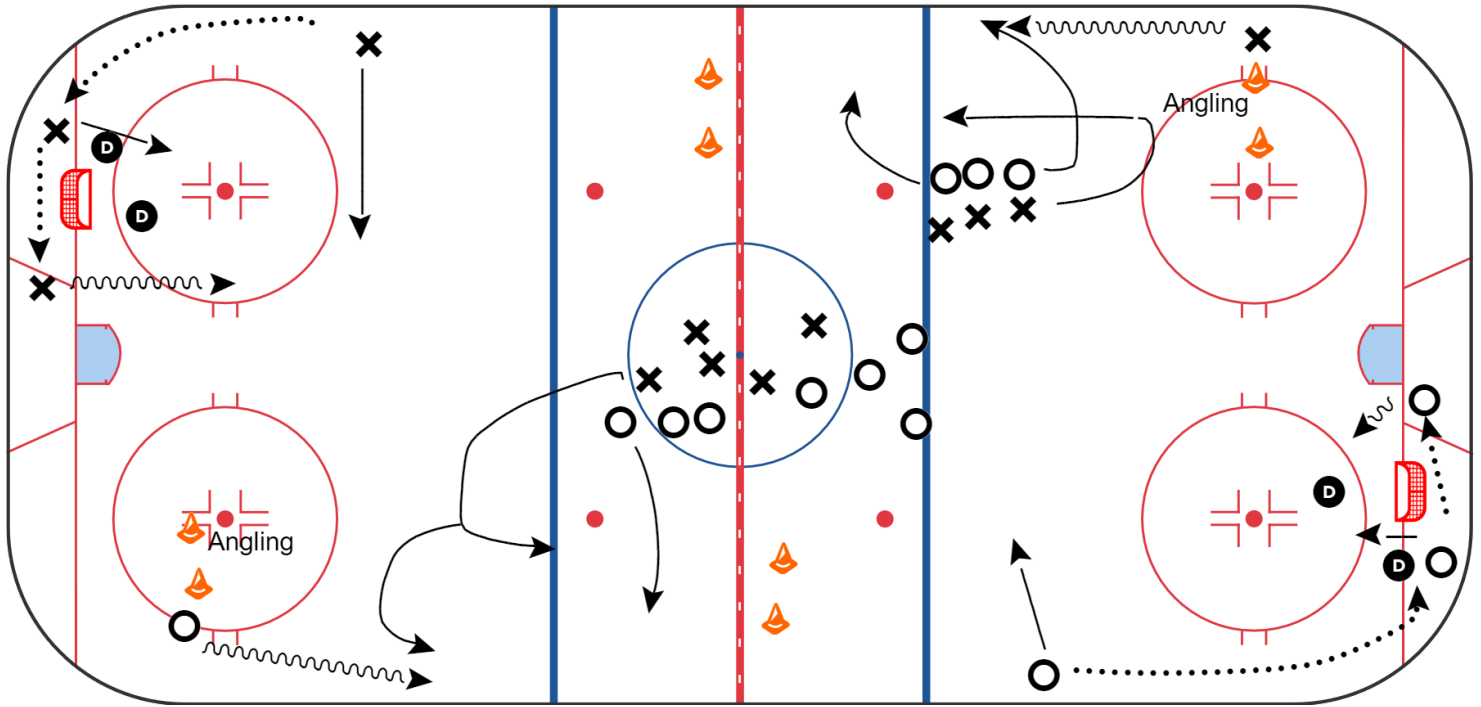




Station - attack net down low - angling - board puck



Description

Station A: 3 F vs 2 D - F1 rim puck - F2 stops it and pass to F3 - F3 attack net or pass to F1 or F2

D pressure - read the game! 10 sec Rule!

Station B:

Angling -forward motion - 2vs2