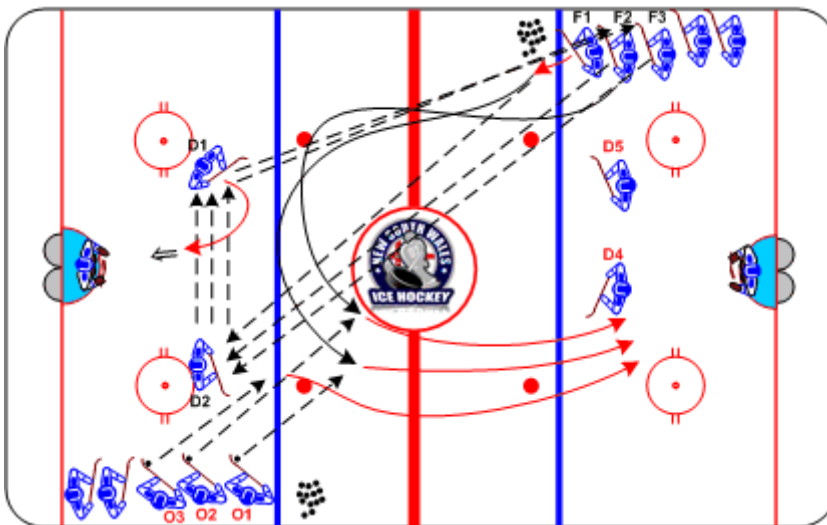




### 3-Pass Warm Up

Duration: 8 mins

- F1 to D2, D2 to D1, D1 to F2, F2 to D2, D2 to D1, D1 to F3, F3 to D2, D2 to D1 - D1 turns and shoots
- F1 receives pass from O1 and executes a net drive
- F2 receives pass from O2 and executes a net drive
- F3 receives pass from O3 and executes a net drive
- O1, O2, O3 repeat the sequence with D4 and D5



### Coaching Tips

- Wrist shots on Goalie
- Timing
- Call for pass

### Execution Tips

- Warm up the goalies
- After F3 receives the last pass, new unit goes