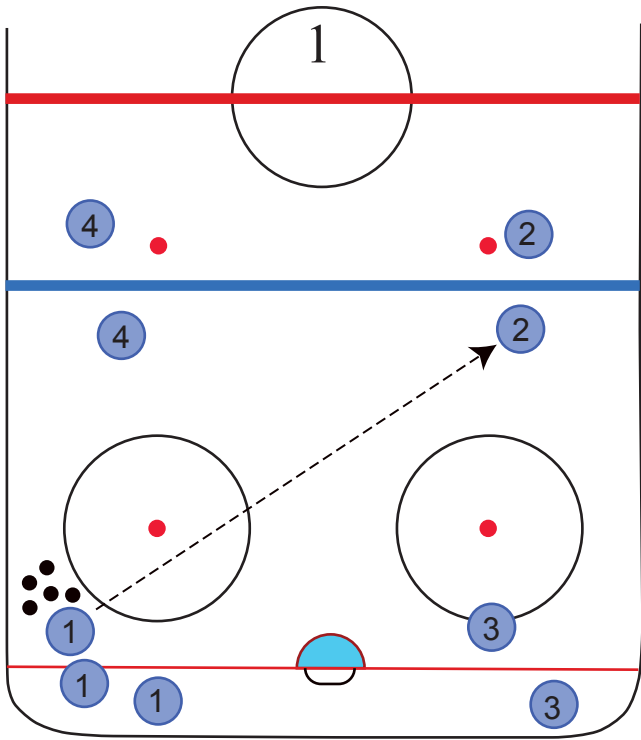
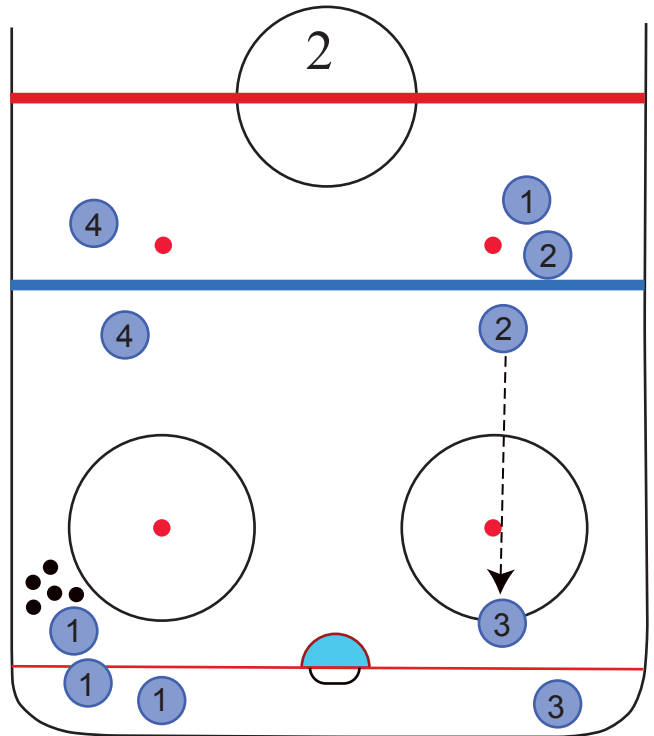


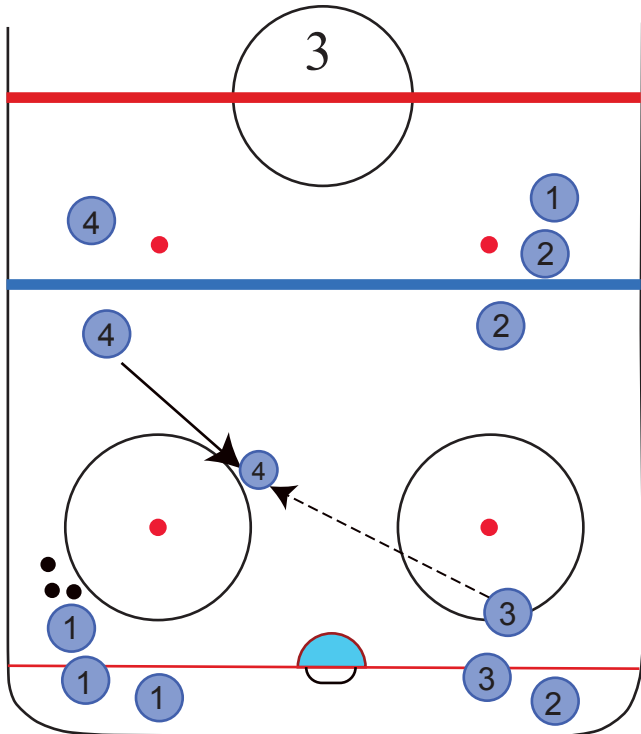
ftp (follow the pass)



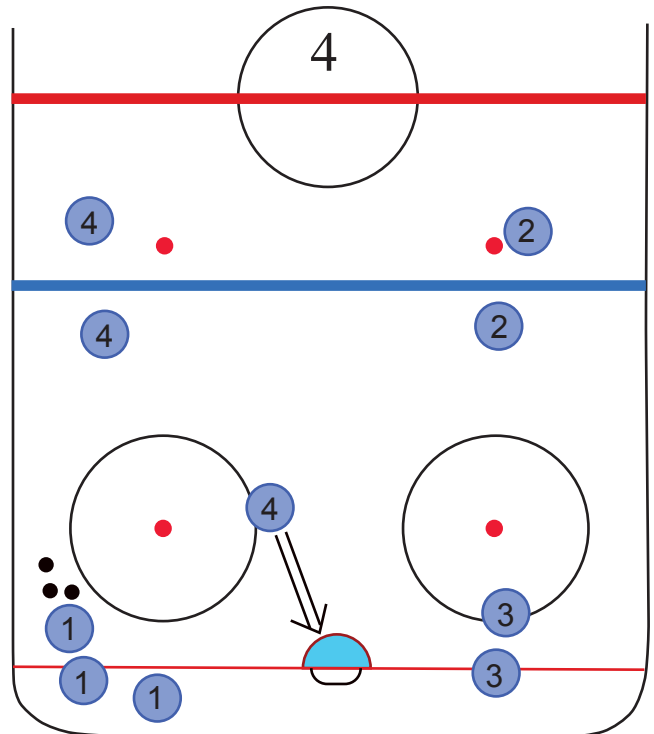
-Player 1 passes cross ice to player 2 and skates to back of line 2



-Player 2 passes to player 3 and skates to back of line 3



Player 4 times her skating to receive a pass from player 3 and shoots at net trying to score.



Player 3 goes to line 4 and player 4 after shooting goes to back of line 1.

EMPHASIZE: stress tape to tape passing
 skate hard to next position
 timing to receive pass
 shooting to score