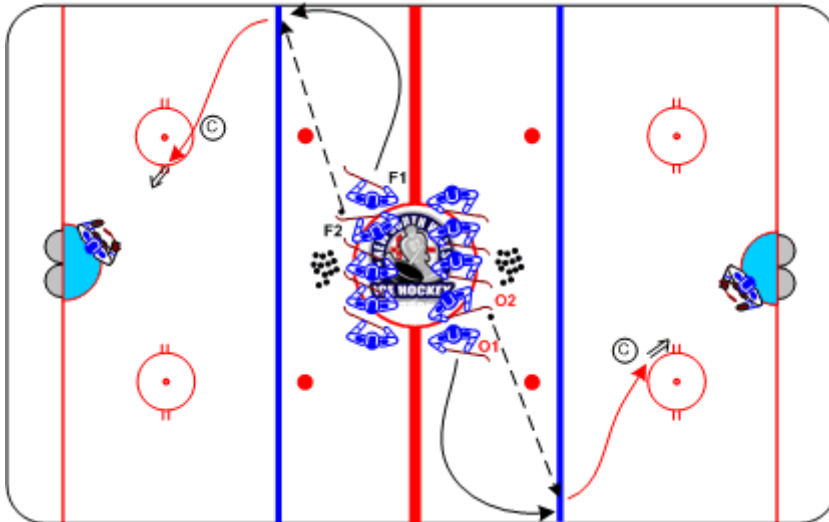




U-18 Warm-Up

Duration: 7 mins

- F1 skates wide, receives pass from F2, F1 shoots
- F2 follows F1, receiving pass from O3, etc.



Coaching Tips

- Quick, accurate shots
- Hit the net

Execution Tips

- Change sides
- Warm up Goalies