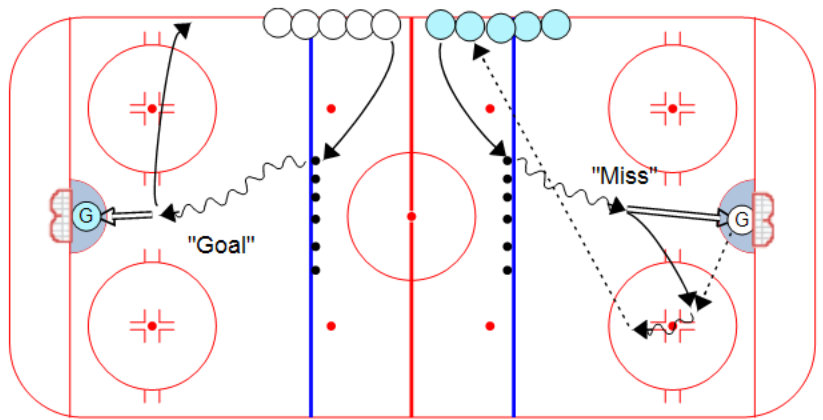


Description

1. Players set up as shown, half in each bench. Goalie in each net. 6 pucks on each blue line.
2. On the whistle, the first player on each team takes a breakaway.
3. If the player scores, he or she has to race over and touch the boards before the next player can go.
4. If the player misses, he or she must get his or her own rebound and pass it back to the next player in line.
5. First team to score all 6 pucks wins. Losing team (including goalie) does push-ups.
6. Switch goalies and play again.



Key points :