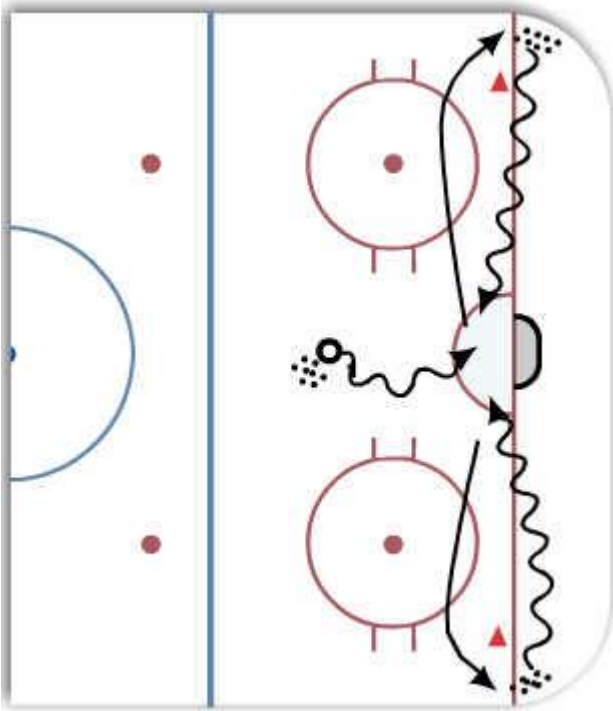


Active low



Description

01 starts from the slot, skate in for a breakaway deke or shot. then 01 peels of to one corner to pick up a puck and curls around cone before driving the net from below the goal line. repeat other side for a total of 3 dekes.

(can add wrap a rounds for 2nd and 3rd deke)

Key Points: -Active stick, -no lunging, -maintain mobility, -take away space