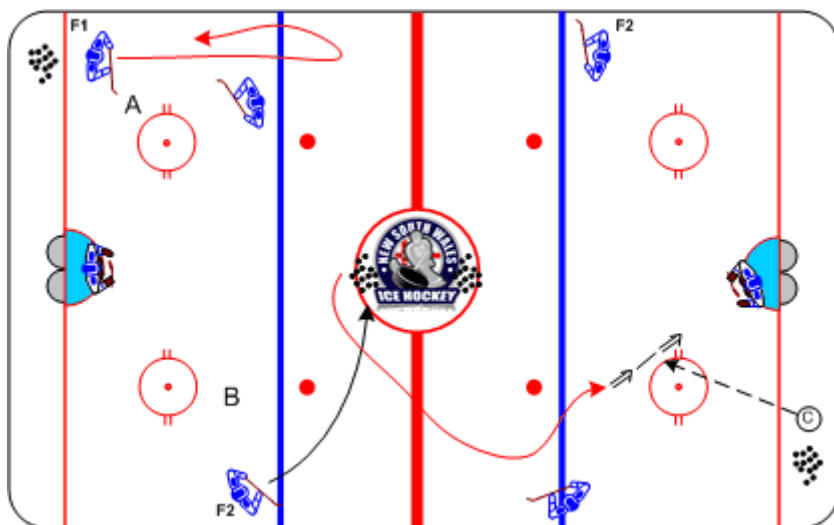




Warm-Up

Duration: 8 mins

- **Agility Skate:** In Zone A, F1 carries puck. On whistle, tight turn inside out and accelerate 5 strides
- Repeat on whistle, opposite direction
- **Goalie Warm-Up:** In Zone B, F2 picks up puck at centre ice, net drive, shoot, drive net for pass from ©



Coaching Tips

- Quick feet/tight turn/puck protection
- Quick feet/inside out/net drive/shoot in stride

Execution Tips

- G1, G2 stretch, mirror reflex drill
- F2 initiates without whistle to establish communication