

Title

Simon's Continuous Backcheck

Created By



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Description

- Game starts with one team with a 2 v 0.
- Once they score or save, coach passes to 2 opposing players attacking opposite net
- First set of players now must backcheck
- Next 2 players in line replace the backchecking players
- and wait for a puck to attack.
- Continuous attack, back check and replace

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