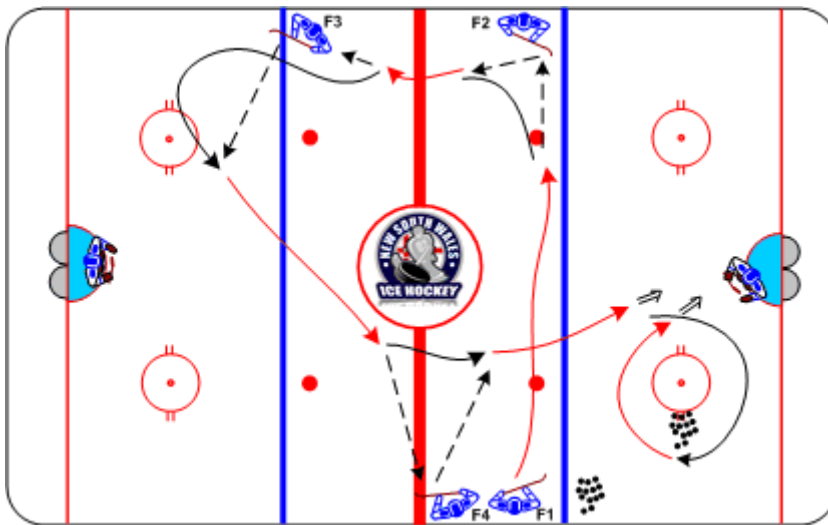




## Goalie Warm-Up: Around the Horn

Duration: 8 mins

- **F1** initiates by carrying puck across blue line
- Give & go with **F2** & **F3**
- **F1** carries puck diagonally across blue line, performs give & go with **F4** and shoots in stride
- Delay skate, retrieve puck for second shot on net



### Coaching Tips

- Tape to tape
- Communicate
- Hit the net

### Execution Tips

- Initiate from opposite corners together
- Once pass is made to **F4**, next group starts from other corner