

**Loyola Blakefield
Middle School Playbook**



LOYOLA BLAKEFIELD MIDDLE SCHOOL ICE HOCKEY

SECTION I - THE BREAKOUT

1. Simple Breakout
2. Off Wing Cuts High Across the Blue Line
3. Crossing Play – Starting behind the net
4. Support Play – Breaking out covering all lanes
5. Motion Play – Using the space behind the net
6. Power Play – Forward Cheats at the Red Line

SECTION II - DEFENSE

1. Neutral Zone Defensive Faceoffs
2. Faceoffs in the Defensive Zone
3. Basic Defense – Box Plus One
4. Neutral Zone Forecheck (1-2-2 Trap)
5. Forechecking Triangle
6. Covering the 2-1 and the 2-2

SECTION III - OFFENSE

1. Neutral Zone Offensive Faceoffs
2. Faceoffs in the Offensive Zone
3. Attacking the Offensive Zone – Dump and Chase
4. Attacking the Offensive Zone – Carrying the Puck
5. Attacking the Offensive Zone – Crossing Pattern
6. 2-2-1 Setup in the Offensive Zone (2-3 Cycle)
7. 3-1-1 Setup in the Offensive Zone - Middlebury Trap
8. Offensive Zone Play – Cycling the Puck
9. Neutral Zone Regroup

SECTION IV - SPECIAL TEAMS

1. Power Play – Umbrella / Overloading the Slot
2. Power Play – Man in Front of the Net
3. Penalty Kill – Tight Box
4. Penalty Kill – Positioning Outside of the Defensive Zone

Josh Reece, Head Coach

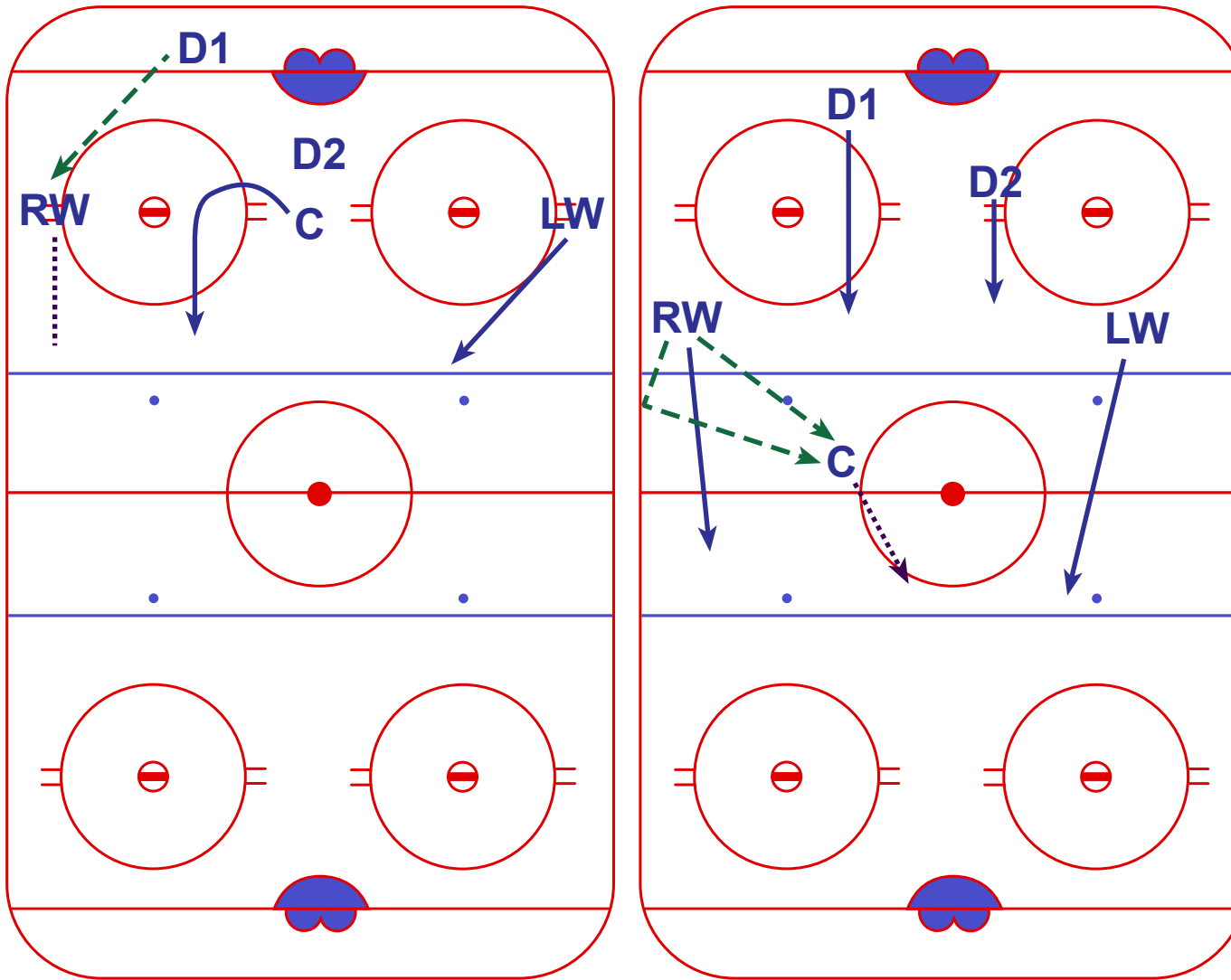
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Loyola Blakefield Middle School Playbook: BREAKOUT #1: SIMPLE BREAKOUT



DETAILS:

Wings are on the hash marks, low for the breakout

D1 with puck, D2 covers slot

Center swings to the strong side (side the puckcarrier is on)

Wing without the puck angles to strong side, but stays in lane

Wing with puck hits center (or other winger) with a pass across the blue line
This pass can be direct or indirect to avoid having it picked off by the other team

D1 and D2 break up ice parallel and behind forwards

KEY:

RW, LW = WINGS
C = CENTER
D, F = DEFENSE, FORWARD
x = OPPOSING TEAM
○ = PUCKCARRIER / SHOOTER

PUCK ●

SKATE →

PASS →

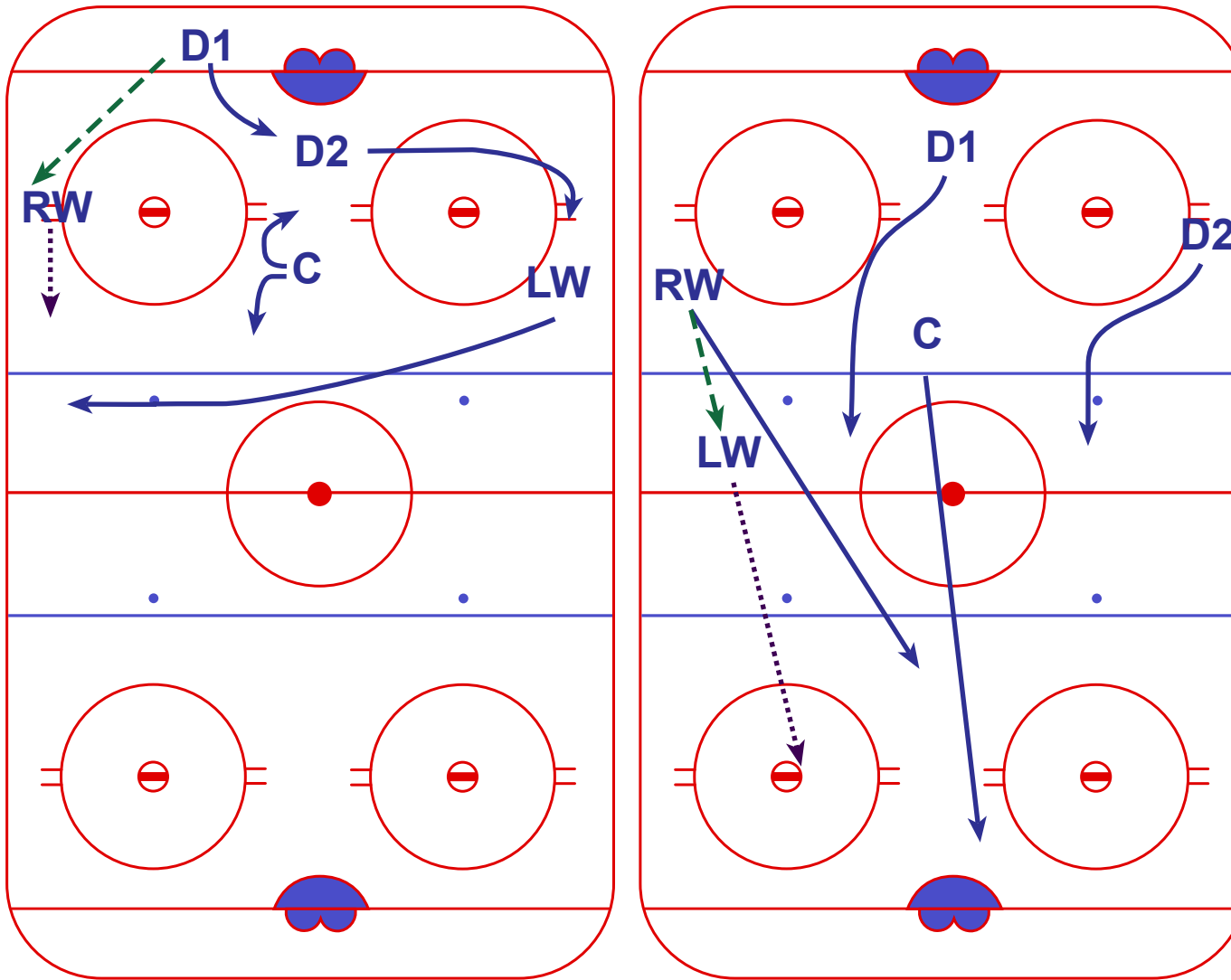
STICK HANDLE →

SHOOT →

BLOCK/CHECK —|



Loyola Blakefield Middle School Playbook: BREAKOUT #2: OFF WING CUTS HIGH ACROSS BLUE LINE



DETAILS:

As soon as possession of the puck is gained, off wing cuts high across the blue line

D1 passes to RW, RW passes quickly to LW over blue line.

D1 can also flip puck to LW in neutral zone, or made indirect pass to LW

D2 covers LW's usual spot on weak side hash marks in case play is broken to still give D1 an outlet on the other side

D1 after passing to wing covers the slot

C makes heads up play- either (1) cutting high into breakout or (2) covers slot in case the play is broken and D2 is on hash marks

KEY:

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- PASS - - - - -
- STICK HANDLE ······
- SHOOT = = = = =
- BLOCK/CHECK ———|



Loyola Blakefield Middle School Playbook: BREAKOUT #3: FORWARDS CROSS - PLAY STARTS DEEP

DETAILS:

Defenseman gains possession of the puck behind our net. In order to break out quickly, the C cuts to the boards on the side of the ice that is more open. When the winger on that side sees the C coming towards him, he should support the C by crossing over to his initial position.

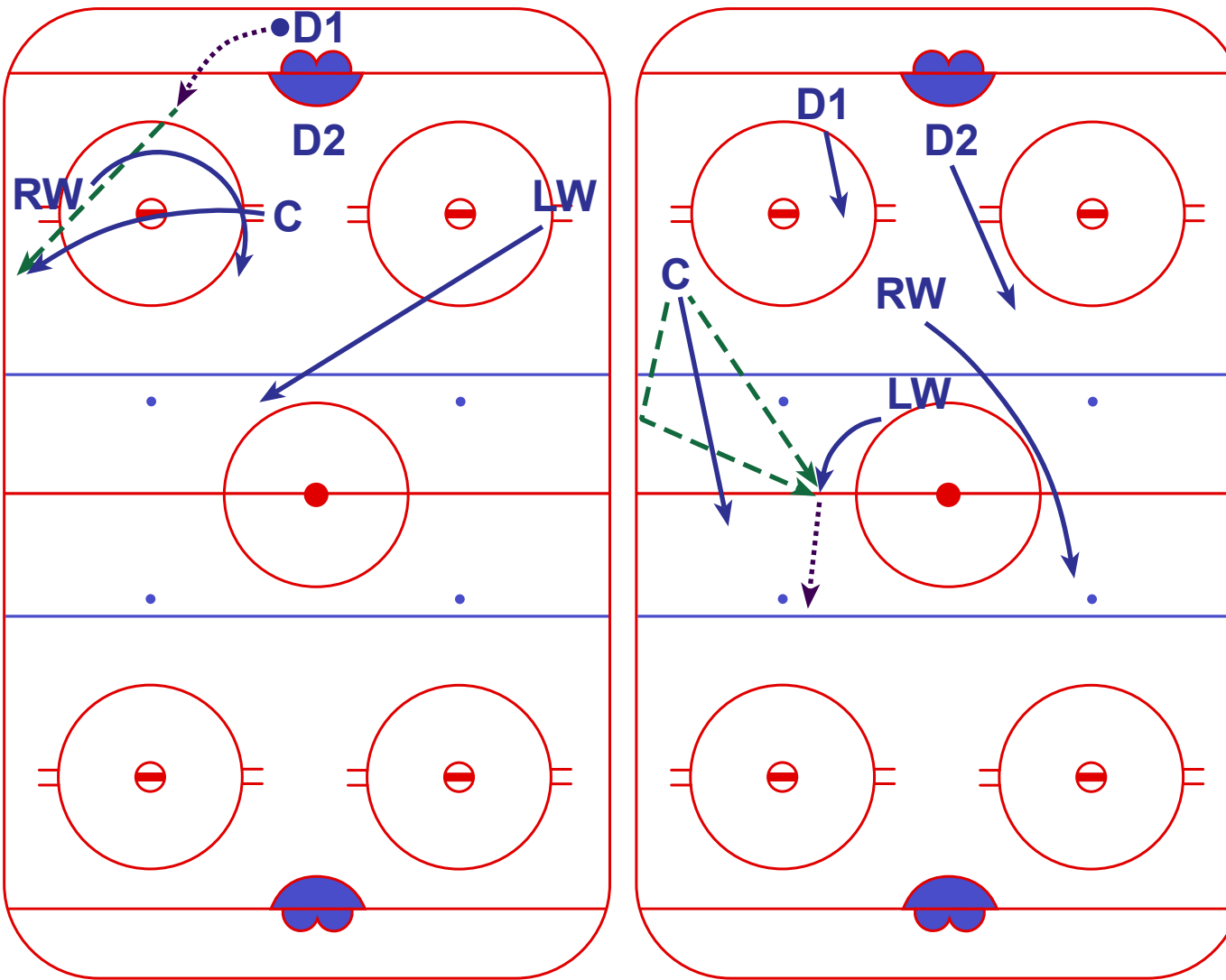
Defenseman then passes the puck to the C on the boards and play comes out of the defensive zone.

