

T3 - Backtrack to the Crease

Key Points:

Come back hard all the way to the low slot.

Description:

1. Blue shoot on one net and red on the other.
2. Red 1 pass to Blue 1.
3. Blue 1-2 attack as fast as possible and shoot on the far net.
4. Red 1-2 come back hard to the top of the crease.
5. After the shot Red 1-2 box out and prevent a second shot.
6. Blue 1-2 start from behind the net.
7. Blue 1 or 2 pass to Red 3 or 4.
8. Red 3-4 attack with speed and Blue 1-2 backtrack hard to the top of the crease.
9. Keep score.

