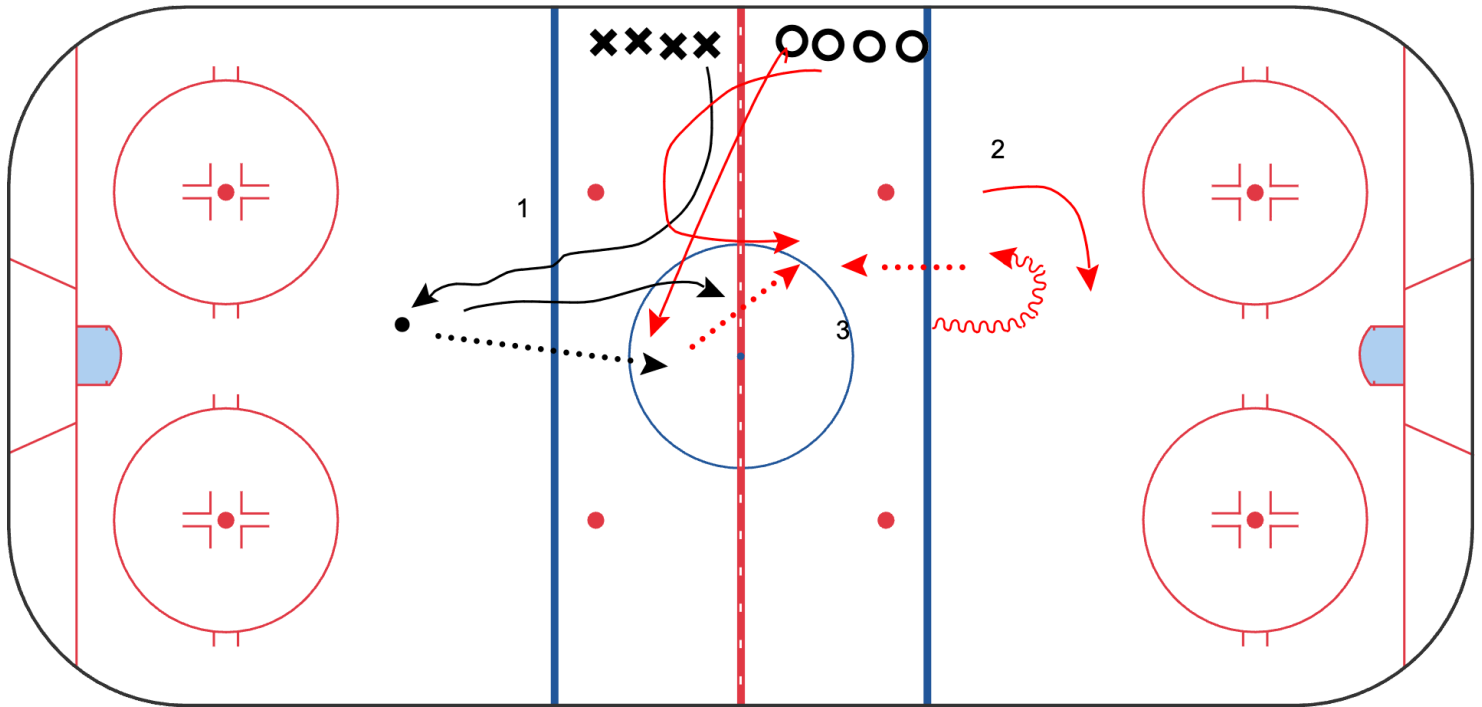




Rush offense vs. trackers



Description

1. X skate for the puck below blue line -spot the puck in neutral zone
 2. Two O's skate for the puck and rush to opposite zone - X skate hard for backcheck
 3. O spot the puck back in neutral zone - two X's skate for the puck and rush to opposite zone
- CONTINUOUS DRILL!

Key Points

Quick passes and transition
hard back check through neutral zone