



Description

- **D** starts on knees, pressures puck and talks with backchecker (**X**)
- **X** starts on dot, must tag red line before jumping back in play
- **F** 1 and **F** 2 start with backs touching wall at the blueline
- **F** 1 to break across blue line while **F** 2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush
- Play it out

Key Points

- Hard, fast and intense game situation, **D** must force play