Off wing breaks high into the neutral zone as the other forwards are crossing

C (or W) looks for the off wing breaking in the neutral zone for the next pass

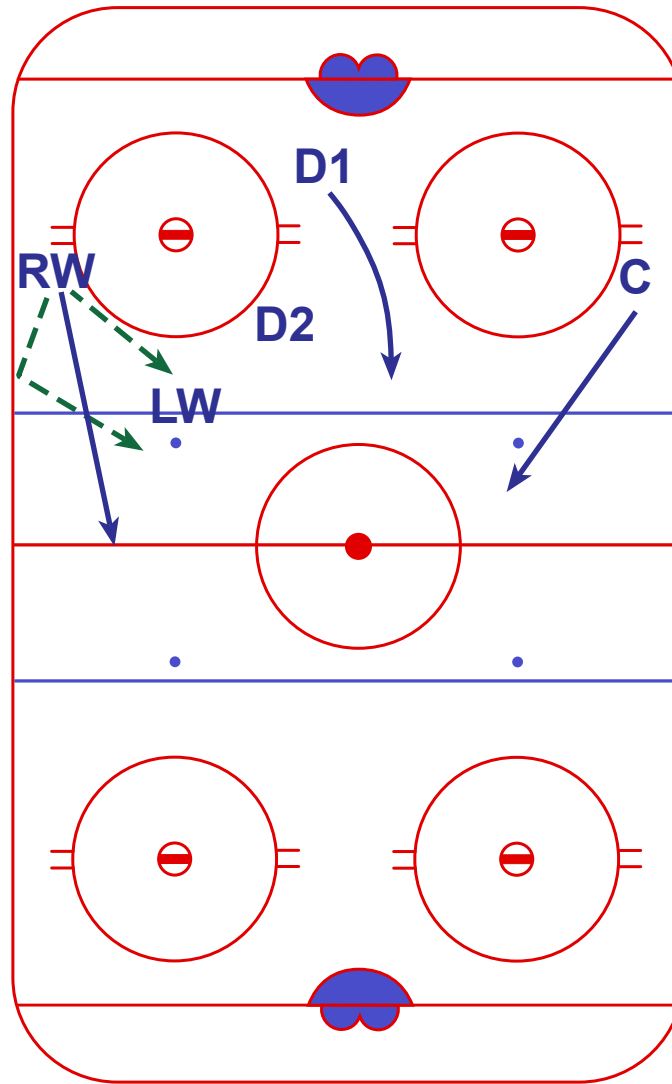
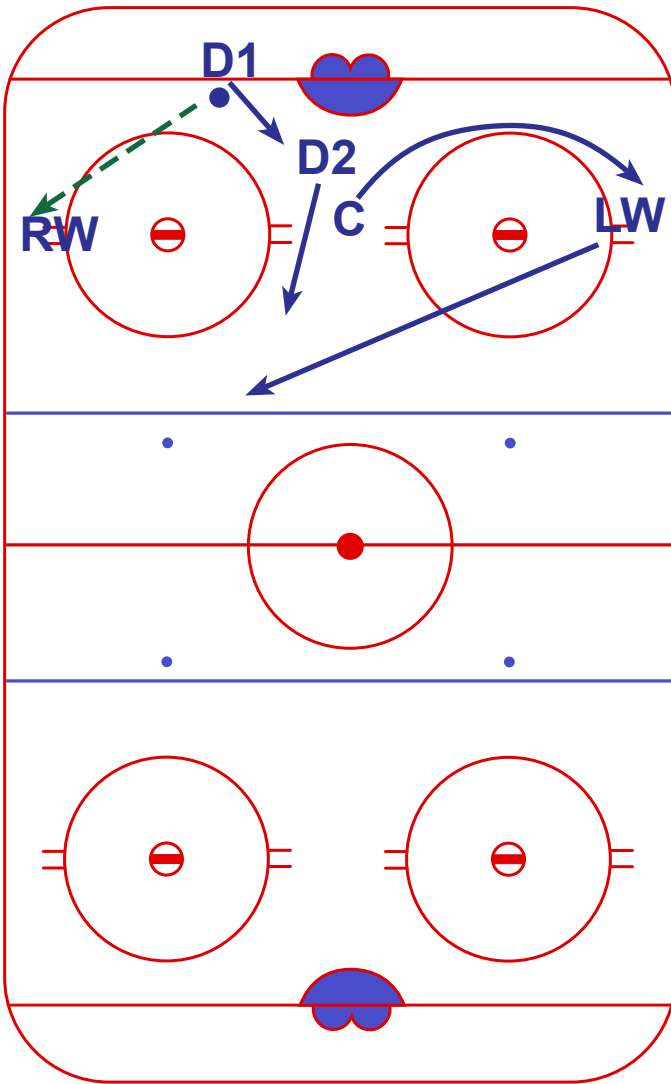
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- BLOCK/CHECK ———|





Loyola Blakefield Middle School Playbook: BREAKOUT #4: FORWARDS SUPPORT ON BREAKOUT



DETAILS:

Winger on the side without the puck streaks across the middle of the ice towards the strong side.

Center curls towards the weak side boards supporting the empty space left by the winger.

D1 with the puck passes to the strong side winger, then goes to cover the front of the net.

D2 supports the streaking winger who is the target of the second pass coming from the strong side winger.

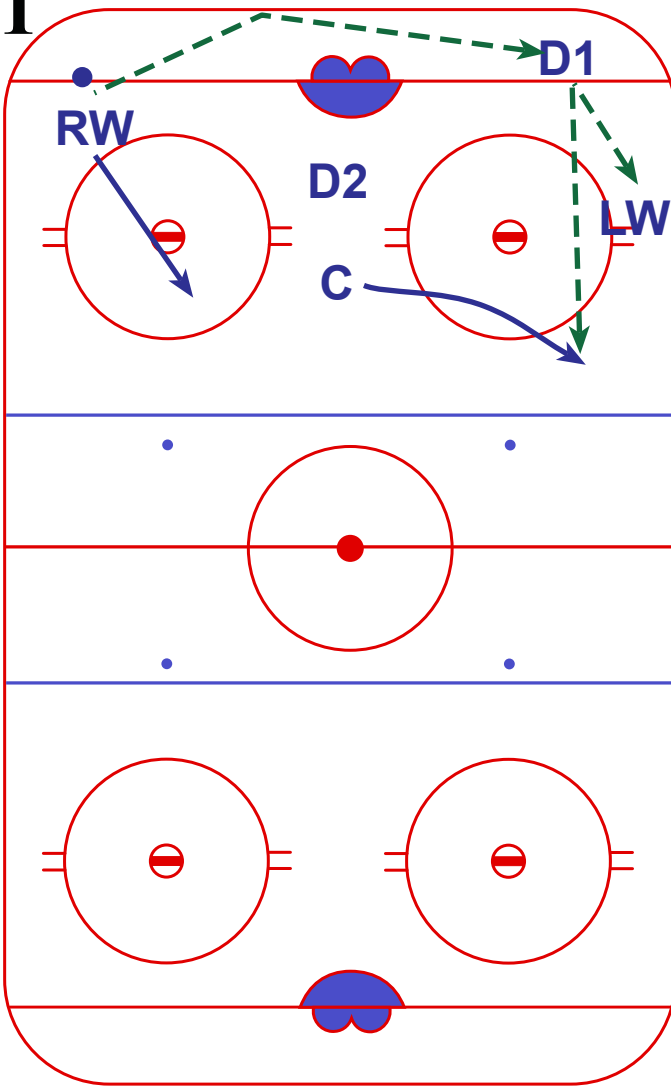
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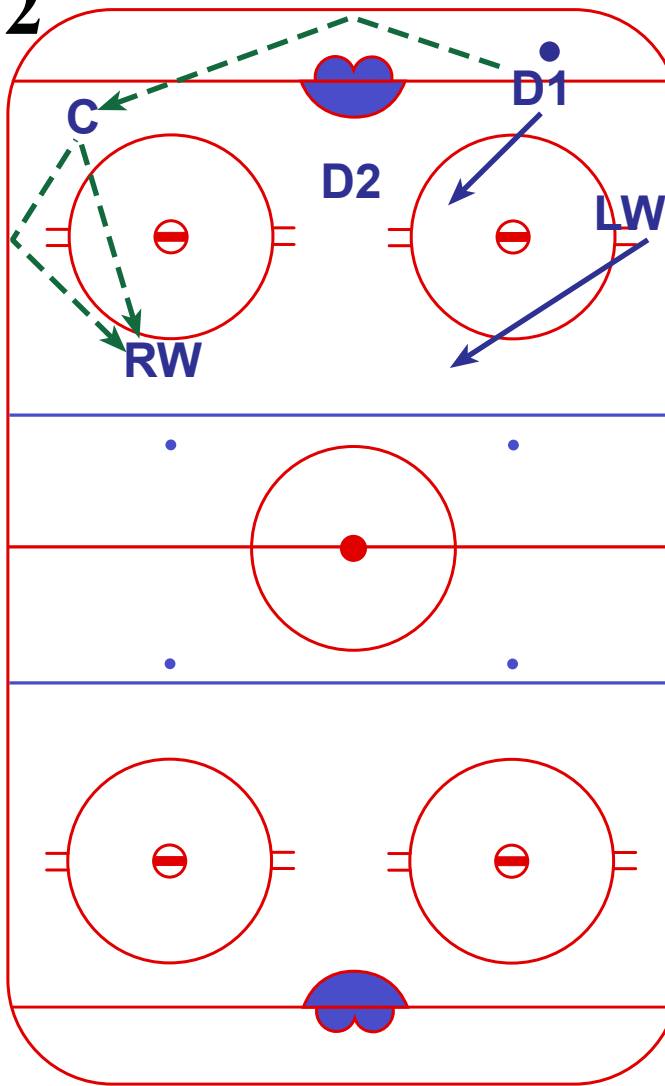


Loyola Blakefield Middle School Playbook: BREAKOUT #5: USING THE SPACE BEHIND THE NET

1



2



DETAILS:

When there are no clear lanes to pass into or the team is regrouping in our defensive zone, you can reverse direction by sending the puck behind the net to re-start the breakout.

EXAMPLE 1:
Wing ends up with the puck in the corner, passes behind the net to the defenseman who sees the open wing on the hash marks near him.

EXAMPLE 2:
Defenseman has the puck deep in our zone. Passes behind the net and hits the center on the other side. Center looks for open winger to pass to.

KEY:

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Loyola Blakefield Middle School Playbook: BREAKOUT #6: FORWARD CHEATS AT RED LINE (PowerPlay)

DETAILS:

When we have a 5-4 advantage, we can cheat one F ahead to the Red line. This will force the opposition to do one of two things: either put a man to cover him, giving us a 4-3 breakout, or leave him alone giving us a 4-4 breakout and a man ready for a breakaway.

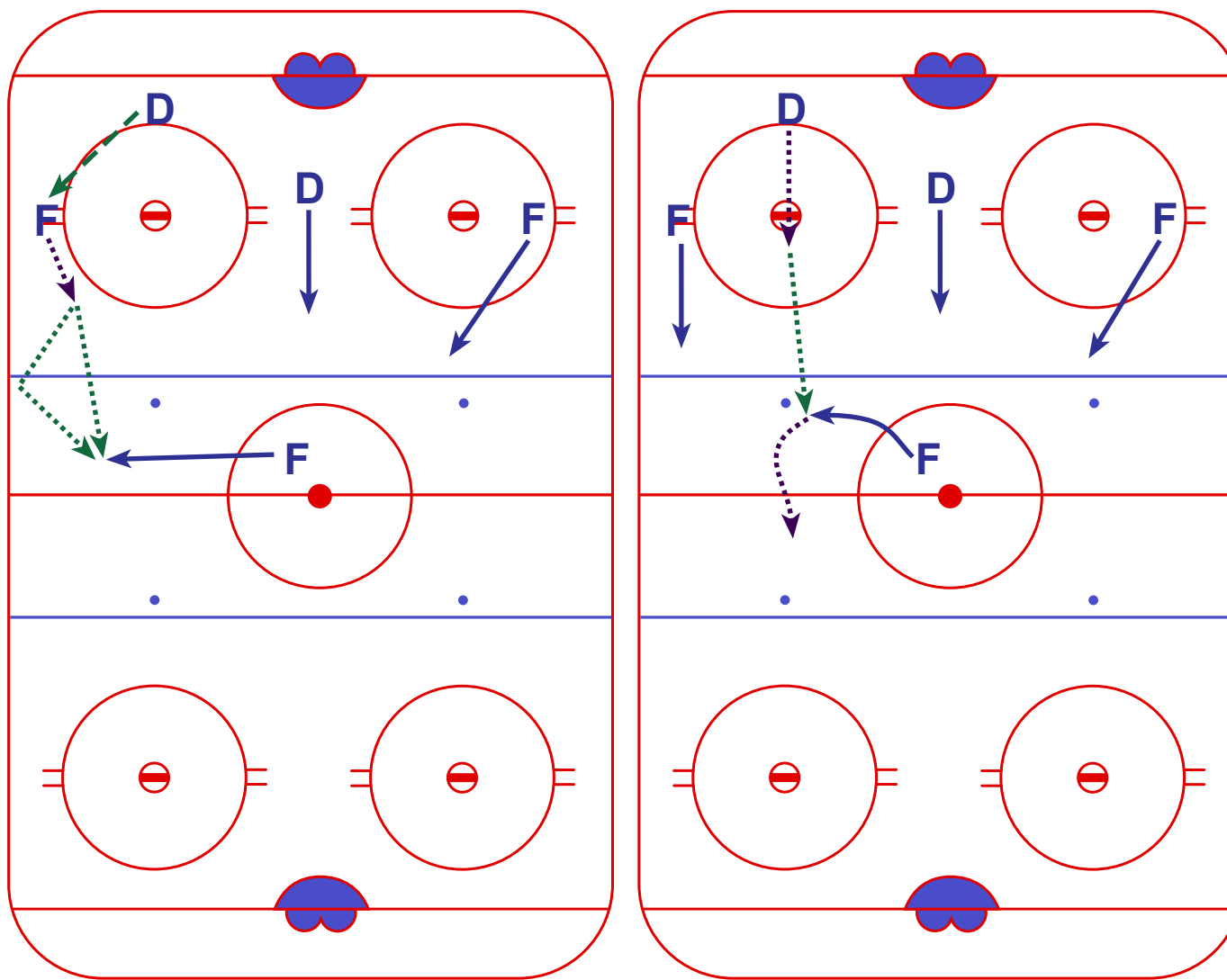
One F will hang out in the neutral zone around the Red line, sliding from side to side as the puck moves around for the breakout.

