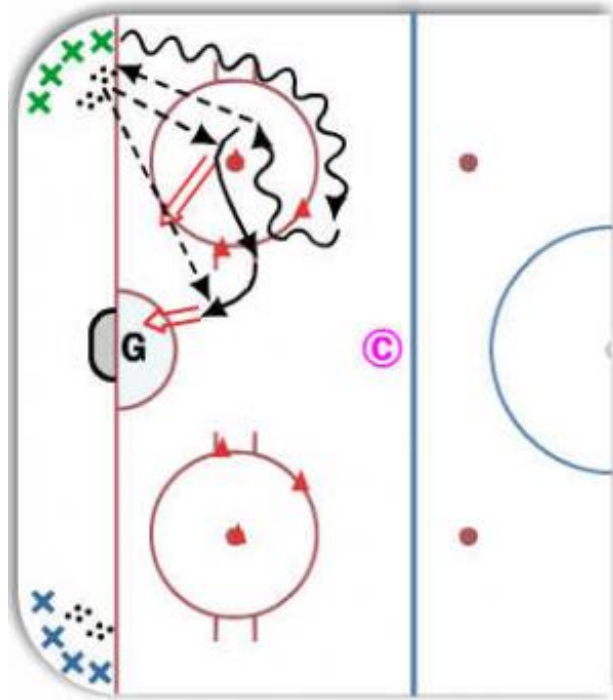


Shooting Warm-Up



Description

- 1.) Players line up in corner.
- 2.) Player 1 skates with puck up around circle and then around the first two cones.
- 3.) Player 1 then passes puck to Player 2 in line.
- 4.) Player 2 quickly passes back to Player 1.
- 5.) Player 1 takes quick one-time shot and continues to skate around 3rd and final cone.
- 6.) Player 1 then receives pass Player 2 in line for quick one-time shot.
- 7.) Player 1 then skates hard to other corner to end drill and Player 2 will begin drill skating with puck.

Tags: - Warm up, - Quickly pass & receive pucks, - Quick one-timers