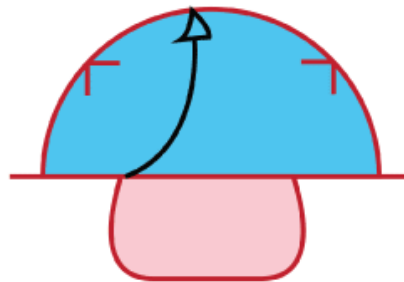




### Post and Out

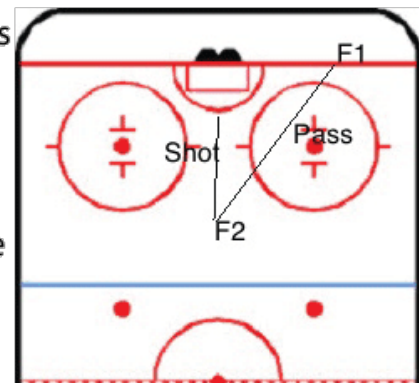


Goalie starts down at top of crease and recovers to same post as F1.  
Goalie follows pass from F1 to F2 and sets at top of crease.  
Goalie faces shot from F2


### Player Movements and Key Points

F1 starts below goalline with pucks. When goalie arrives at the same post as F1, F1 makes pass out to F2 who is in the high slot. F2 receives the pass and then takes a low shot on the goalie.

Note: F2 does not take a one time. The goalie should be set for the shot.



### Legend

 - Butterfly

 - T Push