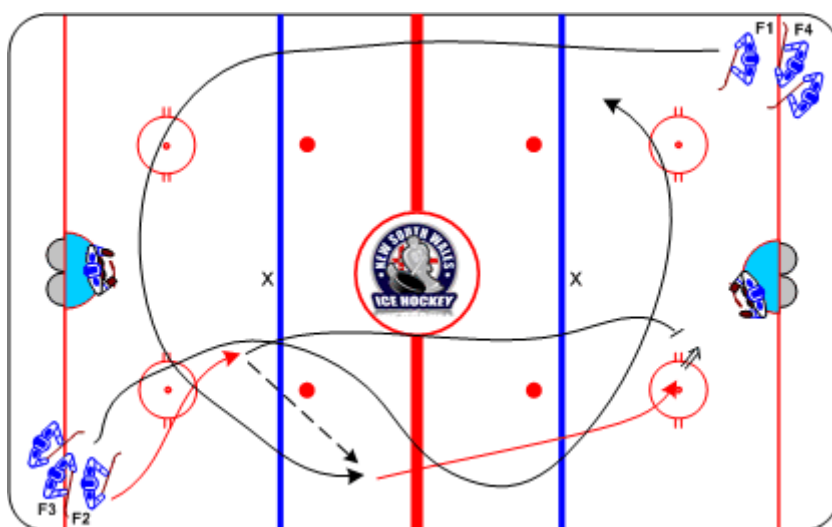




## St Louis with Backchecker

Duration: 6 mins

- F1 control skates and receives a breakout pass from F2 who moves into the midlane before passing
- F2 then pursues F1 backchecking the length of the ice
- F3 follows F2, control skating, to receive breakout pass from F4



### Coaching Tips

- Quick feet
- Backcheck inside

### Execution Tips

- © to monitor flow