

Description

In this SAG the D defends 3 different plays.

- 1- F1 skates around the circle and tries to get a clear shot.
- 2- F2 skates low and cuts inside to get a shot while D gets back into position to defend.
- 3- D1 takes a shot from the point while D and F2 battle for position in front.

Each part starts on a coaches whistle.

Key points:

