

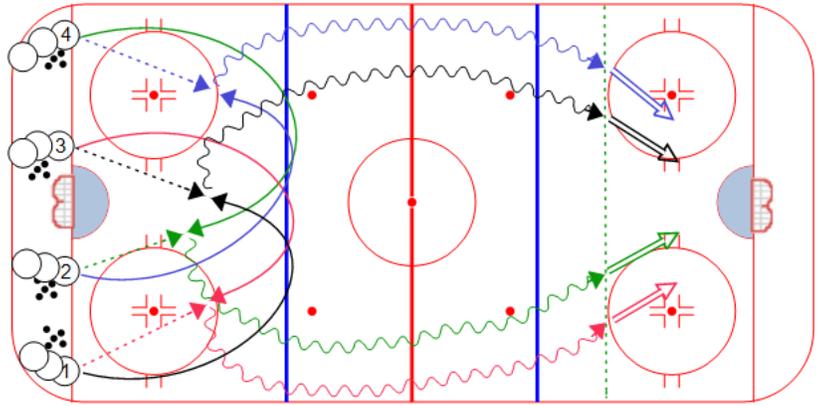
Title : 4-pass warm-up

Category #1 : Passing

Category #2 : Shooting

Description

1. 4 lines on the goal line with pucks.
2. Line 1 skates up to blue line, turns toward line 3 and receives a pass from line 3, then turns up ice and attacks 1 on 0
3. line 2 receives from line 4, line 3 from line 1, and line 4 from line 2



Key points :