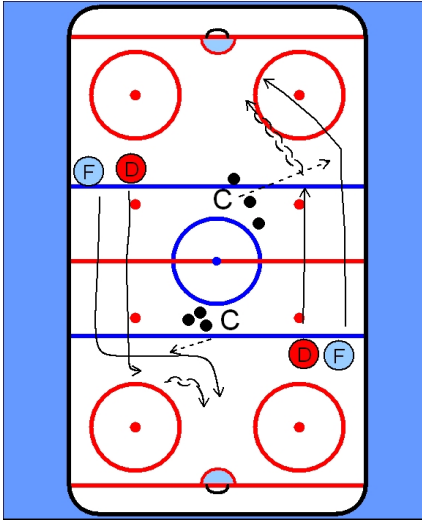


**Down the wall**



forward and the defensemen will start on a whistle from the far blue line. A forward will try to gain position on the defensemen while the defensemen will do his best to make sure forward is covered and not in a position to receive the pass from the coach. If the defensemen has good positioning forward will cut inside to receive the pass from coach and finish up the play one-on-one