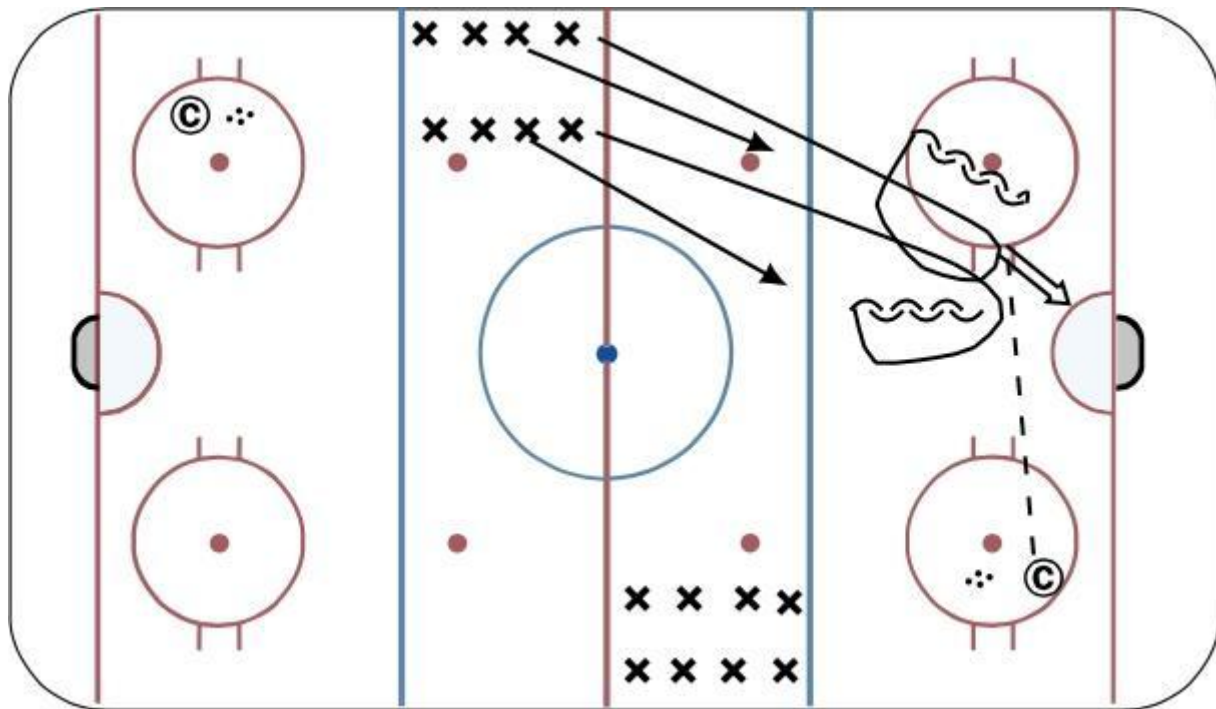


1-1 Race to 2-2 Attack



Description

Players line up in 2 lines at blue lines, both ends at same time
On whistle first 2 players race and get body position to score off of pass from Coach
On 2nd whistle next 2 players leave line with puck and attack 1st 2 players who have gapped up and defend 2-2