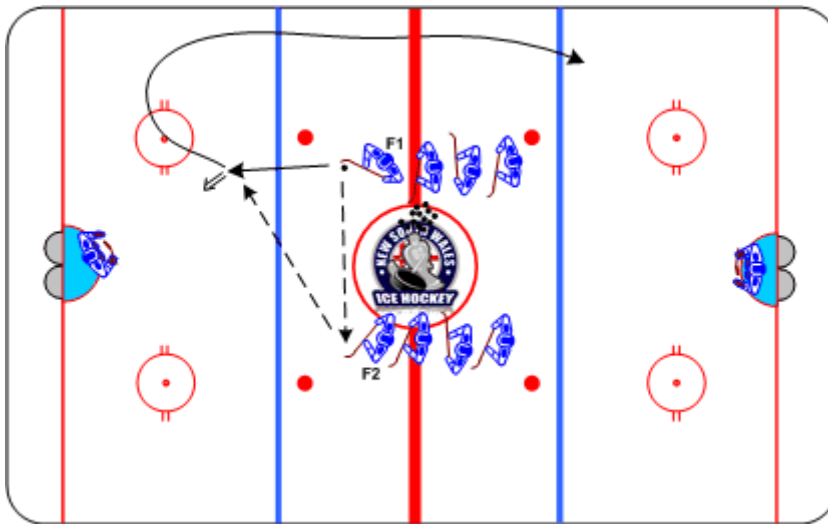




Cross-Ice Pass Goalie Warm-Up

Duration: 5 mins

- F1 pass to F2, F2 returns pass to F1
- F1 takes a wrist shot on goal - goalie warm-up
- After wrist shot, F1 sprints forward turning to the outside and exiting zone (hard to the blue line)



Coaching Tips

- Goalie stays deep in the net working on reflexes
- Rebound control, attempting to steer to the corners

Execution Tips

- Forwards execute quick timing with one-touch passing