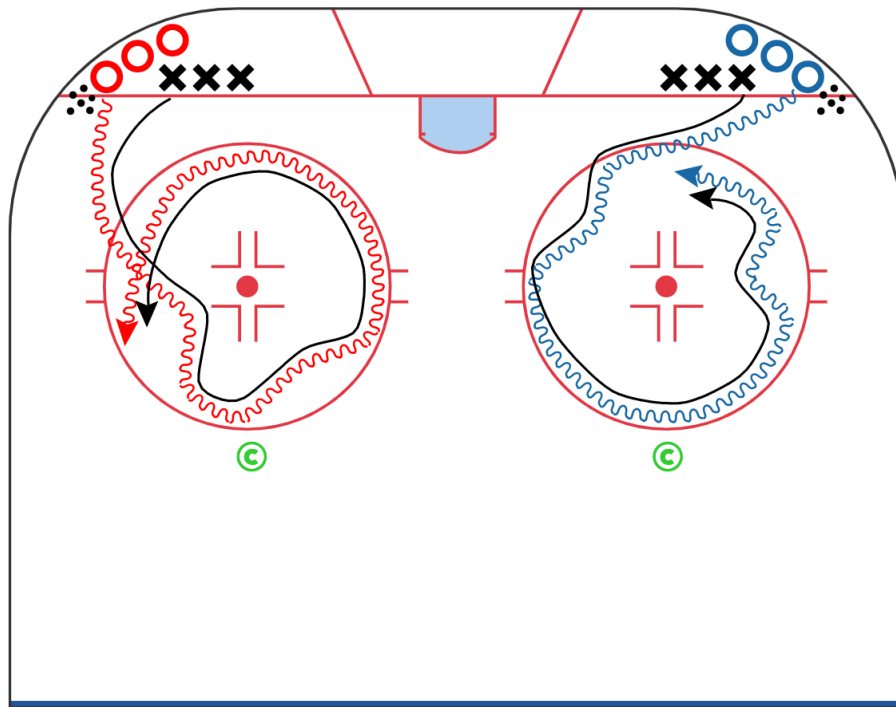


1 vs 1 Battle In FO Circle



Description

- On ©'s whistle players battle in the FO circle, players with a puck protect it from defenders and the puck should remain inside the FO circle.

Key Points

- To Box out and Protect Puck
 - Not to stickhandle through defender