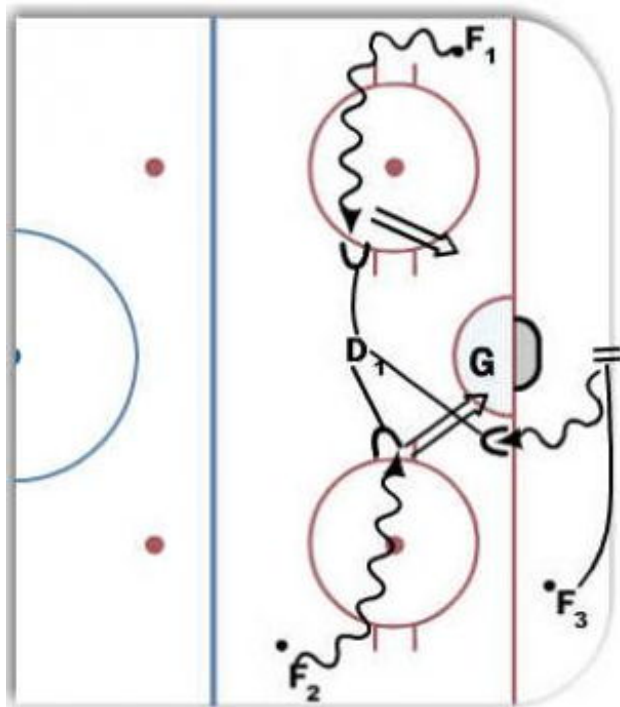


## D Battles



### Description

D Starts on one knee in slot.

1) on coaches whistle F1 tries to get to net and score. D defends.

2) Coach blows whistle to end battle with F1 and D returns to slot.

3) Coach blows whistle again and F2 and D battle to whistle or goal.

4) F3 Positions himself behind net and coach blows whistle. F3 and D battle till goal or whistle.

**Notes:** Add two point men as variation.

Allow forwards to play D.

Battle times at coaches discretion.

Variation 2 coach just outside blueline passes puck to Forwards to start each battle. Allows varying of order.

**Tags:** F outside, Active Stick, Body Position