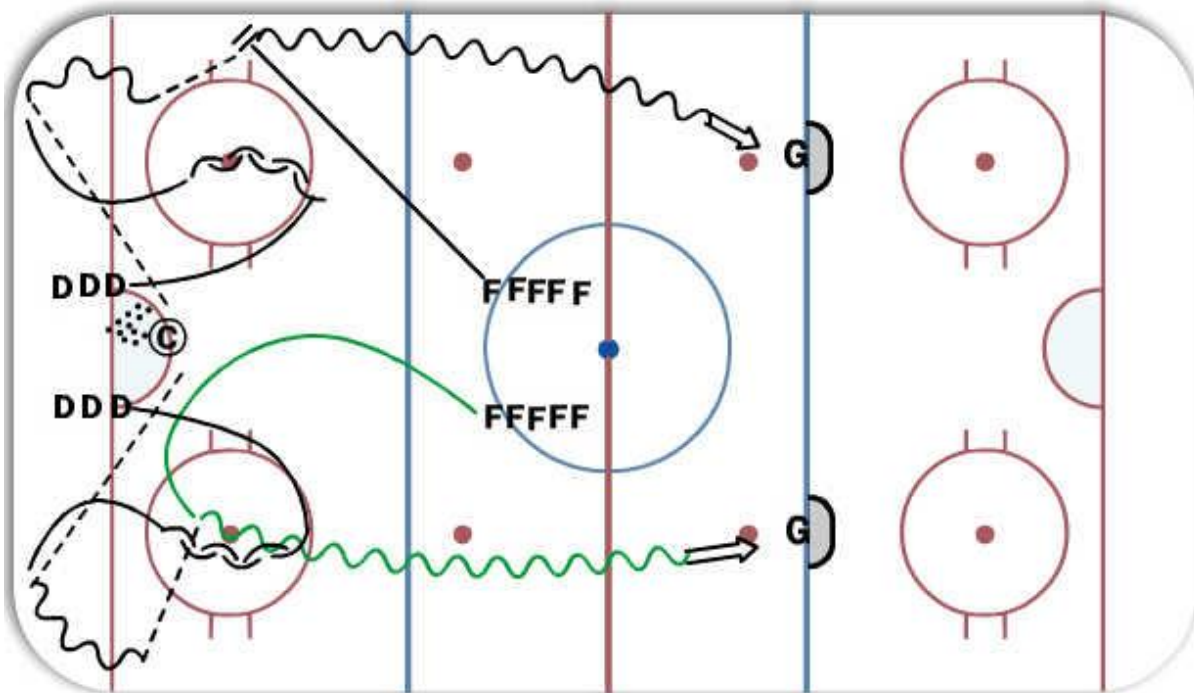


BO options (basic)



Description

on whistle D skates to top of circle and pivots to backwards, coach spots a puck for retrieval. Fwd leaves middle ice and fills low winger support for a direct outlet pass then attacks outside lane for a shot on net.

progressions.

1. winger support
2. low center support
3. winger to center support 2 on 0's
4. center to winger support 2 on 0's

Key Points: Retrieval Techniques, proper pivot, shoulder check, good first pass, puck support