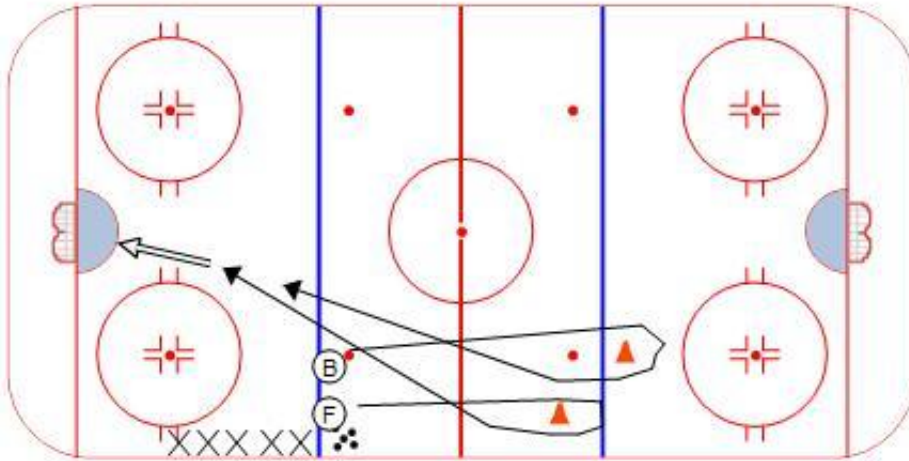


# Quick Backcheck

Category: Backchecking | Drill Level: Beginner



## Key Points

- Backchecking
- 1 on 1
- Driving the Net

## Description

F & B both leave on the whistle. Players cut around their respective cones. F attempts to score, B backchecks F.