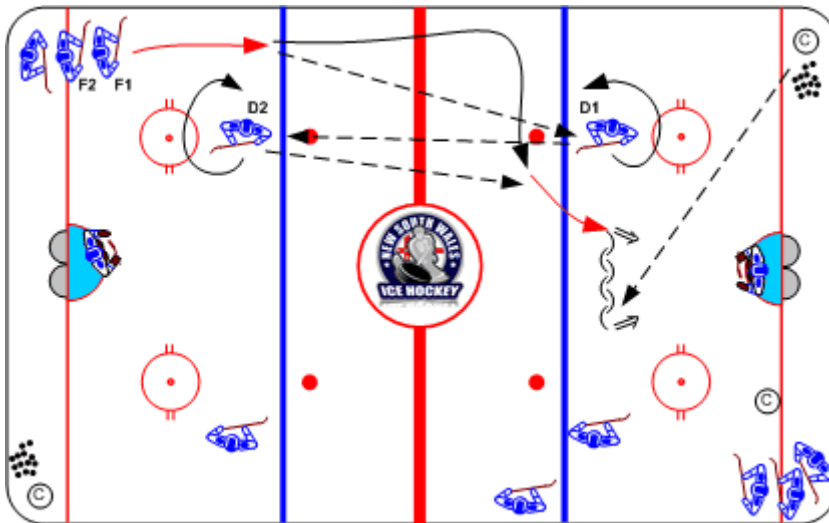




Warm-Up, Window Drill

Duration: 8 mins

- F1 carries puck to blue line, passes to D1
- D1 passes to D2, F1 stretch skates to neutral zone
- F1 times break from boards to receive penetrating pass from D2
- F1 shoots in stride, slides across high slot
- F1 receives pass from © for 2nd one-time shot



Coaching Tips

- Stretch skate
- Shoot in stride
- One time shot
- Penetrating pass

Execution Tips

- F2 initiates next drill when F1 receives pass from D2