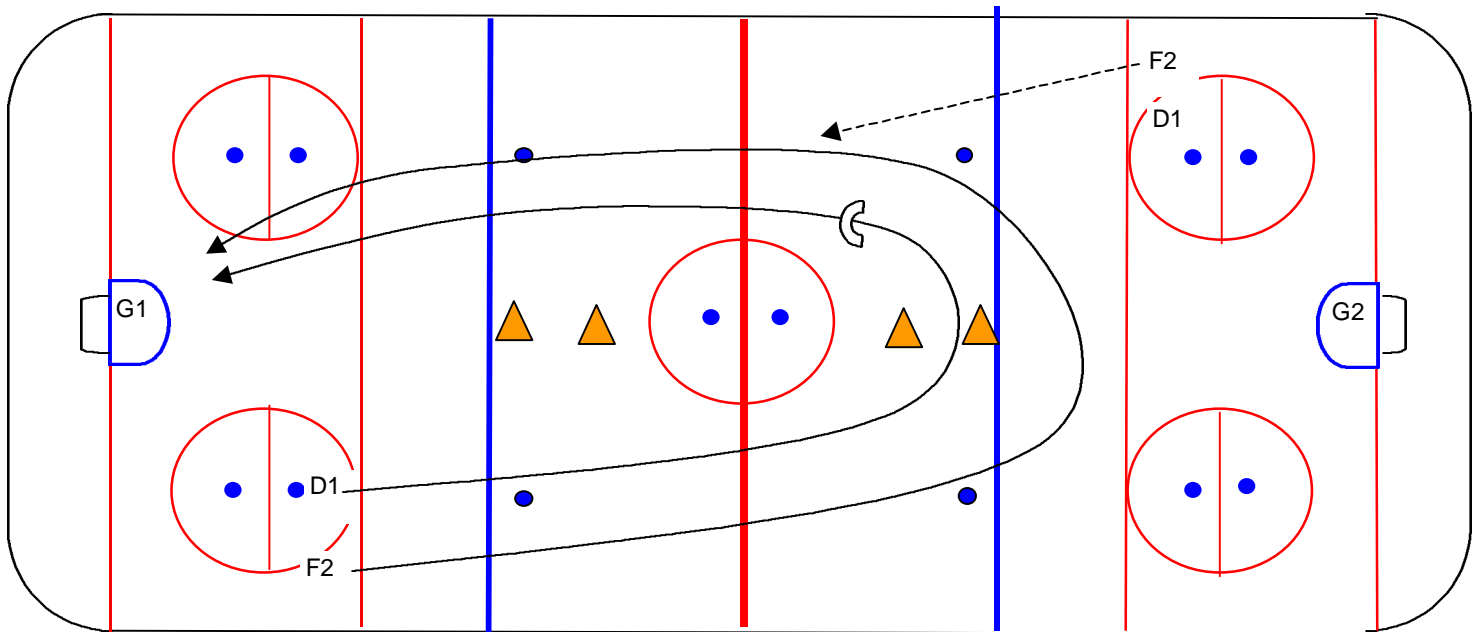


Drill: Defending



Offensive and defensive player skate as above . Defensive player goes around inside pylon and turns to skate backwards.

Offensive player receives pass from opposite offensive player.

As this pass is completed opposite offensive and defensive players skate around their pylons receiveing a pass from offensive player.

Goalies in nets to stop shots.

Defensive player to practice staying square learning when to turn with opponent.

Ring Control and dekes emphasized for offensive player.