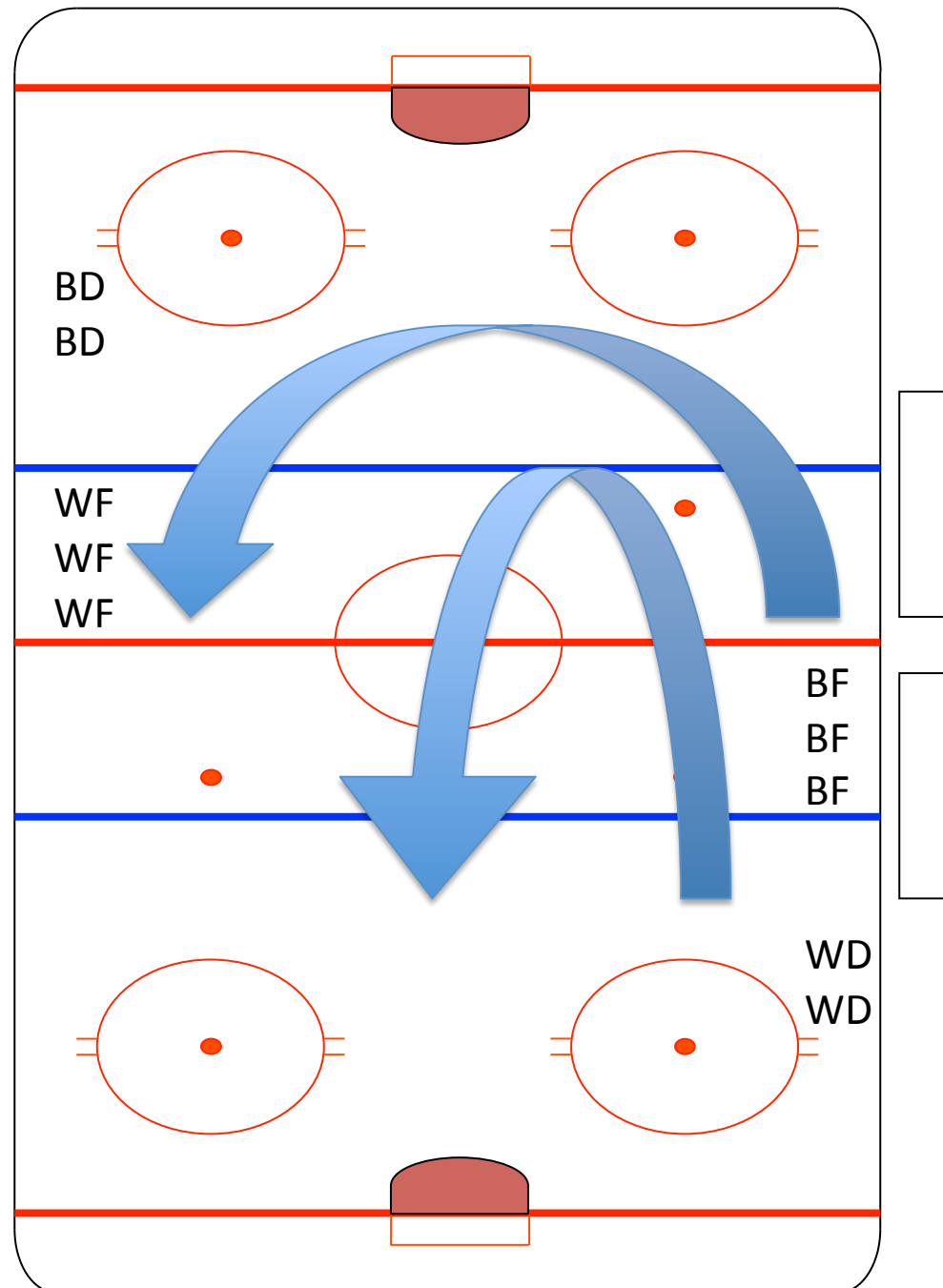


## ***Continuous Line Rushes***

3 BF skate to top of circles and attack 3 v 2 in opposite direction. Players return to the same line.

When the rush crosses the blue line, 3 WF follow to top of circles and attack 3 v 2 the other way.

Coach stands between the F and D to provide instruction.



## Continuous Line Rushes p2

Variations:

Change the number of F's and/or the number of D.

Switch the sides the defensemen are on so they go against the opposite team.

HS rep: 8-12 seconds

