Ice hockey - skipper accentuates the positives

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Action from Murrayfield from Ian Coyle

Mike D'Orazio feels Edinburgh Capitals can take a lot of positives from their Hogmanay defeat to in-form Fife Flyers.

The club skipper and co-coach was pleased that his squad limited the shots on stand-in netminder Jordan McLaughlin.

And D'Orazio was also delighted that Capitals fought back from a 2-0 deficit after the first period to take a 3-2 lead in the second.

Three unanswered strikes from Flyers took the points to Kirkcaldy, however, and Capitals move on.

They visit Guildford Flames on Tuesday (face-off 7.30pm) and McLaughlin is again between the posts as Pavel Shegalo is still injured.

D'Orazio said: "There are a lot of positives we can take from Sunday and I believe we're getting better as a team in every game.

"The guys played really well (against Fife) and we limited the shots on Jordan which was good.

"It's a long bus ride to Guildford and we must stick to out game plan. It will be to play simple hockey, keep the opposition to the outside and to play solid defence.

"We also have to ensure that we get into the dirty areas and take any chances that come our way."

After Guildford, Capitals face a weekend double-header against

basement rivals Dundee Stars.

The first game is at Dundee on Saturday followed by the return at Murrayfield on Sunday (6pm).