

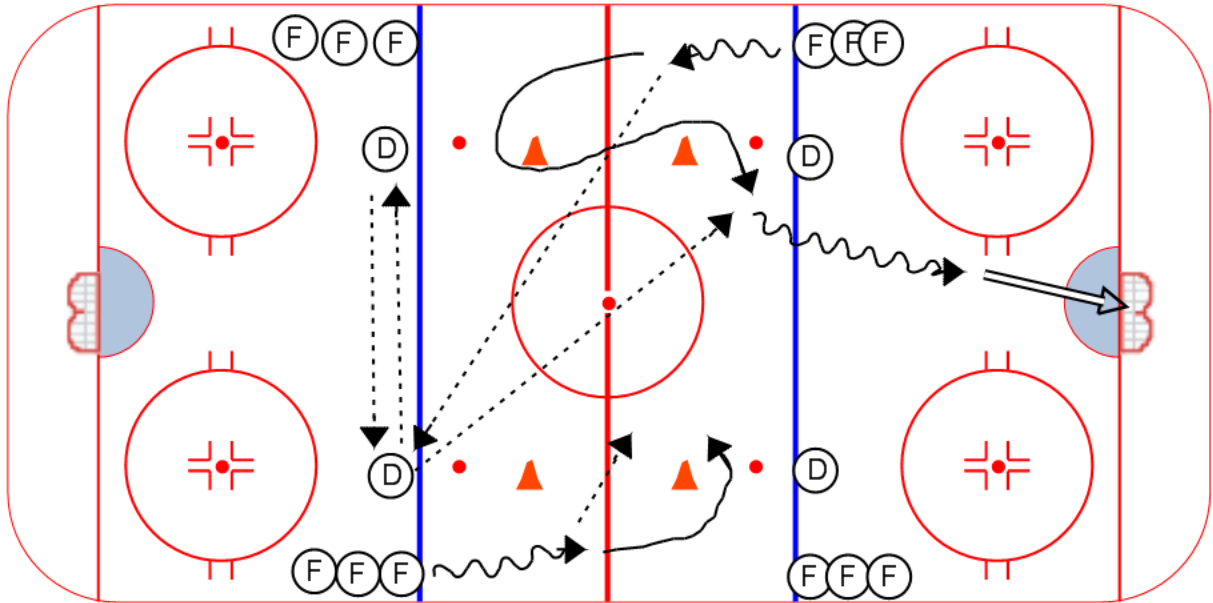
Title : Spice Figure 8 Passing

Category #1 :

Category #2 :

Content elements: _____

Components : _____



Key Points :

Description

On the whistle, one (F) from each line diagonally across from each other goes. Each (F) takes a few steps forward, then passes to the far (D). These defensemen make a few "D to D" passes, then hit the (F) as he power turns around the far cone. After skating the figure 8 as shown in the diagram, (F) picks up the puck, splits the defensemen, and enters the zone for a shot on net.

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