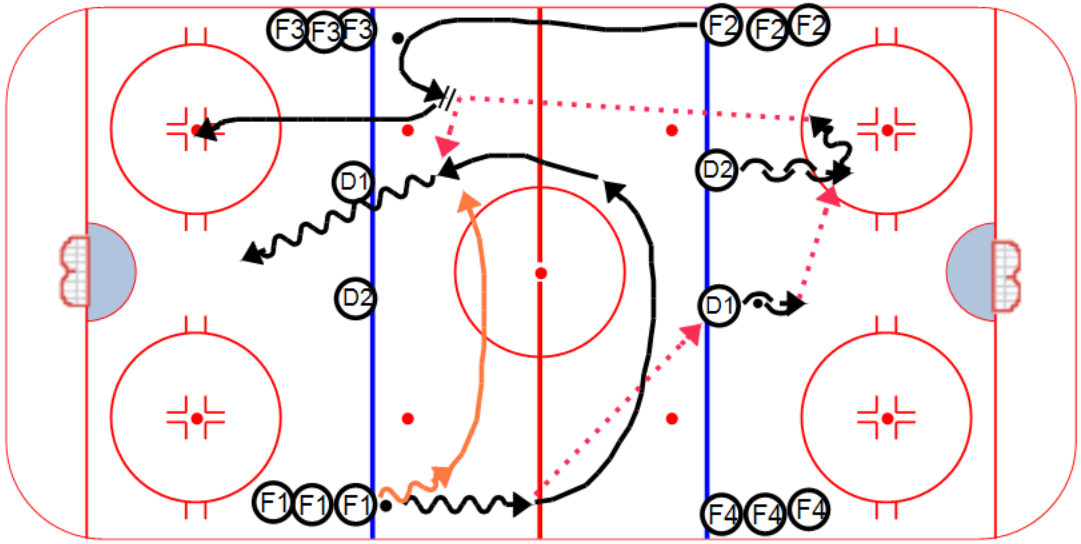
Title : Post-Up 2x0 **Category #1 :** Coach Nielsen **Category #2 :** NZ Regroup

Description

F1 skates up and passes to D1
D2D pass
F1 skates below the circle to be an option for D2
F2 skates to the far blue line and posts up to receive a pass from D2
D2 passes to F2 who chips to F1 coming down the middle lane
F1 & F2 go in for a shot

Option #2

F1 skates a shorter passing route and slashes through the NZ to receive the chip pass.



Key points :