

The diagram illustrates the three stages of a cell division cycle (mitosis) in a cell:

- Prophase:** The first stage shows a cell with a nucleus. The nuclear envelope is breaking down, and the chromosomes are condensing. The centrioles are moving apart, and spindle fibers are beginning to form.
- Metaphase:** The second stage shows the chromosomes aligned at the metaphase plate (equator) in the center of the cell. The spindle fibers are fully formed and attached to the centromeres.
- Anaphase:** The third stage shows the sister chromatids separating and moving toward opposite poles of the cell. The spindle fibers are pulling the chromatids apart.

One net is placed at the top of the face-off circle; the other net is placed on the outside of the circle just above the goal line. Teams start from boards as illustrated. Puck cannot cross border created by cones.

Pucks will frequently leave the area of play. When this happens, coach will call new puck and send a puck in. Players will be forced to switch quickly between offense and defense .

Notes

- * Competitive
- * Player Roles 1 2 3 4
- * Quick shots
- * Goaltending
- * Getting open
- * D-side positioning