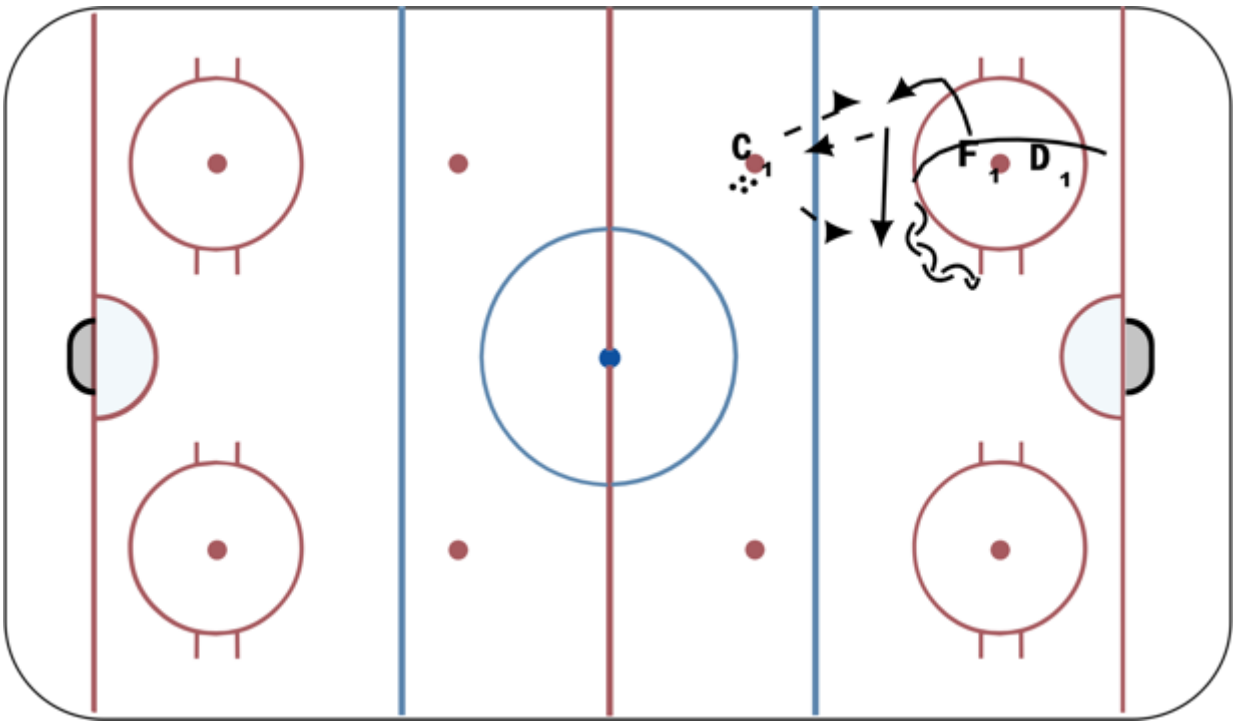
1v1 Give and Go



Description

-F1 and D1 start in zone. On whistle F1 cuts to space, receives pass from coach, and cuts to new space for a return pass.
-D1 maintains stick length distance, controlled contact, and goal-side positioning
-1v1 to the net

Tags: -Forwards use stops and starts to create space, -Defensive quickness to maintain positioning