cross Body Glove Saves

X1 stands in the middle of the slot 2 feet above the hash marks. Goalie stands on the right corner angle top of the crease. X1 commands (uses word “Push”) the goalie to move to the middle of the top of the crease. Goalie small T – pushes to middle angle, top of the crease and sets feet. X1 shoots high to the goaltender’s left side. Goalie tracks puck to make save and follows rebound.



Turco BO Drill

X2 begins the drill by rimming the puck so the goalie can stop it behind the net. X1 and X2 skate into the zone in a low breakout position (just above goal line). O1 forechecks the goaltender to either side of the net. The goalie must stop the wrap, read the pressure and pass to the open player (either X1 or X2). X1 and X2 regroup with O2 and attack 2 vs. 1 against O1.



Handwriting practice lines consisting of multiple horizontal lines for text entry.

