C300 1-1 Get Puck Out - Sweden Checking 7

Key Points:

The defender battles to get the puck out of the zone from the defensive side. Offensive player battles to hold the puck in by using his skate and stick.

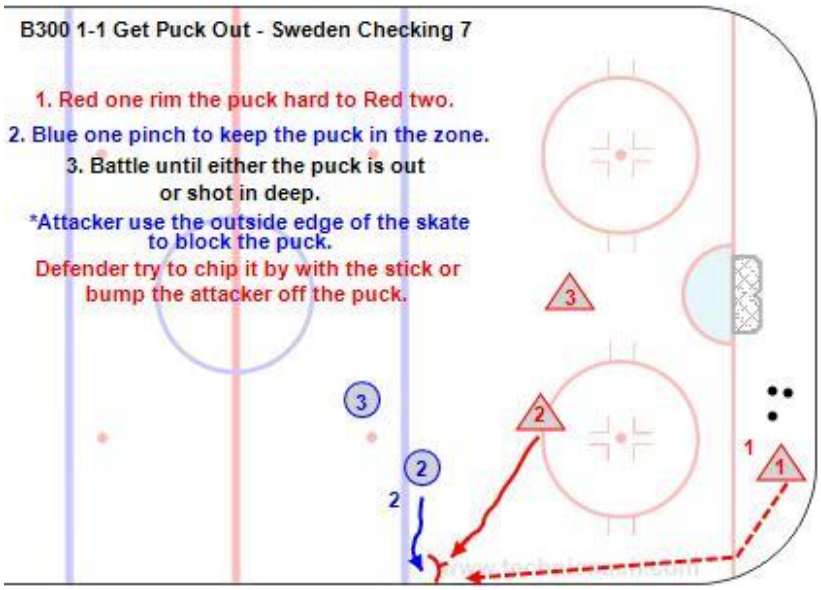
Description:

1. Red one rim the puck hard to Red two.

2. Blue one pinch to keep the puck in the zone.

3. Battle until either the puck is out or shot in deep.

*Attacker use the outside edge of the skate to block the puck.

Defender try to chip it by with the stick or bump the attacker off the puck.

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