Using a simple breakout, get the puck to the cheating man as quick as possible

If the D has no pressure, he can skate the puck up himself to the top of the circles, and pass to the cheating F himself

KEY:

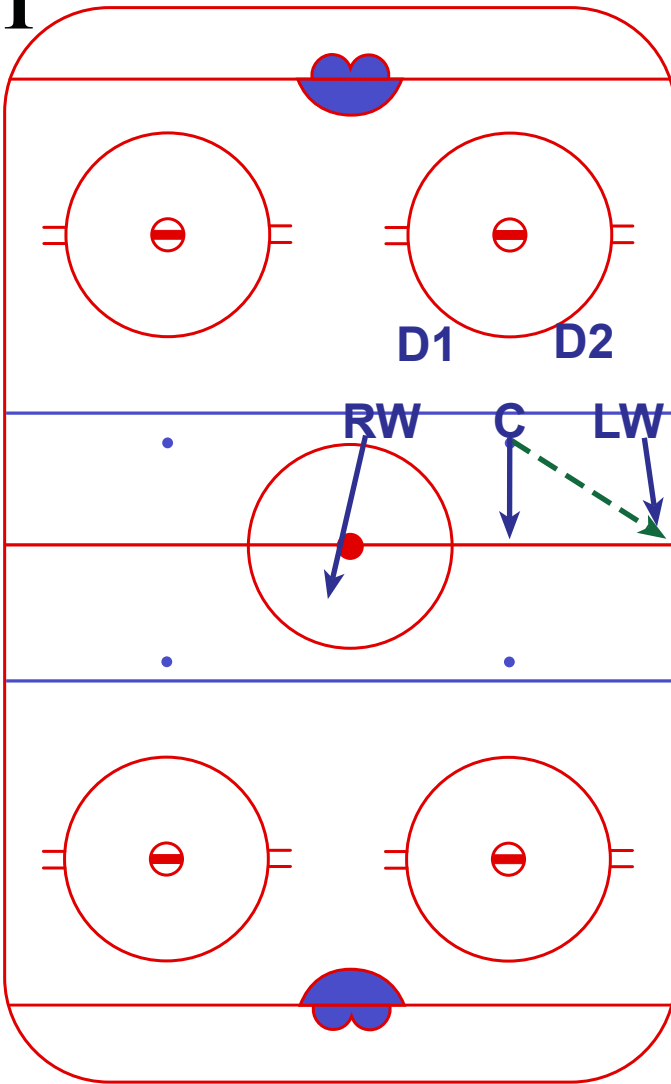
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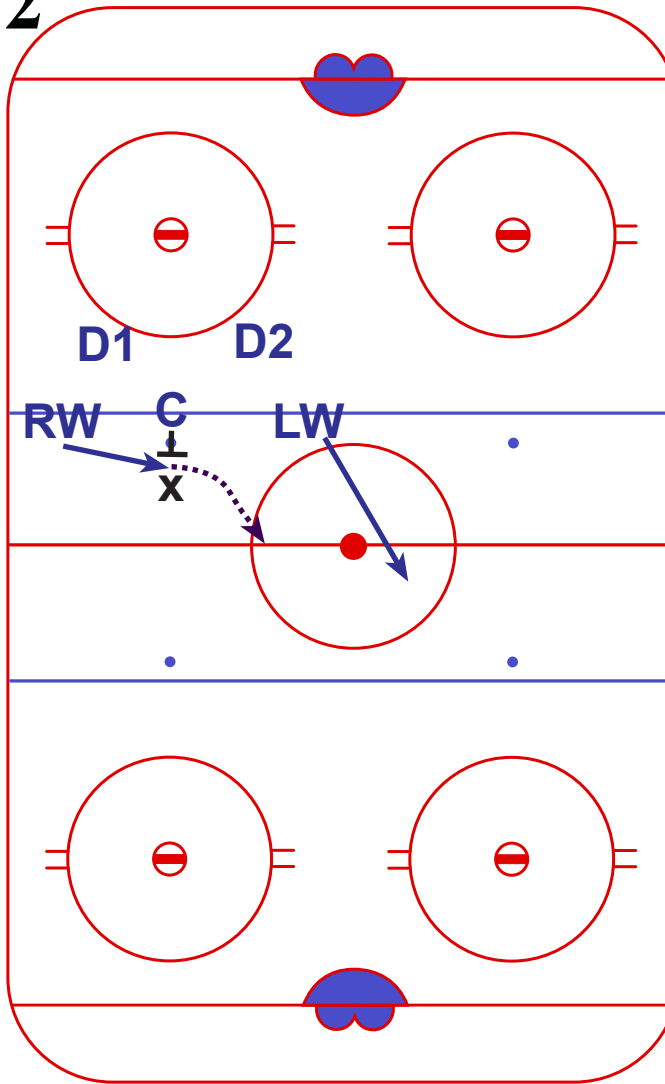


Loyola Blakefield Middle School Playbook: DEFENSE #1: DEFENSIVE FACEOFFS IN THE NEUTRAL ZONE

1



2



DETAILS:

Set up in the 3-2 formation
 · C is responsible for setting up positions and directing the play

OPTION 1: Feed puck up the boards
 · C gets puck to board winger, winger moves puck up the ice

OPTION 2: C ties man up
 · C ties up opposing C on the drop, wing moves in to pick up the puck

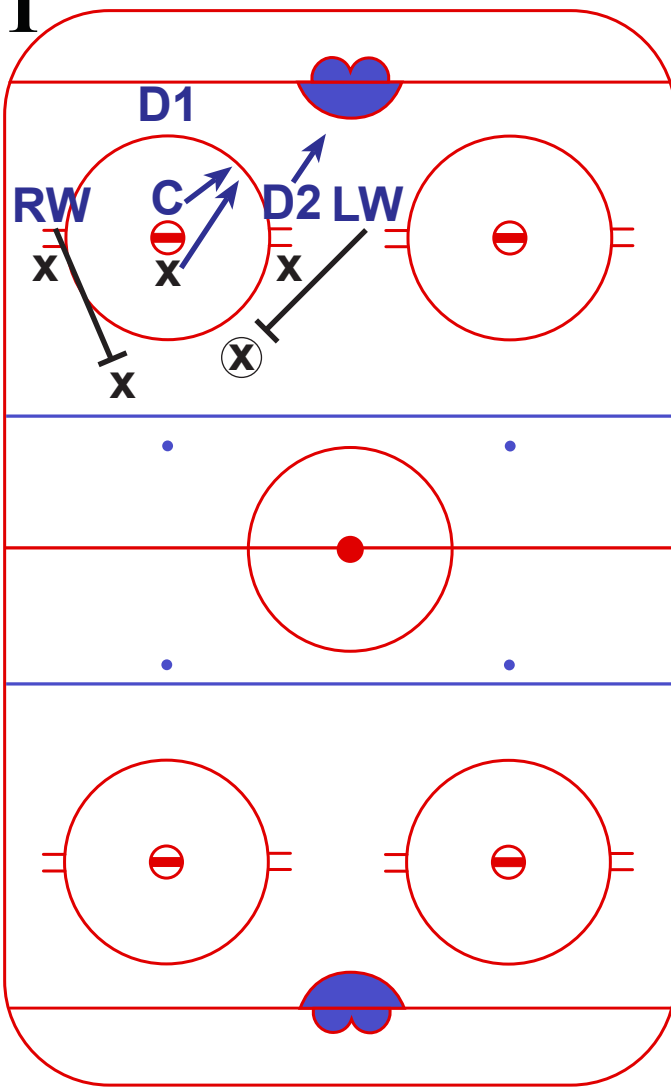
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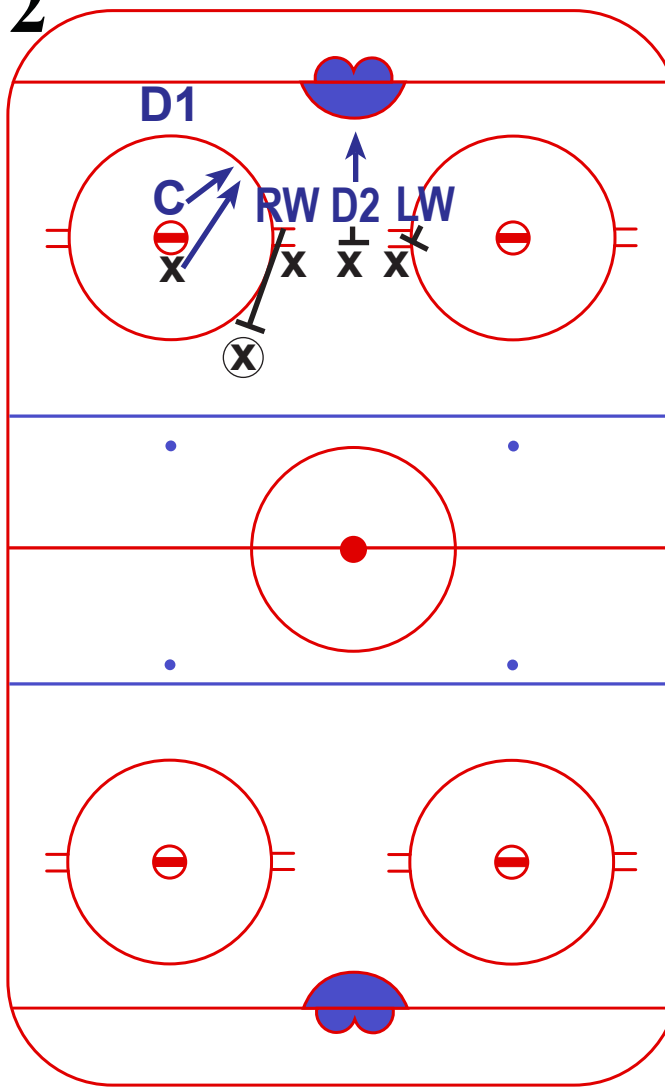


Loyola Blakefield Middle School Playbook: DEFENSE #2: FACEOFFS IN THE DEFENSIVE ZONE

1



2



DETAILS:

Set up in the 4-1 formation

- C is responsible for getting the puck back to D1 and for keeping the opposing C from going to our net
- Wings are responsible for picking up the shooters
- Goal is to win the draw back to D1 in order to set up breaking out of the zone

OPTION 1: Opposition in 3-2

- Wings step out to cover the point off the draw if we lose it

OPTION 2: Opposition in 4-1

- Strong side winger steps out right away to cover the intended shooter off the draw

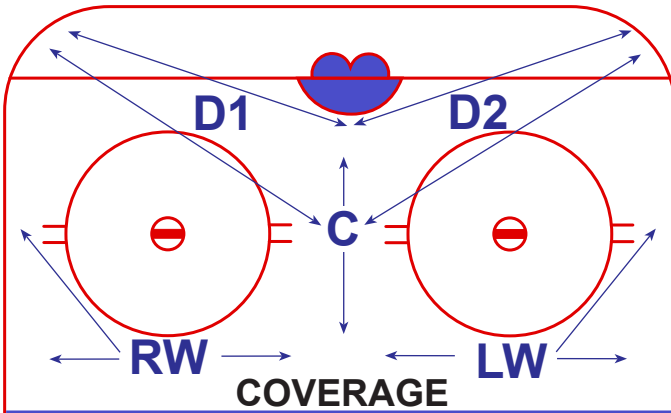
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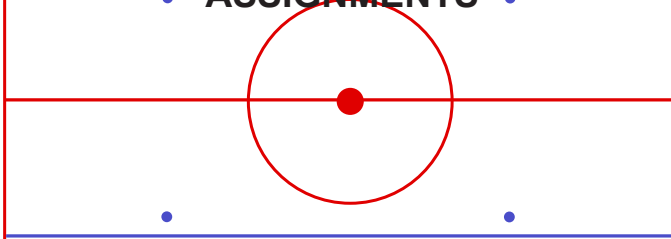
- PUCK ●
- SKATE →
- PASS - - - →
- STICK HANDLE ····· →
- SHOOT = = = →
- BLOCK/CHECK |



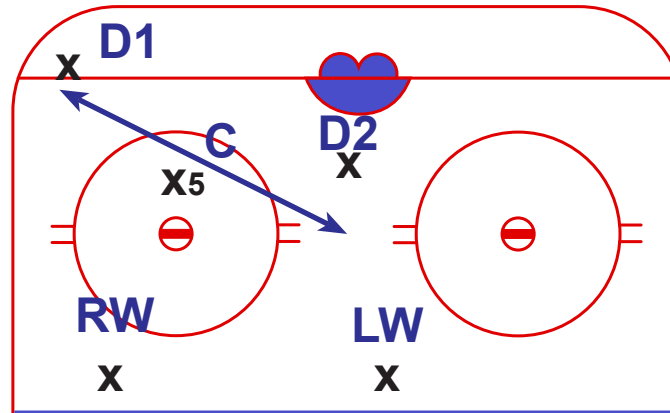
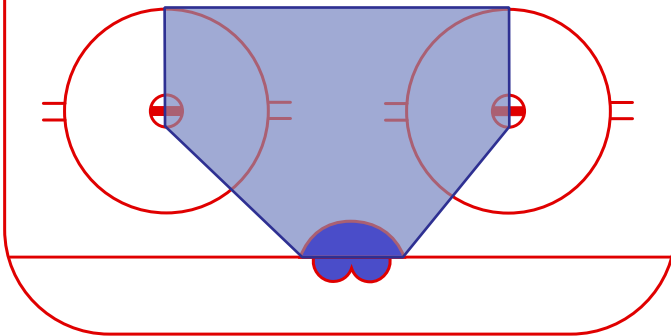
Loyola Blakefield Middle School Playbook: DEFENSE #3: BASIC DEFENSE - BOX PLUS ONE



• ASSIGNMENTS •



RED ZONE



DETAILS:

Puck in the corner:

- D1 on puckcarrier
- D2 covers front of the net (D1 and D2 slide from slot to corner)
- Wings cover points
- C covers X5 in slot or corner

Remember:

- Wings stay above hash marks and cover the points until we have possession of the puck

ALWAYS COVER THE FRONT OF THE NET

KEEP SHOTS OUTSIDE THE RED ZONE

Set up in breakout positions once our team has possession of the puck - wings must move down to hash marks quickly so that the D have an outlet to pass to

KEY:

