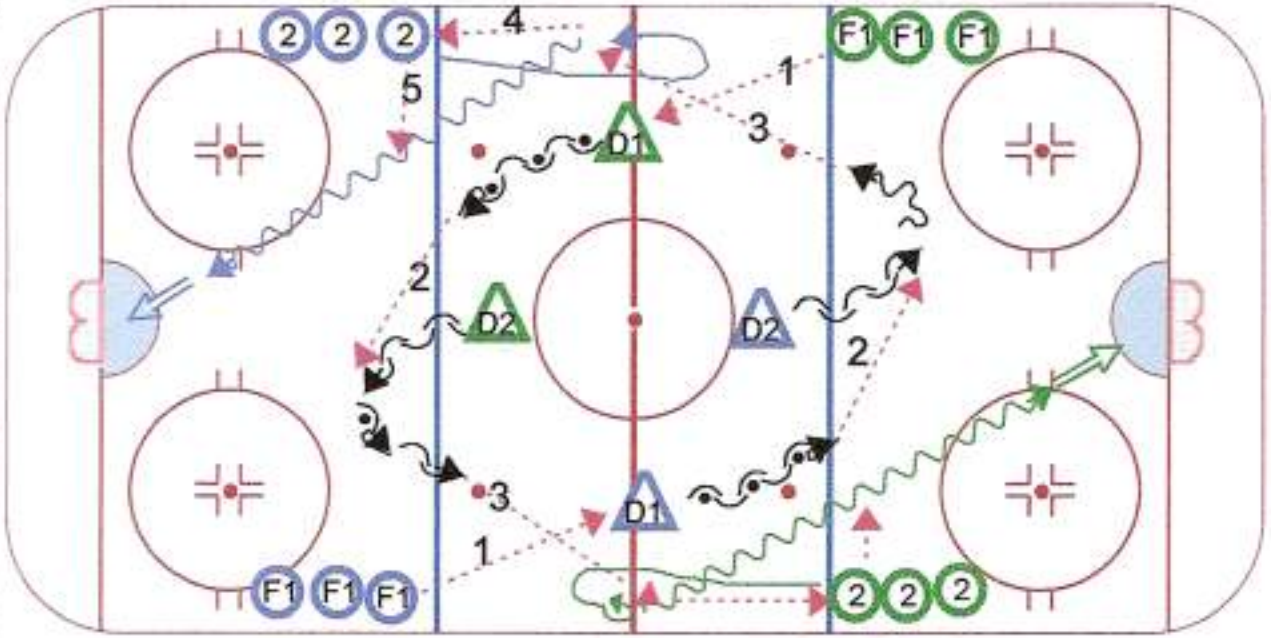
Title : Defense-Hinge /Warm-up **Content elements:** Defense Hinge Pass **Components :**

Description

F1's start by making a pass to D1's (both sides)
- D2 partner supports (hinge) receive a pass
- 2 's from opposite sides open face pivot receiving a pass from D '2 's
- 2's can one touch pass with next player in line (optional)
- D 2's now move up to the red line for a pass and D'1s hinge

F1 's reverse pivot receiving pass from D1's
- Depending on number of D man they can move in for a pass and shot.

Variation- D- switch or return pass before a from partner before passing to F's



Key Points : F's face puck for pass | D's Hinge/Switch | one touch passing