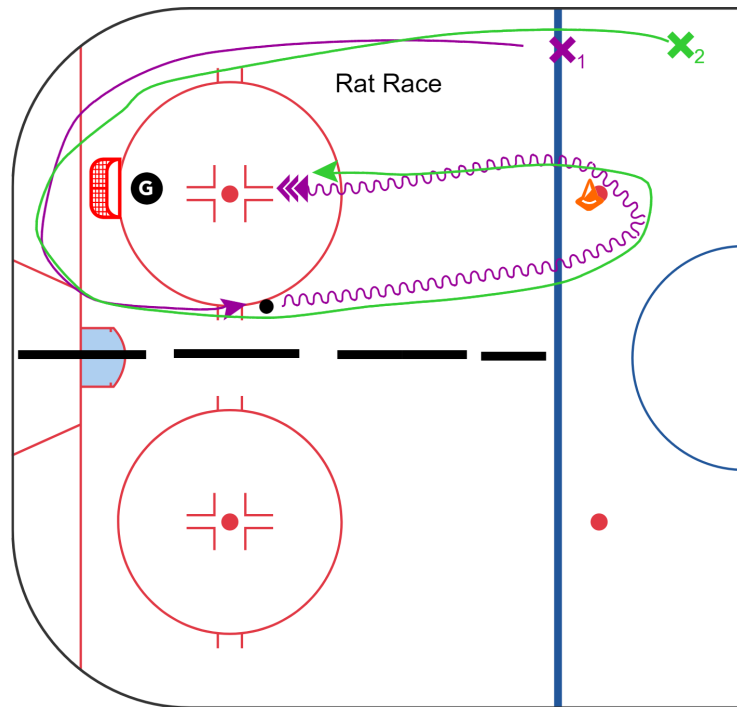


Rat Race



Description

Rat Race - **X1** starts on ringette line. **X2** on blue line. Both go on command, race around the net (give a little extra space behind net). **X1** is forced to pick up the puck on the fly and carry it around the cone with **X2** chasing/pressure/backchecking. If the gap is too wide, space them at the start accordingly.

offensive KTP: Quick feet, quick starts. Tight turns. Picking up puck in motion/not slowing down. Puck Protection. Quick Shooting

defensive KTP: Quick feet, quick starts. Tight turns. Backchecking. Cause pressure. Stick checks/takeaways, etc. **DO NOT GIVE UP.**