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PUCK ●

SKATE →

PASS - - - →

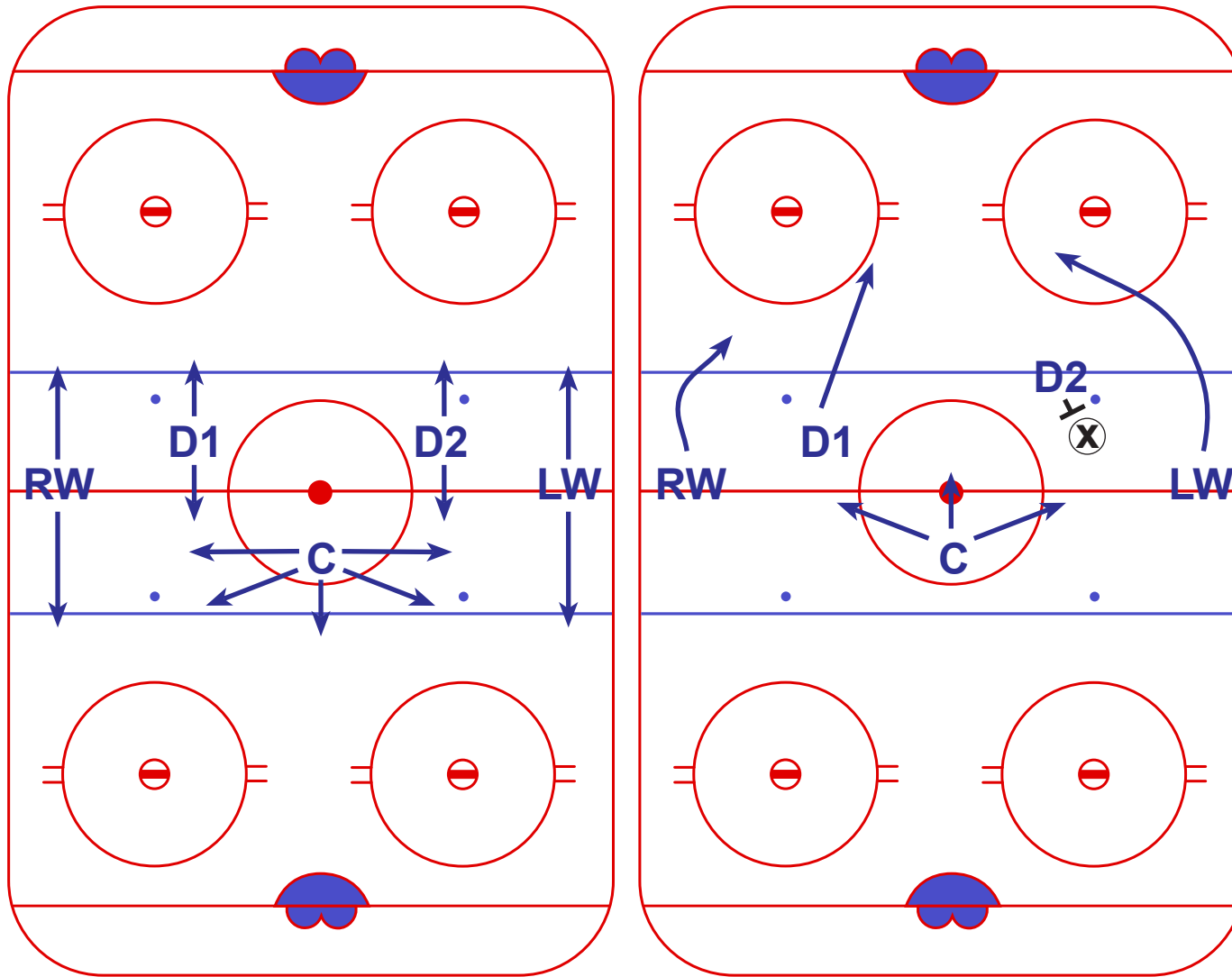
STICK HANDLE ····· →

SHOOT ==>

BLOCK/CHECK —|



Loyola Blakefield Middle School Playbook: DEFENSE #4: NEUTRAL ZONE FORECHECK (1-2-2 TRAP)



DETAILS:

Neutral zone forechecking pressure leads to turnovers and stops the momentum of your opposition's attack

Formation is 1-2-2 with the C covering the middle lane (wide), the D covering the inside lanes and the wings covering the outside lanes

C forechecks the puckcarrier, forcing the play to the outside

D try to stand puckcarrier up at the blue line - strong side wing **MUST COVER THE D's** role as a defenseman when this happens

By covering all lanes of the ice and not chasing the puck you create a trap that makes it difficult for the other team to get through. This takes discipline.

KEY:

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- SHOOT = = = →
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Loyola Blakefield Middle School Playbook: DEFENSE #5: FORECHECKING TRIANGLE IN OFFENSIVE ZONE

DETAILS:

When we lose possession of the puck in the offensive zone, we start this forecheck to regain possession of the puck

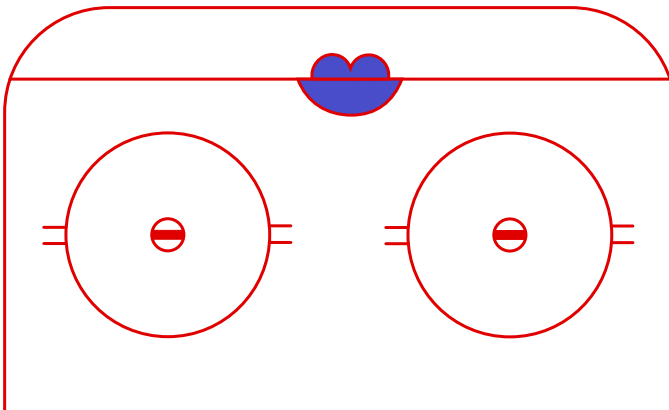
Objective is to pressure the puckcarrier to create a turnover

D are on the blue line when the puck is deep, and slide with the movement of the puck

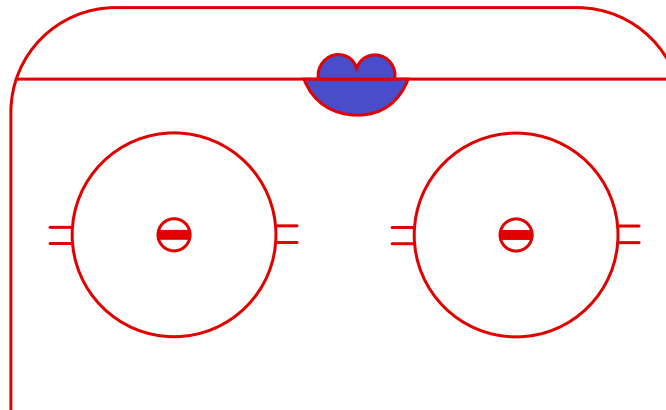
One F on the puckcarrier, another as support for him, and the third F high in the slot ready to backcheck

KEY:

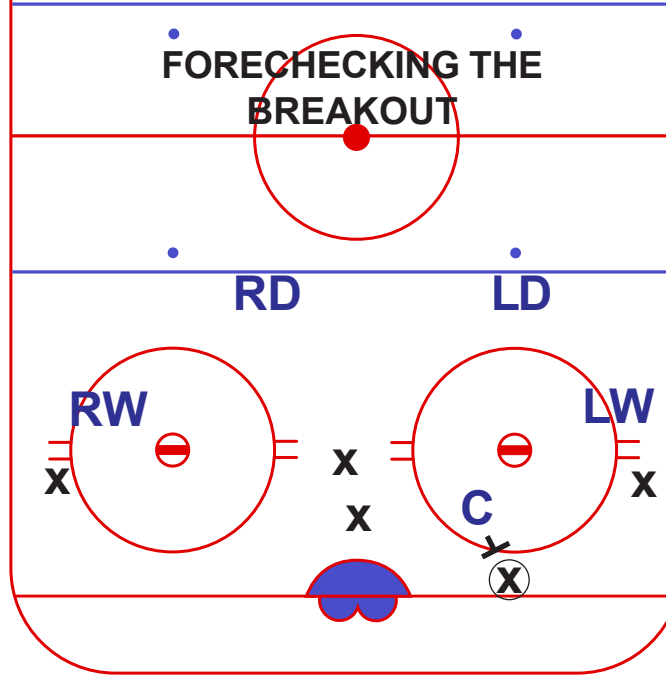
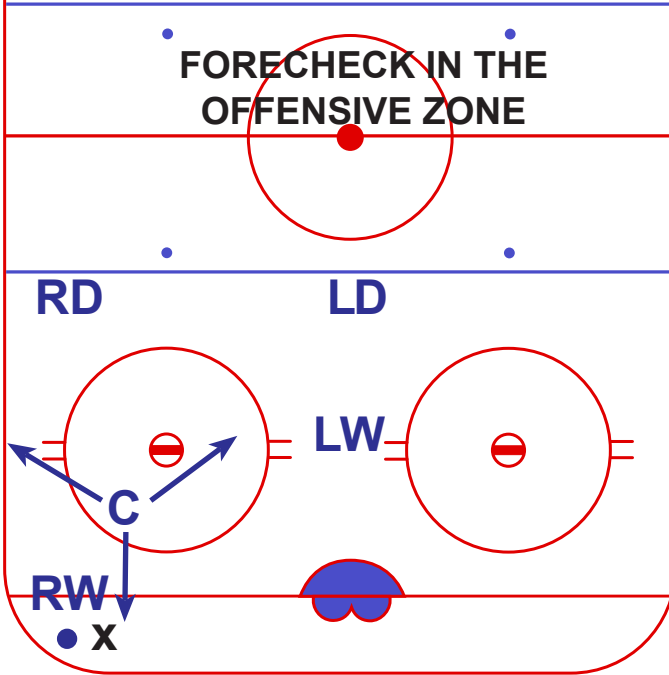
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FORECHECK IN THE OFFENSIVE ZONE

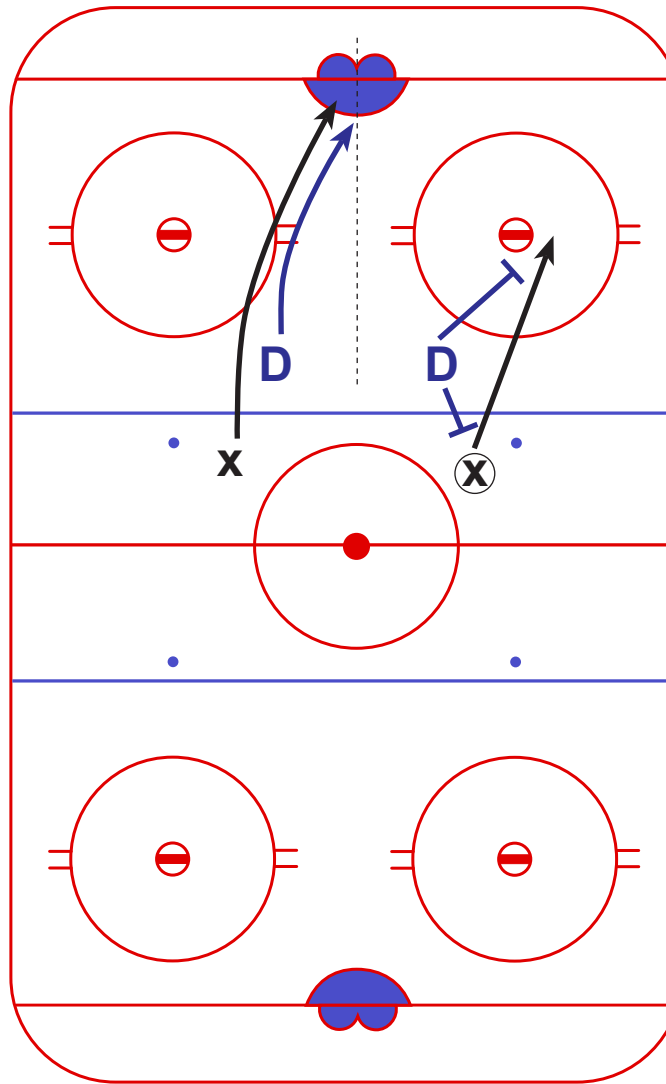
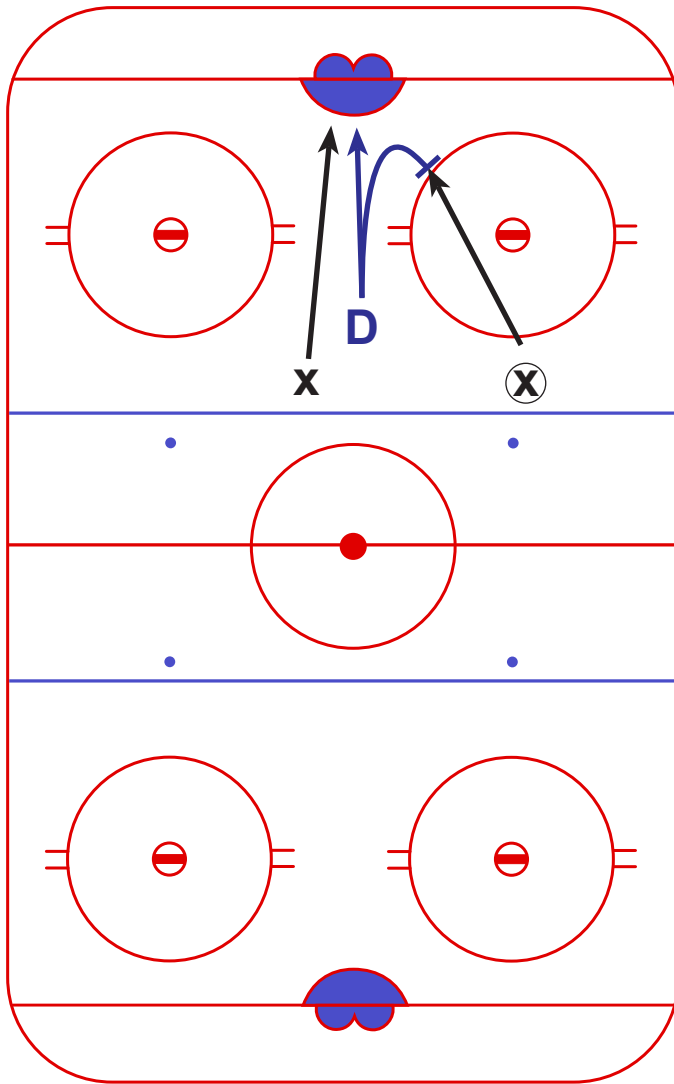


FORECHECKING THE BREAKOUT





Loyola Blakefield Middle School Playbook: DEFENSE #6: COVERING THE 2-1 AND THE 2-2



DETAILS:

COVERING THE 2 on 1:

D should play the pass - cover the man without the puck, allow your goalie to see the puckcarrier and the shot. If the puckcarrier gets below the hash marks and is going to shoot instead of pass, check him off the puck

COVERING THE 2 on 2:

Stay in your lanes- don't cross or chase the puck. Force the puckcarrier to the outside so that he must either shoot or pass from outside of the red zone.

