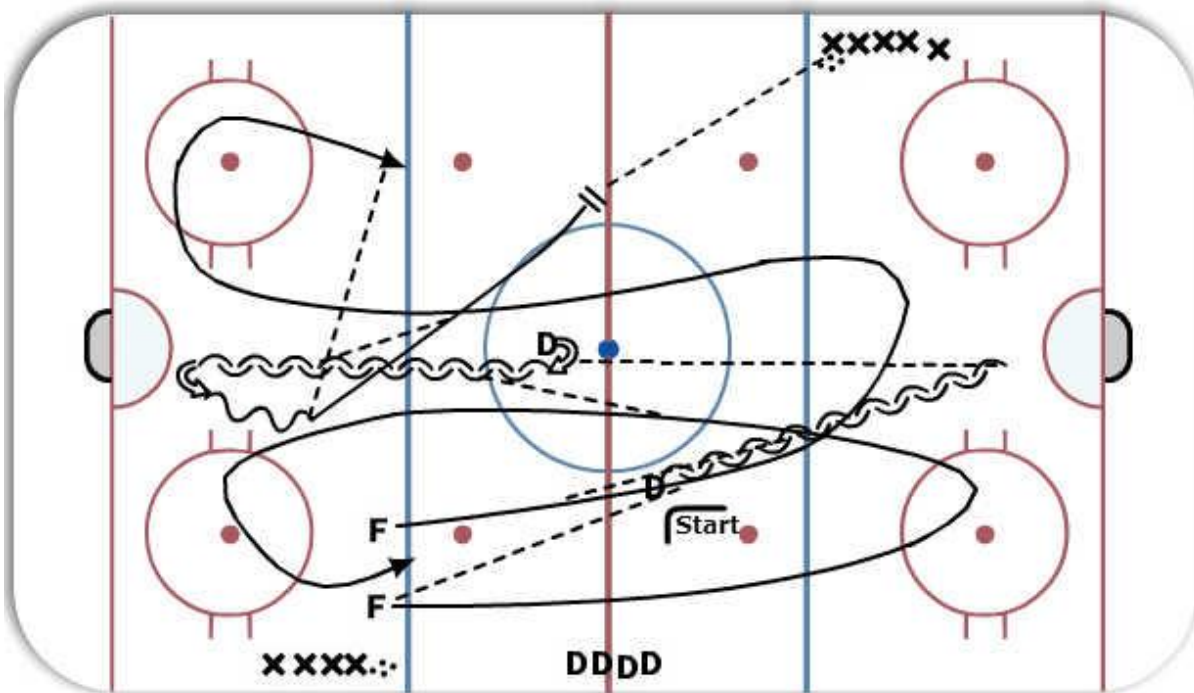


## Quad one touch



### Description

F1/F2 leave with one puck. each play one touch with D1 and then regroup towards NZ. After 2 one touches D1 passes through NZ to D2, both forwards then play one touch with D2. After 2 one touches D2 transitions and passes to fwrds who then attack 2on0 the other way.

Progressions: 2on0, 2on1 vs D1, 3on1 D2 joins the rush.

**Key Points:** -One Touches, -Hard and Flat, -Low Support, -Communication