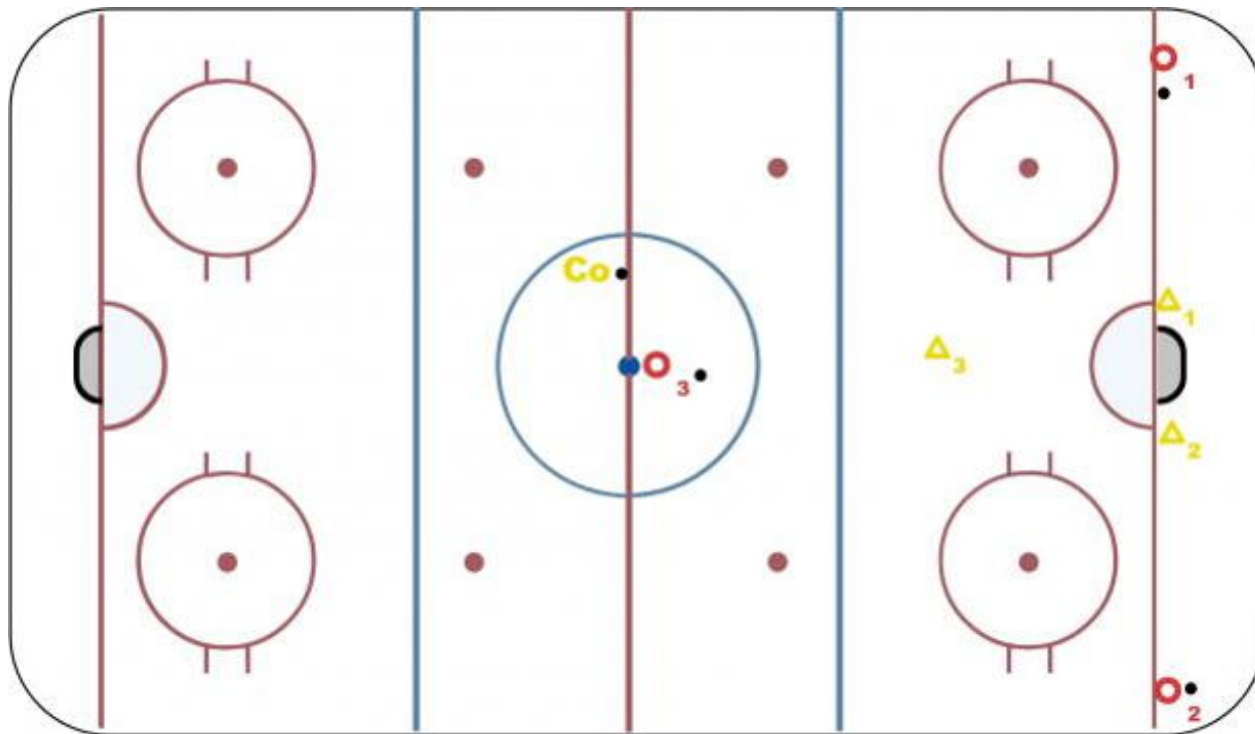


Down Low Battles



Description

- 1) On first whistle, 1 attacks the net against 4
- 2) On second whistle, 1 & 4 leave their puck, 2 attacks the net against 5 (now making it 2 on 2)
- 3) On third whistle, 1, 4, 2, & 5 leave their puck and 3 attacks the net against 6 (now creating a 3 on 3)
- 4) On final whistle, players leave the puck, and coach shoots - forwards attempt to get in position to tip - d attempts to hold position

Tags: -1 on 1 battles down low, -Centers helping in D zone, -Positioning in front of net