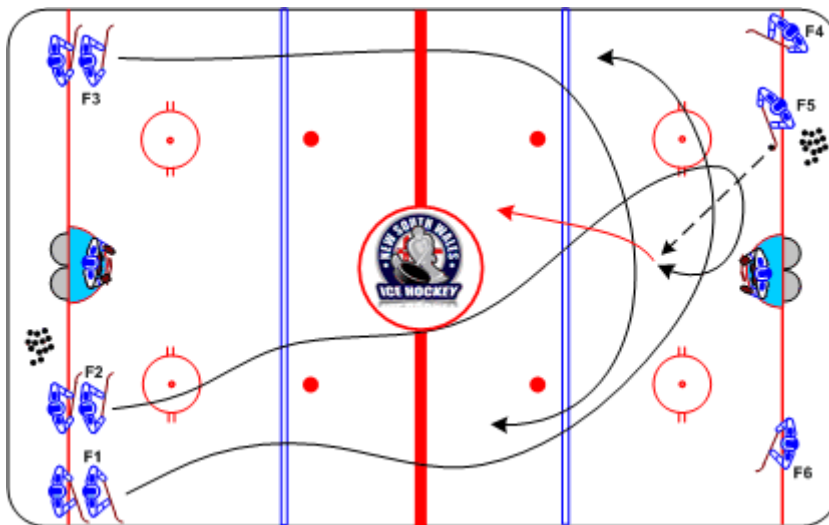




Warm-Up B: 3-Way Pass & Weave

Duration: 4 mins

- **F1, F2, F3** skate length of ice, receive pass from either **F4, F5** or **F6**
- Return to opposite end, pass & weave pattern
- Minimum 4 passes before blue line
- Shoot on net



Coaching Tips

- Cross & feed
- Speed & timing
- Communication

Execution Tips

- 2nd group starts when 1st group crosses red line
- **F1, F3** in outside lane crosses low in zone on transition