

**Title :** Spice 2-shot warm-up

**Category #1 :**

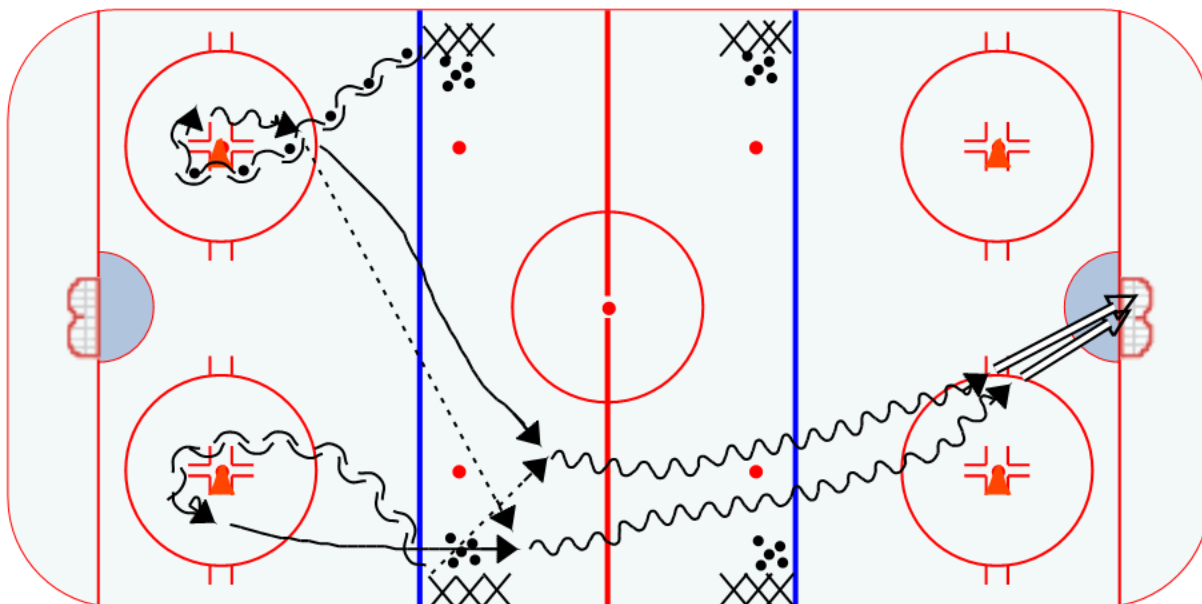
Passing

**Category #2 :**

Skating

**Content elements:**

**Components :**



**Key Points :**

drag skating

long passes

short passes

shoot in stride

### Description

1. two players start at the same time, one with puck, one without - both skating backwards
2. backwards inside reverse pivot around the cone (inside out)
3. player with puck fires a cross-ice pass to player without, then follows up his pass and receives a pass from the other line
4. both players shoot

More Drills and Skills at [www.weisstechhockey.com/blog](http://www.weisstechhockey.com/blog)