PLAY THE BODY (Cleanly)

KEEP YOUR STICK ON THE ICE AND IN THE PASSING LANES

CHECK THE PUCKCARRIER AT THE BLUE LINE, KEEP YOUR FEET MOVING

KEY:

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PUCK ●

SKATE →

PASS →

STICK →

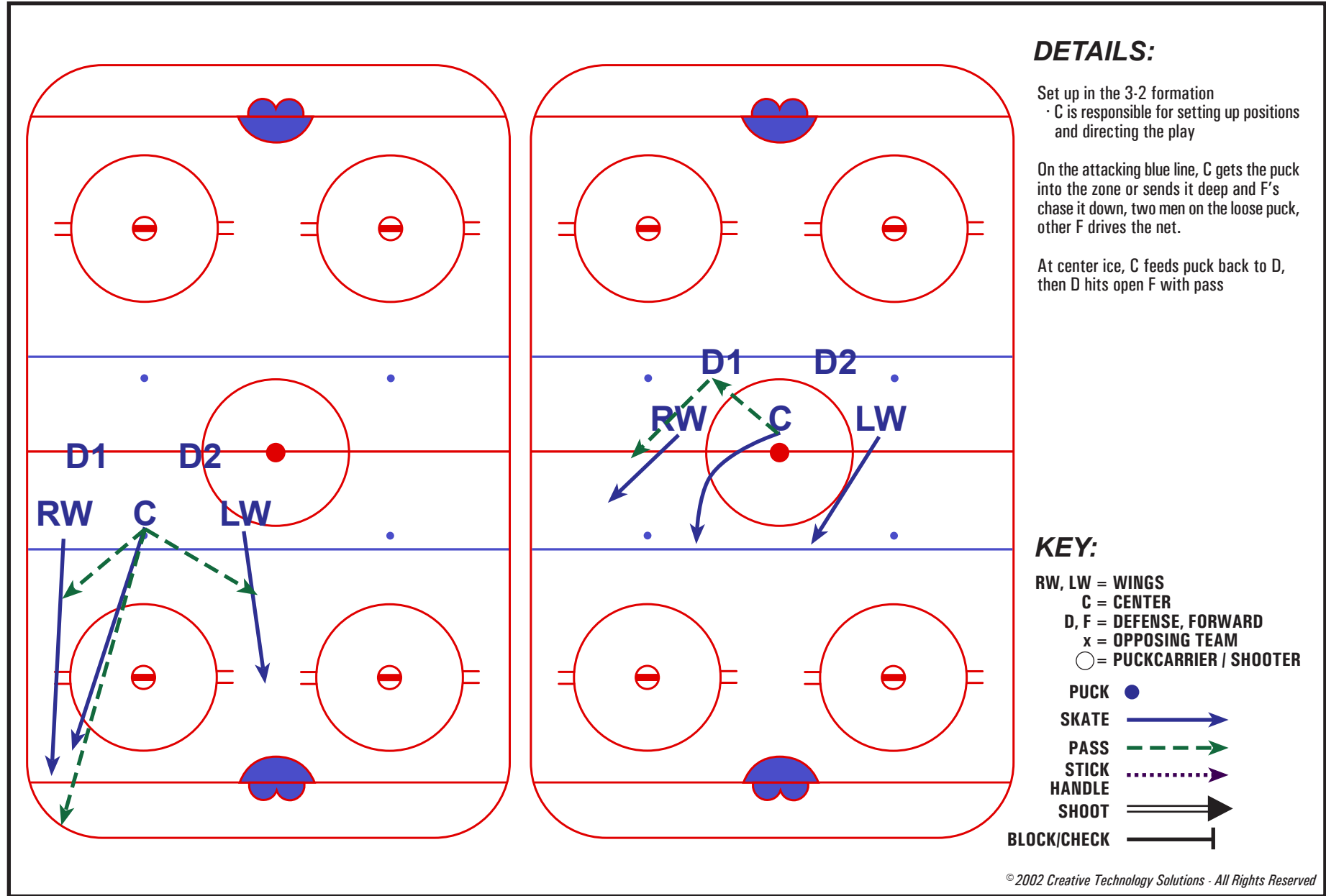
HANDLE →

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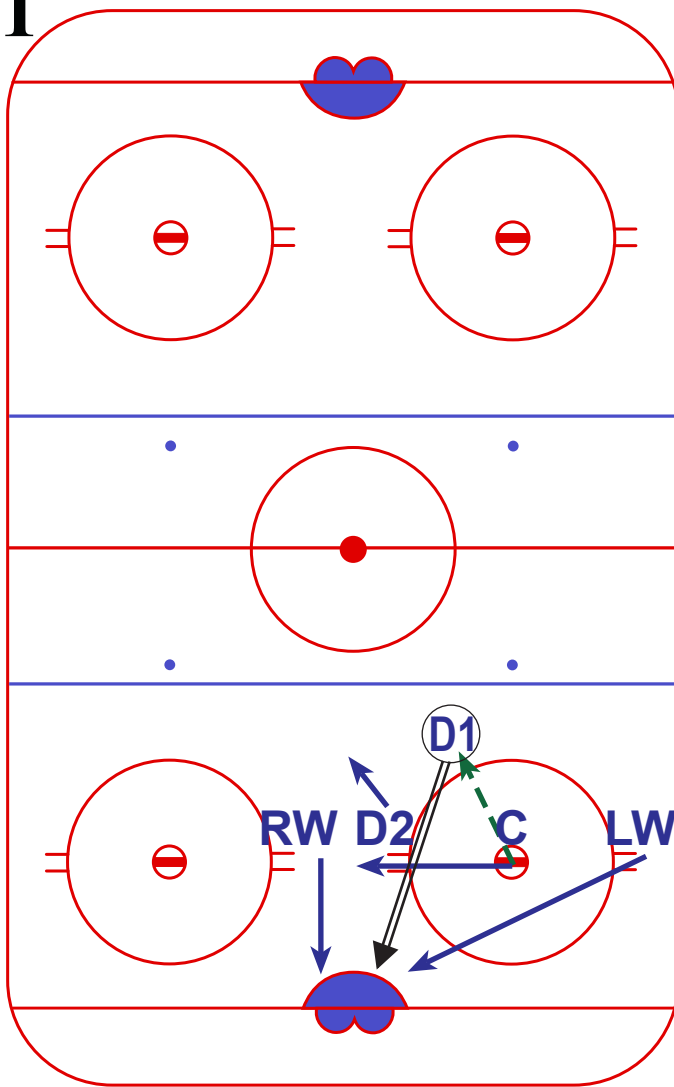
Loyola Blakefield Middle School Playbook: OFFENSE #1: OFFENSIVE FACEOFFS IN THE NEUTRAL ZONE



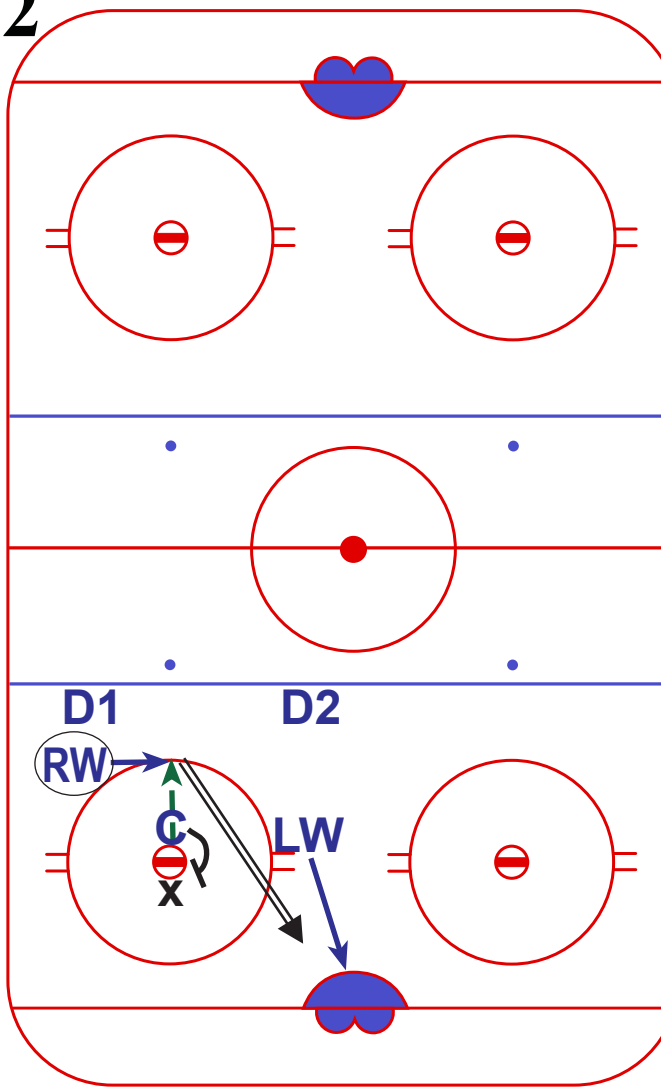


Loyola Blakefield Middle School Playbook: OFFENSE #2: FACEOFFS IN THE OFFENSIVE ZONE

1



2



DETAILS:

OPTION 1: (4-1) with D Shooter

- C try to get the puck back to the D shooter, strong side wing drives net for screen / tip / rebound
- If the draw is lost, D2 must get back right away

OPTION 2: (3-2) with W Shooter

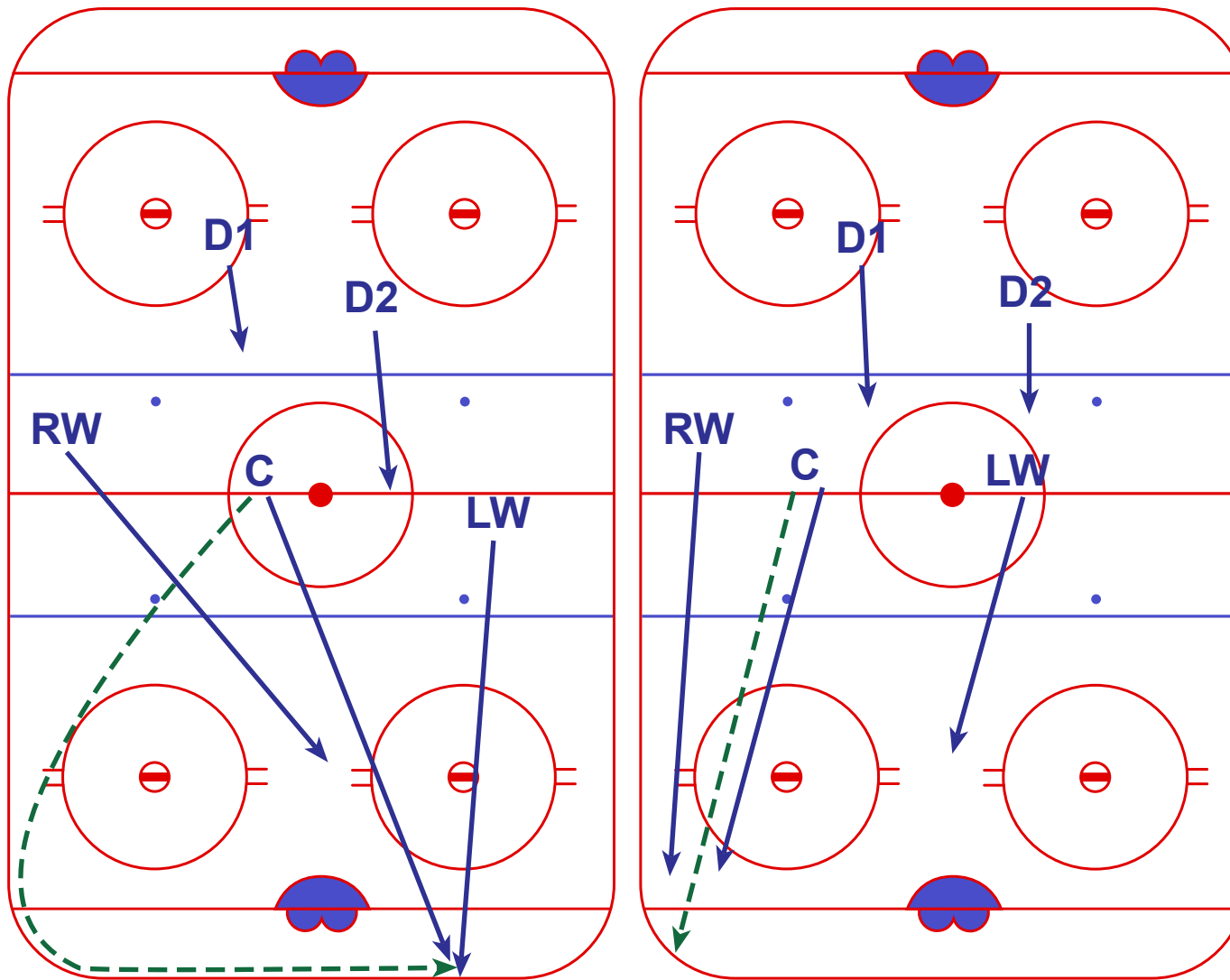
- Shooting W starts back off the line and a little towards the C
- C draws the puck back behind him
- Shooting W picks up puck from C and shoots
- Other W and C drive the net

KEY:

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Loyola Blakefield Middle School Playbook: OFFENSE #3: ATTACKING USING DUMP AND CHASE (2-1-2)



DETAILS:

After breaking out, player with the puck dumps it hard into the corner at the red line

F can dump the puck hard and wrap around to the opposite corner, or send it directly into a corner

2 forwards chase down the puck, feet moving all the way to the puck. 3rd forward moves into the high slot

MUST HAVE 2 F's ON ALL LOOSE PUCKS

If the puck is in the corner, strong/near side D plays inside the blue line at the boards, and weak/far D lines up inside the blue line at the far post

