

Title : Spice 2-shot warm-up

Category #1 :

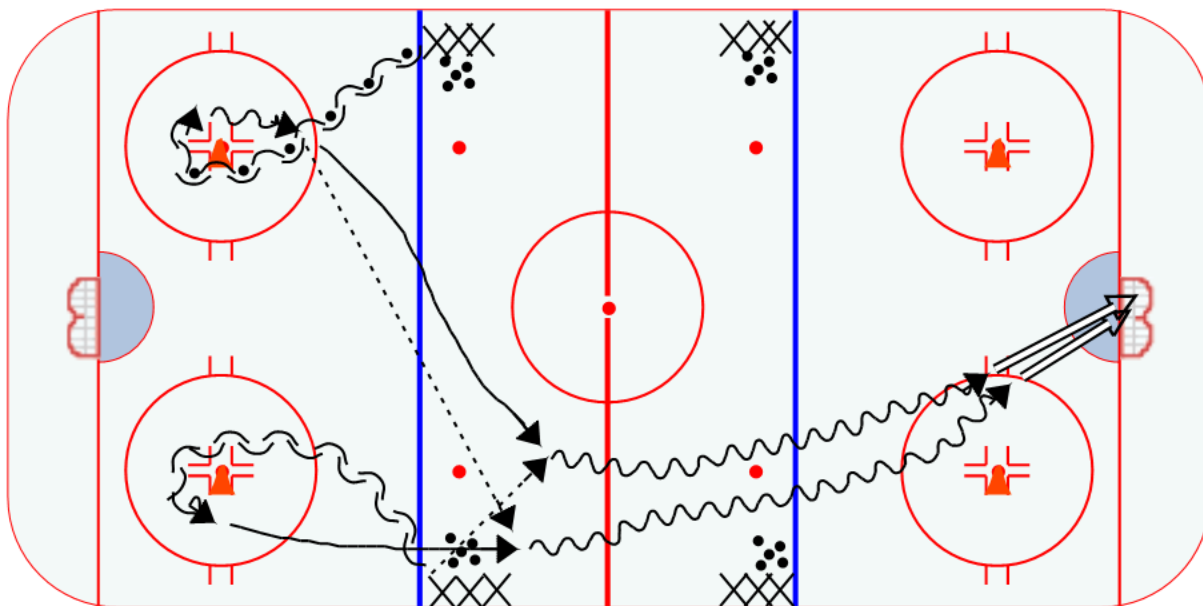
Passing

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