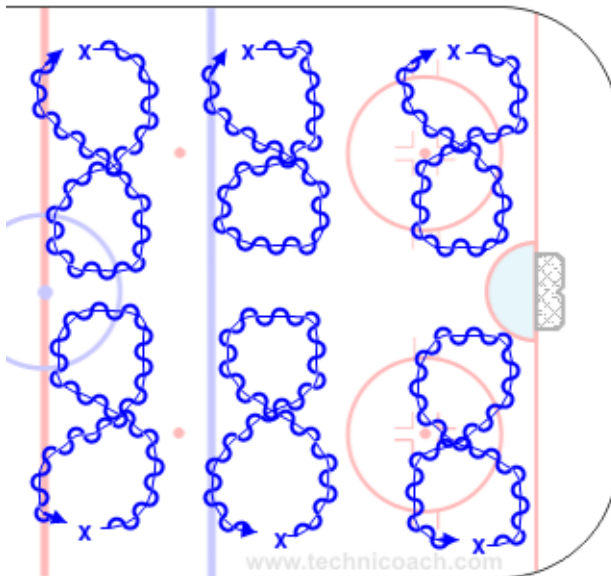


## Figure 8 Puckhandling

9/12/2008



### Description:

Players spread out around rink with a puck. Each player skates a figure 8 pattern as shown. Forwards with puck. Backwards with puck. Forwards and Backwards always facing the middle of the rink. Freestyle with moves and dekes and drags.

### KeyPoints:

*Hands and feet in constant motion. Head up.*