Once possession is gained, F's split up to form offensive triangle

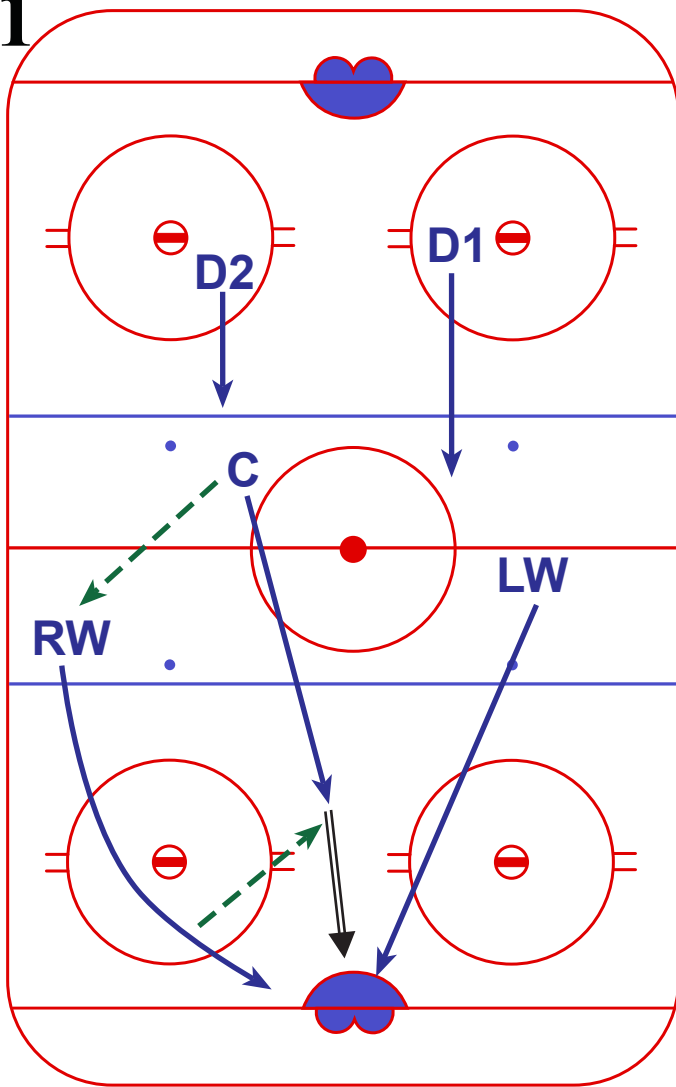
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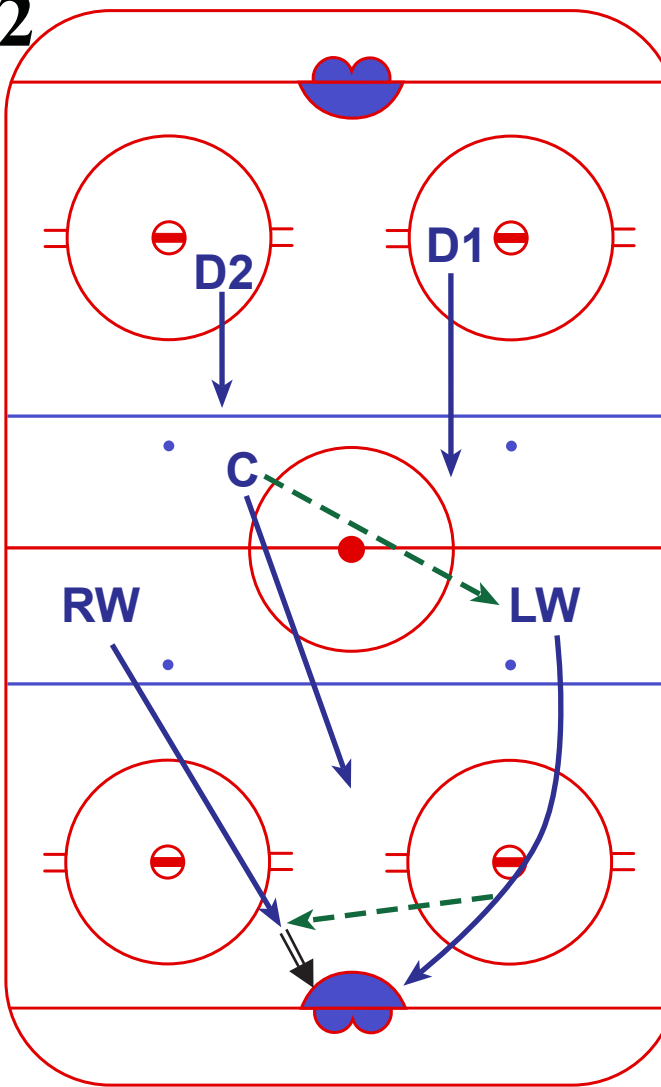


Loyola Blakefield Middle School Playbook: OFFENSE #4: ATTACKING BY CARRYING THE PUCK (1-2-2)

1



2



DETAILS:

OPTION 1:
 C passes to RW after breakout
 RW carries puck wide + deep
 C stays in high slot
 LW creates triangle
 LOOK FOR 1-timer to LW or C

OPTION 2:
 C passes to LW after breakout
 LW carries puck wide + deep
 RW drives net
 C covers high slot
 LOOK FOR 1-timer to RW or C

If no passing lanes are open for a one-timer, work the puck deep in the zone

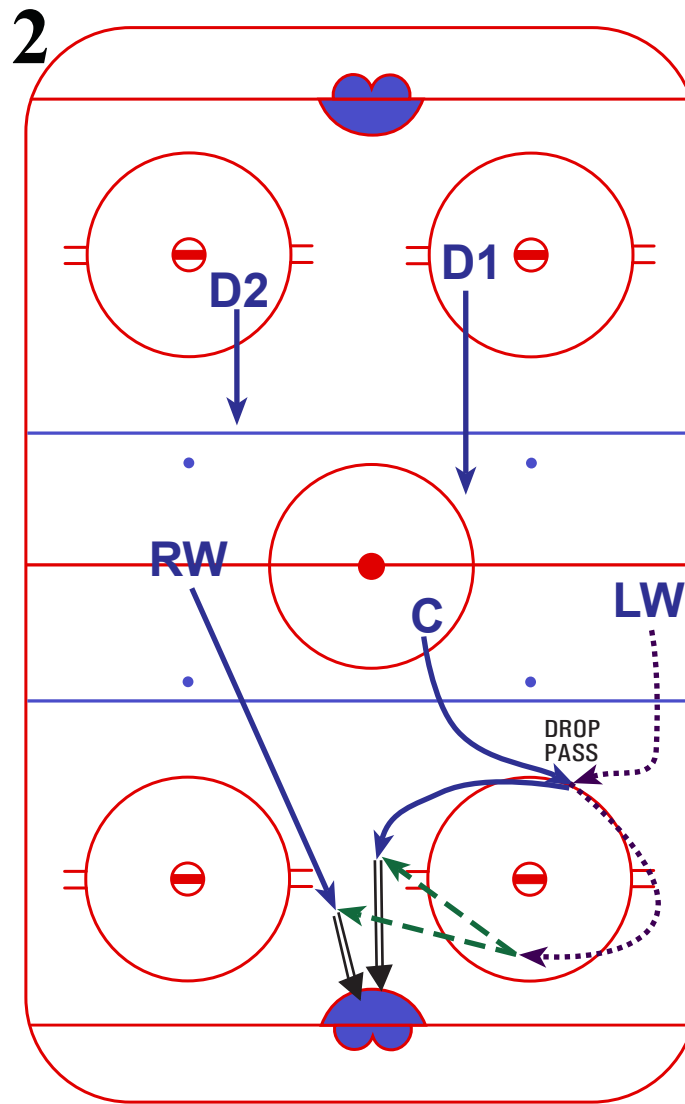
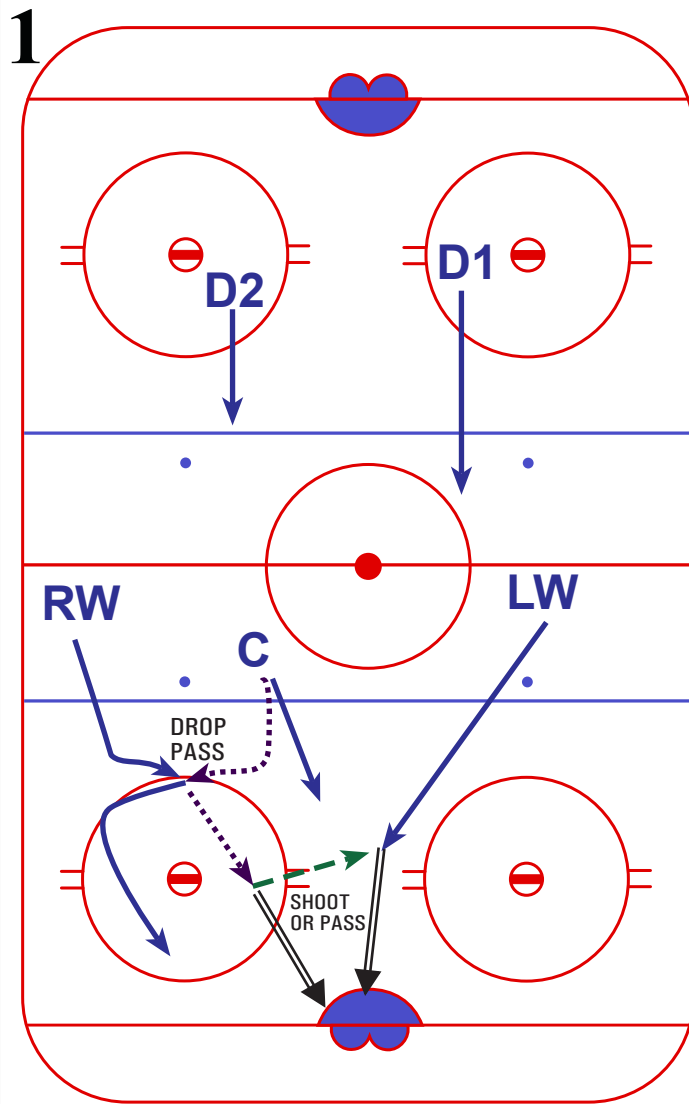
Keep your feet moving at all times

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Loyola Blakefield Middle School Playbook: OFFENSE #5: ATTACKING WITH A CROSSING PATTERN



DETAILS:

OPTION 1:
This shows the initial puckcarrier as the C coming through the middle. A drop pass between the blue line and the top of the circle lets the RW drive the inside lane, and look for the delayed LW for the pass or he can shoot himself. C should stay in the high slot after the drop pass.

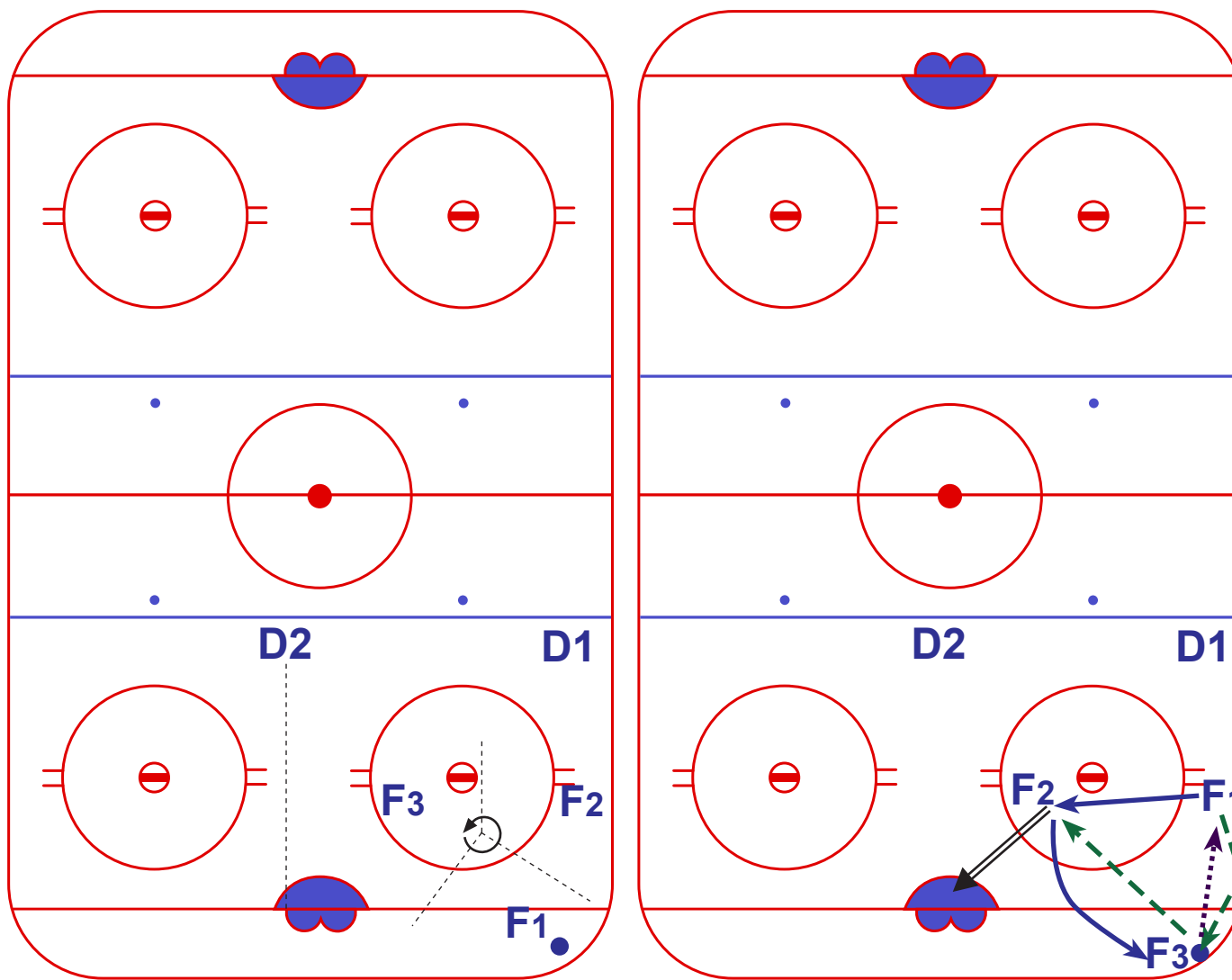
OPTION 2:
This shows the initial puckcarrier in the outside lane, cuts to the inside over the blue line for a drop pass to the C, who carries the puck wide and looks for either the C or the off wing to open up for the shot. Wing who initially has the puck stays in the high slot, the off wing is driving the lane to the net.

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- BLOCK/CHECK —|



Loyola Blakefield Middle School Playbook: OFFENSE #6: 2-2-1 Setup in the Offensive Zone (2-3 Cycle)



DETAILS:

This offense consists of two defensemen running the points and 3 forwards creating motion deeper in the zone.

If the puck is in the corner, there should be one D on the strong side boards and the other D should line himself up with the far goal post. (see dotted line)

Forwards should be moving constantly and looking to support each other by filling the spaces that open as everyone is moving. The dotted lines show each F's spaces.

If F1 moves towards F2, F3 should support F1 by moving into his space, and expecting to receive the puck back from F1. F2 should move to take over the space left by F3 in the slot and is considered the primary scoring target.

