

Title : 1 on 0 Headman

Category #1 :

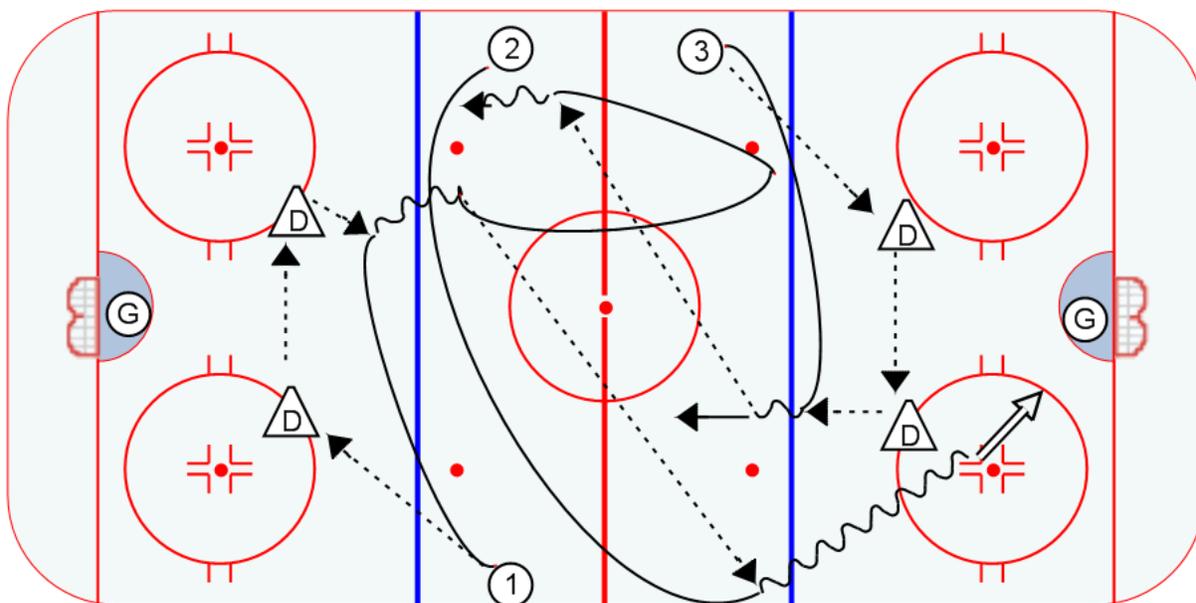
Warm-up Drills

Category #2 :

Passing / Shooting

Content elements:

Components :



Key Points :

High tempo

Communication

Solid Passes

Description

**Drill starts on the whistle.

On the whistle, ① passes a puck to the Δ . Δ to Δ pass, return pass to ①. ① receives the puck and makes a stretch pass to ②, who has skated across the neutral zone. ② takes a shot on the \textcircled{G} . ③ passes a puck to the Δ . Δ to Δ pass. ① turns back up the ice and receives a pass from ③ and takes a shot on the \textcircled{G} . The drill is continuous with ① making the next pass to the Δ and the stretch pass to ③.