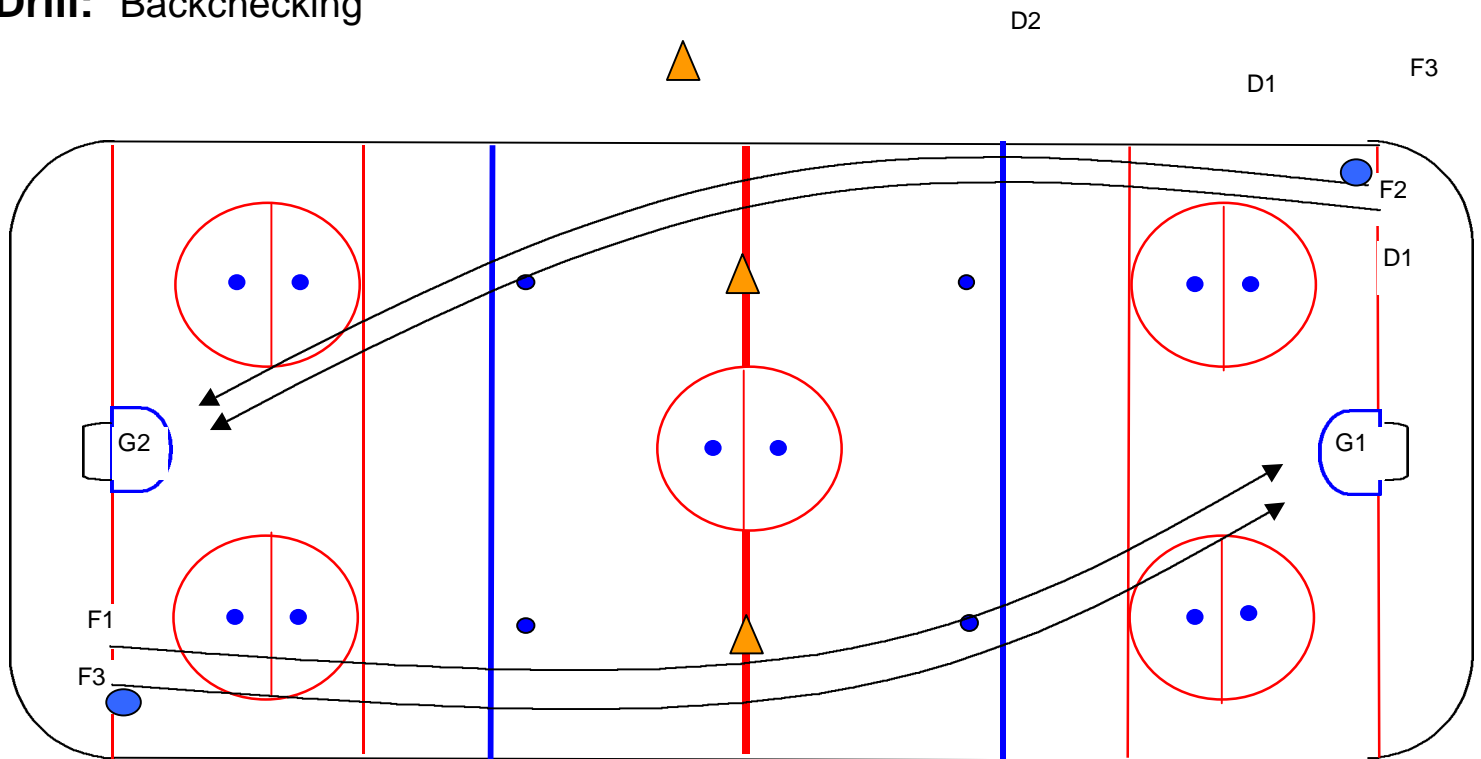


## Drill: Backchecking



Board side players have the rings.

Both players start beside each other.

Board side player must skate between Pylon and the boards

Ring carrier tries to skate entire length of ice with the ring and shoot on the goalie.

Other player tries to back check, using sweeps to steal the ring.

If back checker obtains possession of the ring that player now tries to shoot and the player with out ring has to check.