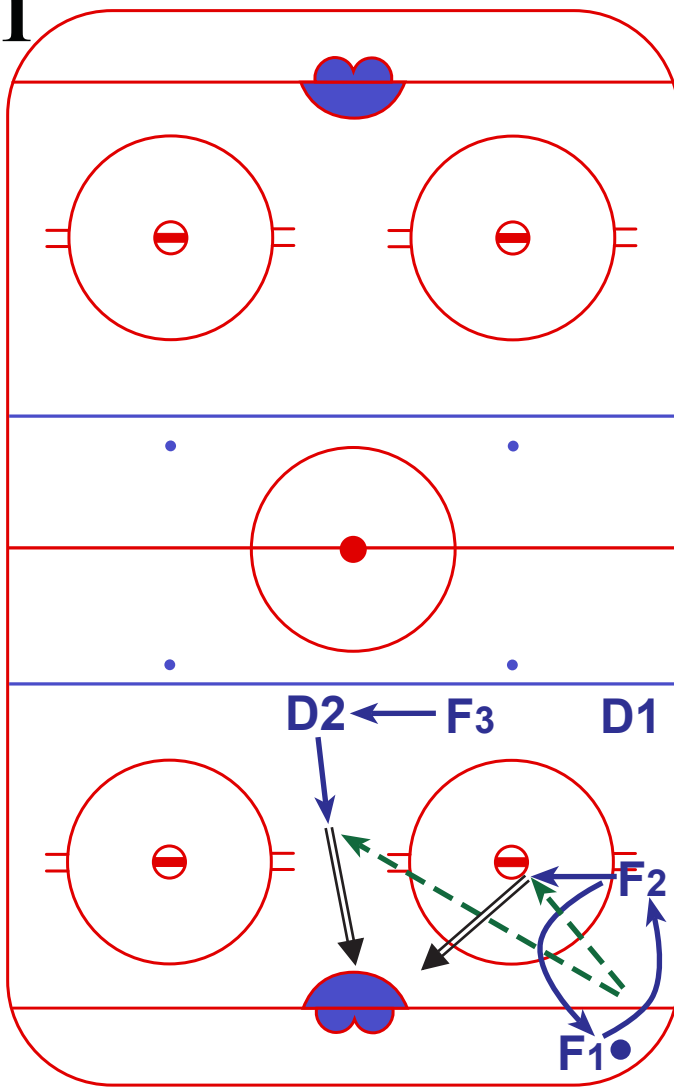
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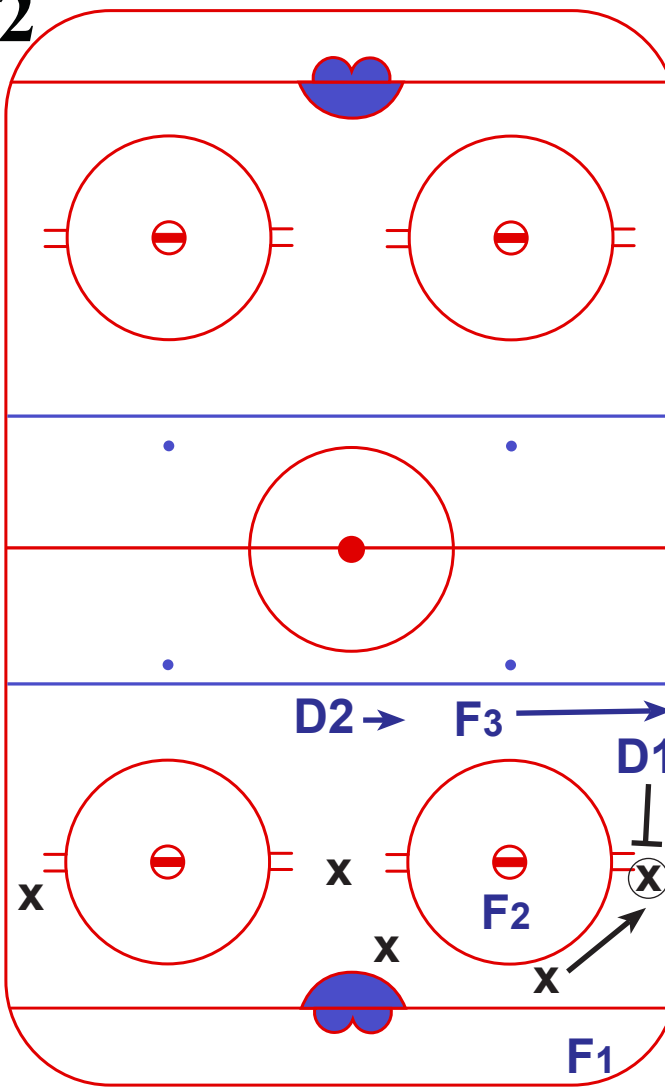


Loyola Blakefield Middle School Playbook: OFFENSE #7: 3-1-1 Setup in the Offensive Zone - Middlebury Trap

1



2



DETAILS:

DIAGRAM 1 (Possessing the puck)

With 3 men on the blue line, a 2 man cycle is initiated in the corner. The far side D or the blue line forward F3 can jump into the play as a third attacker. F2 coming off the boards is also a target, and can shoot the puck low and hard for D2 or F3 to crash the net and tip or rebound. If D2 pinches in, F3 covers the point.

DIAGRAM 2 (Without the puck - Trap)

In this scenario, we have lost possession of the puck in our attack zone and pressure the other team's breakout to regain control. The D on the puck side pinches in hard to beat out the opposing F for the puck. F3 immediately goes to the boards to cover the crashing D.

Should the other team reverse sides, the other D crashes and F3 must go the opposite boards.

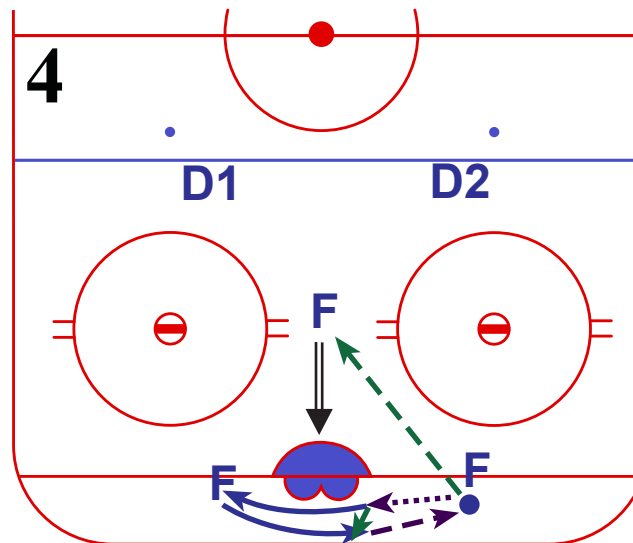
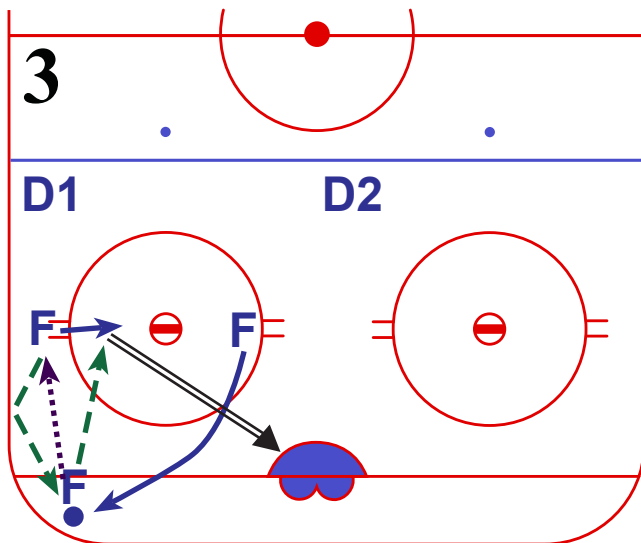
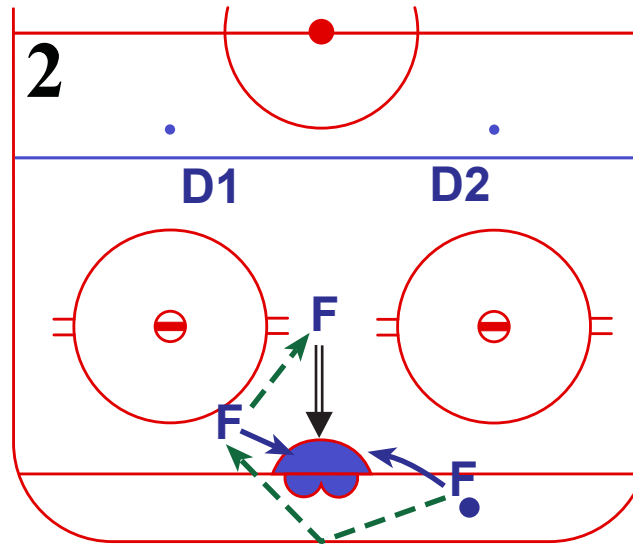
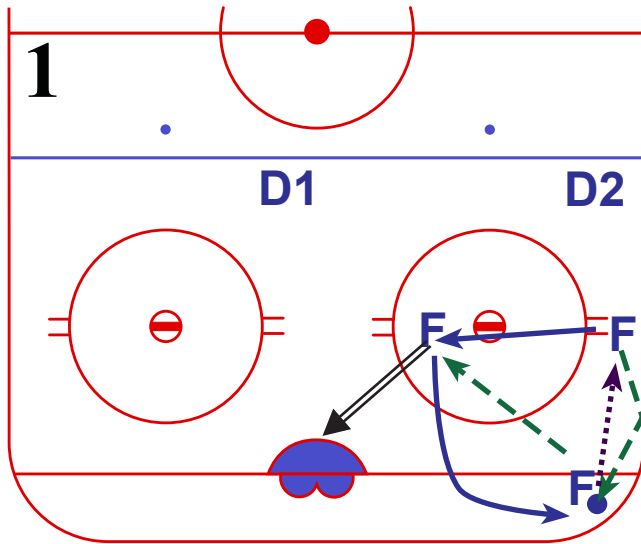
This forms a trap to keep the puck in our offensive zone and regain possession.

KEY:

- RW, LW = WINGS
- C = CENTER
- D, F = DEFENSE, FORWARD
- x = OPPOSING TEAM
- = PUCKCARRIER / SHOOTER
- PUCK ●
- SKATE →
- PASS - - - →
- STICK HANDLE ····· →
- SHOOT ==>
- BLOCK/CHECK —|



Loyola Blakefield Middle School Playbook: OFFENSE #8: CYCLING THE PUCK



DETAILS:

There are many more options than these; here are a few ideas:

- 1-Standard cycle hitting man in slot
- 2-Pass behind the net - surround the goal
- 3-Standard cycle hitting man off boards
- 4-Skate / drop behind the net - surround the goal

WORK THE PUCK DEEP IN THE ZONE

OTHER TEAM'S D WILL HESITATE TO GO TOO DEEP IN THE CORNER - USE THIS DEAD SPACE FOR CYCLING THE PUCK SAFELY UNTIL A LANE OPENS FOR A SHOT

You can cycle in any direction as long as your teammates know where to go - nothing is set in stone, IMPROVISE!

The goal is to keep moving in order to create odd man advantages such as 3-2, 2-1, and the perfect 1-0

KEY:

- RW, LW = WINGS
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- x = OPPOSING TEAM
- = PUCKCARRIER / SHOOTER

- PUCK ●
- SKATE →
- PASS - - - - -
- STICK ······
- HANDLE ————
- SHOOT ==>

BLOCK/CHECK ————



Loyola Blakefield Middle School Playbook: OFFENSE #9: NEUTRAL ZONE REGROUP

DETAILS:

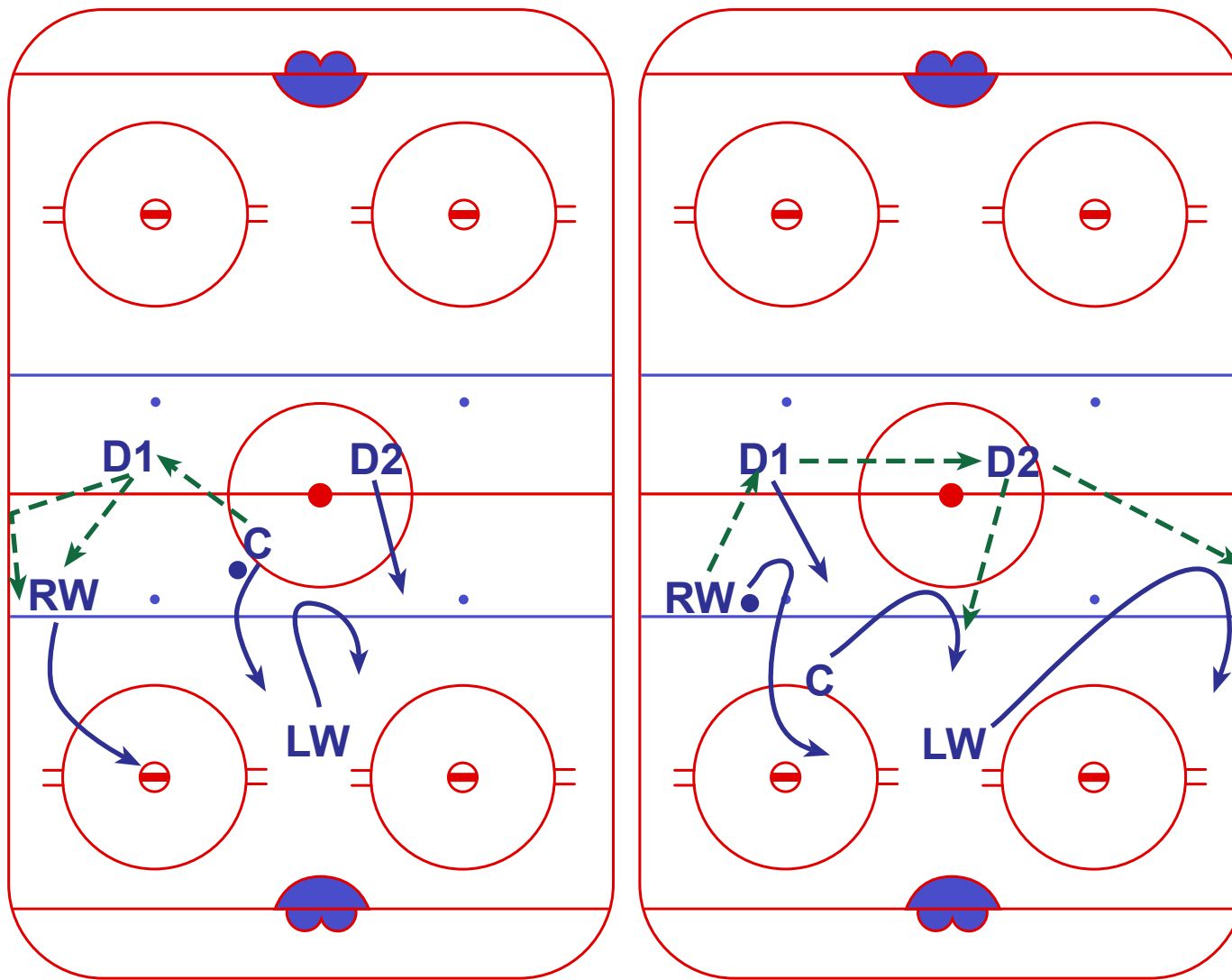
If the puck comes out of the offensive zone, a quick and precise regroup will get you back in the zone

Get the puck back to a defenseman:

- If all F's are out of the zone then D sends the puck back to a F or dumps it in the zone
- If any F's are still in the zone then D should use partner D to create time and space until all are clear of the zone.

