

It is important to know if you are on your strong side or your weak side and note where your opponents strong and weak side are. This will help you determine where they will most likely be trying to win the puck. Most often the other players will be trying to win the face-off to their backhand.

## Face-Off Tips for Weak Side

- Take advantage of the strength of your backhand by turning your lower hand over.
- Spread your legs out and get nice and low.

Description

- Watch for when the referee releases the puck and pull back to your backhand side.
- Another option is to clear the circle and sweep the puck backwards.