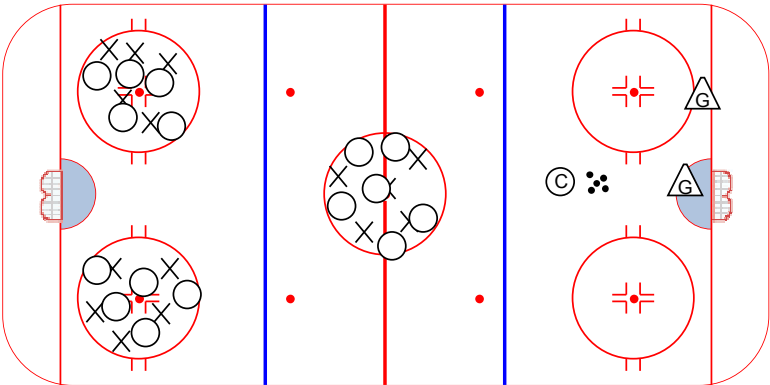


Title : Tarasov Bump	Category #1 : Checking	Category #2 : Balance
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Description

Tarasov Bump:

- Players are grouped inside circle
- On whistle, stand on one leg and bump into one another, trying to knock the other player off balance
- A player is "out" when their 2nd foot touches the ice
- Repeat with opposite foot



Key points :	Knee bend	Stick control	Head up	
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