KEY:

- RW, LW = WINGS
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- D, F = DEFENSE, FORWARD
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- SKATE →
- PASS - - - - -
- STICK HANDLE ······
- SHOOT = = = = =
- BLOCK/CHECK ———|





Loyola Blakefield Middle School Playbook: POWERPLAY #1: THE UMBRELLA / OVERLOAD

DETAILS:

Once possession of the zone is gained, set up with D1 in the high slot

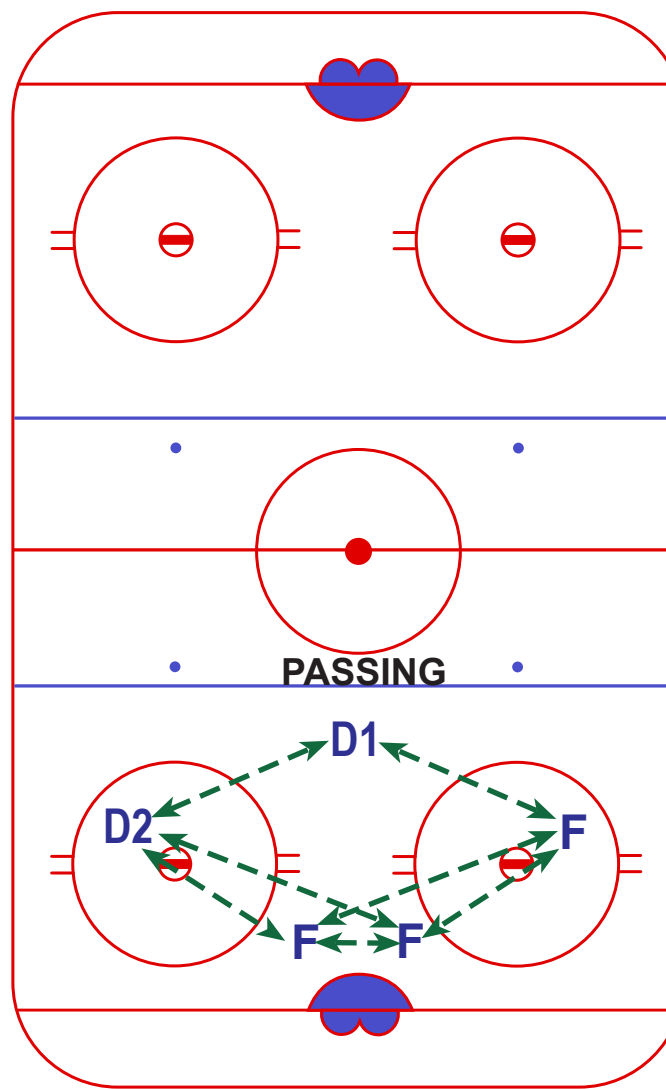
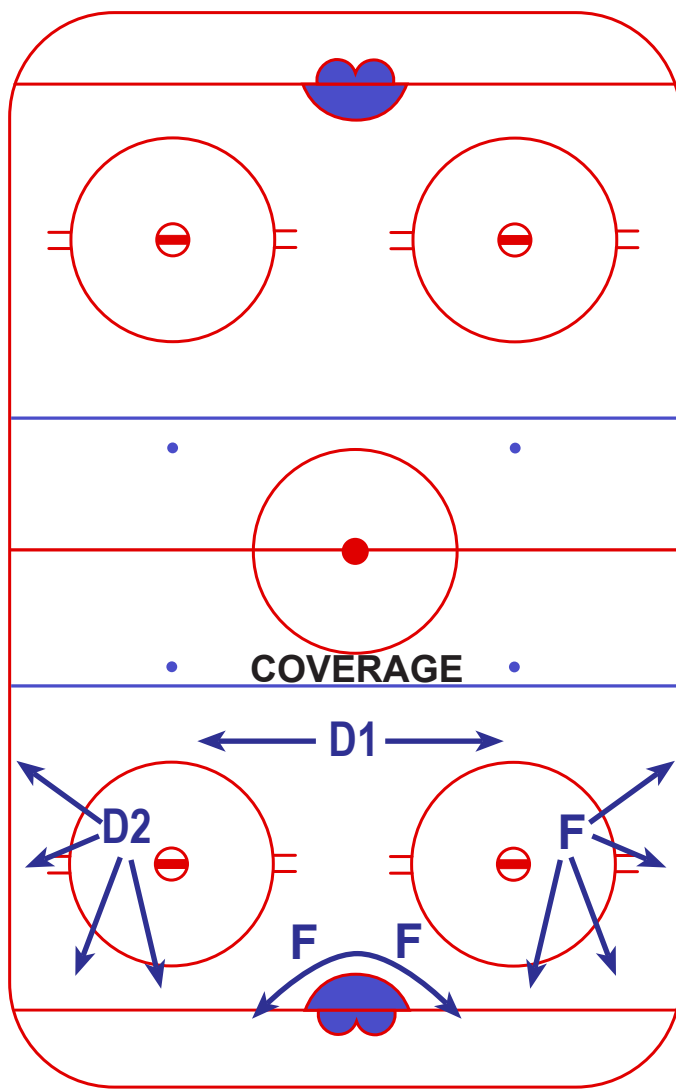
Goal is to pass the puck around the outside of the umbrella until a lane to shoot opens, then F's screen / tip / rebound - the initial shot usually comes from the top of the umbrella

D1 MUST STAY HIGH- don't pinch too deep

Overload the slot with 2 F constantly moving but always in position for a rebound or a tip. Try to screen the goalie.

KEY:

- RW, LW = WINGS
- C = CENTER
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- SHOOT = = = = =
- BLOCK/CHECK ———|





Loyola Blakefield Middle School Playbook: POWERPLAY #2: MAN IN FRONT OF THE NET

DETAILS:

D are in the normal positions

One F parked in front of the net, other two F's play deep in the zone

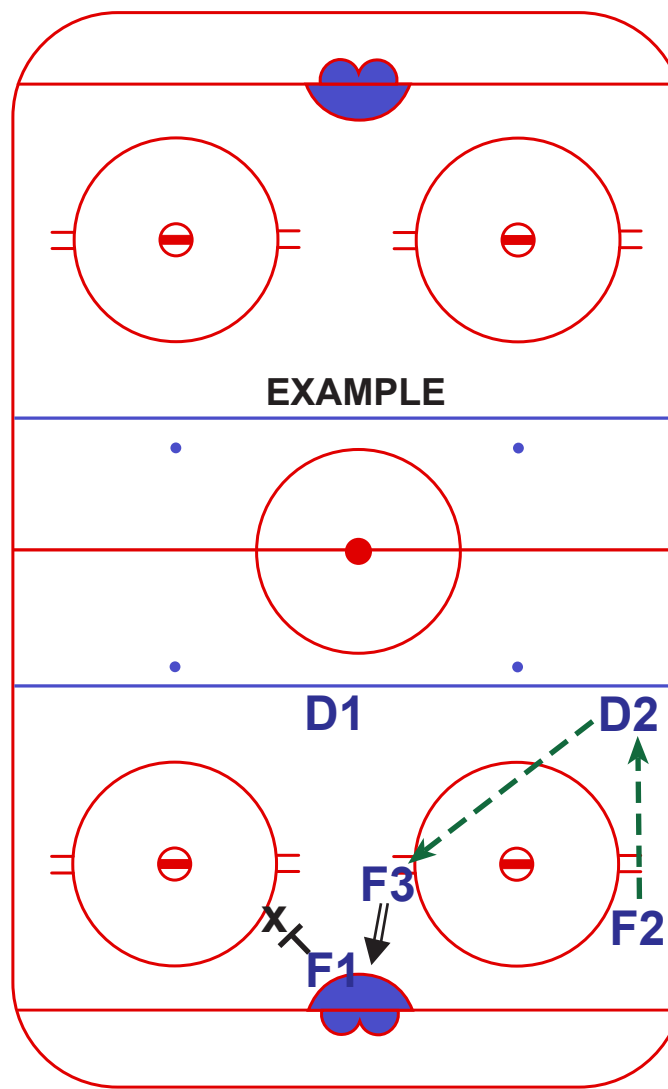
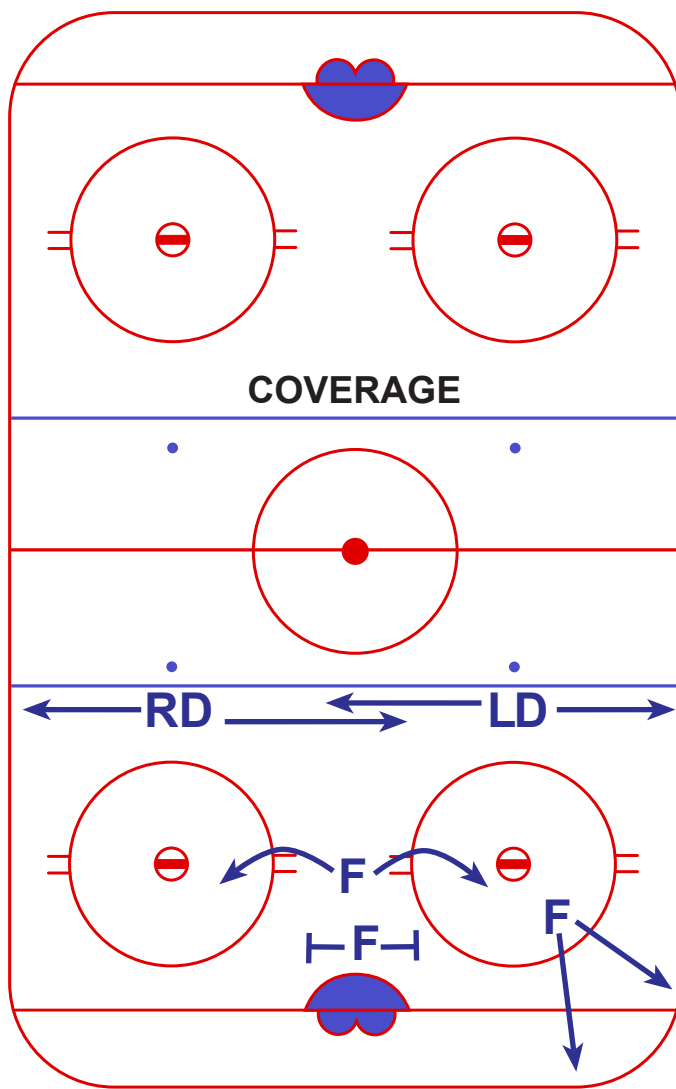
F in front of the net sets up the screen, goes for tips and rebounds. Other 4 skaters pass and shoot the puck.

EXAMPLE PLAY:

F2 passes to D2, D2 passes to F3 for shot as F1 screens out opposing player x, then goes for rebounds

KEY:

- RW, LW = WINGS
- C = CENTER
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- STICK HANDLE ······ →
- SHOOT ==>
- BLOCK/CHECK |





Loyola Blakefield Middle School Playbook: PENALTY KILL: TIGHT BOX IN THE DEFENSIVE ZONE

DETAILS:

The goal of this PK is to keep the puck and the other team outside of the box

Defense: never leave the front of the net unprotected

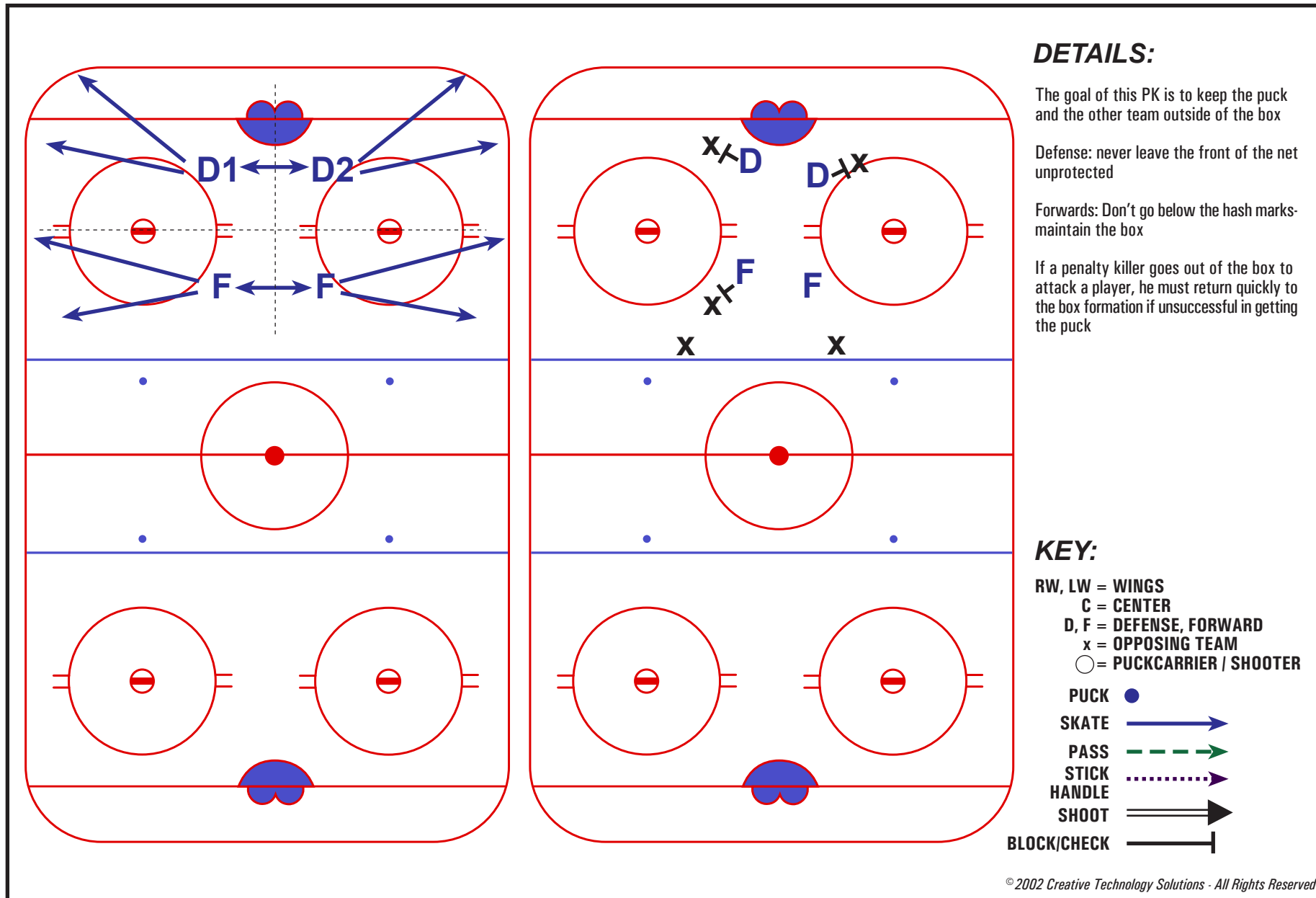
Forwards: Don't go below the hash marks- maintain the box

If a penalty killer goes out of the box to attack a player, he must return quickly to the box formation if unsuccessful in getting the puck

KEY:

RW, LW = WINGS
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 ○ = PUCKCARRIER / SHOOTER

PUCK ●
 SKATE →
 PASS →
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 HANDLE →
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Loyola Blakefield Middle School Playbook: PENALTY KILL: POSITIONING OUTSIDE THE DEFENSIVE ZONE

DETAILS:

In the offensive zone, F1 chases, F2 stays high near the blue line. Defense cover outside lanes

In the neutral zone, F2 clogs up the middle lane and F1 backchecks to the strong side while the defense cover the outside lanes

MUST BACKCHECK HARD

KEY:

- RW, LW = WINGS
- C = CENTER
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