

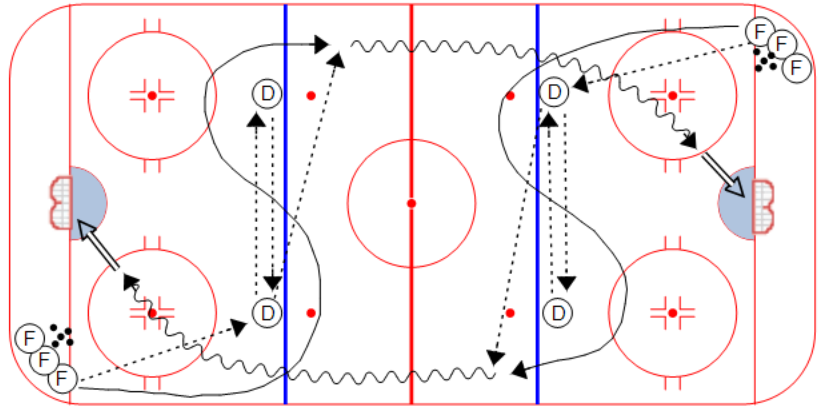
Title : S-warm up

Category #1 : Passing

Category #2 : Accuracy

Description

1. Forwards line up in the corner, two defensemen on each blue line
2. On whistle, first forward in each line passes out to the near defenseman
3. Defensemen execute D to D passes while forward skates the "S"
4. Cross-ice pass to the forward, who attacks 1 on 0



Key points :

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