

Title : 4 Bluelines Warm-up

Category #1 :

Warm-up Drills

Category #2 :

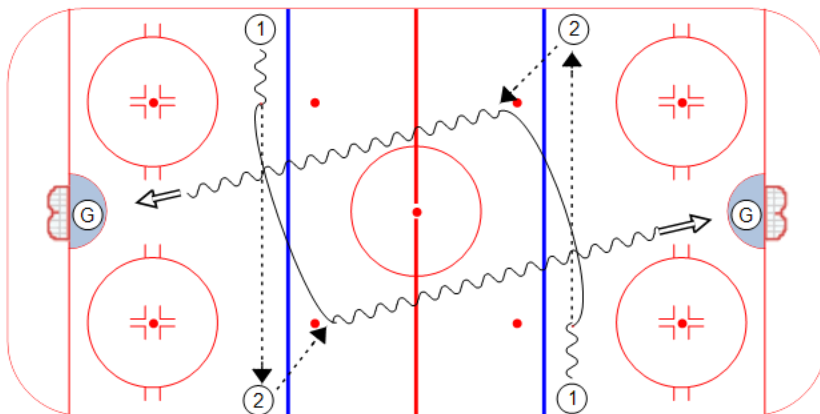
Passing / Shooting

Description

**Drill starts on the whistle. Both ends at the same time.

On the whistle, ① skates across the blueline and makes a pass to ②. Return pass to ① for a shot on the ⑤.

Stretch Pass : see Seq. # 2.



Key points :

Communication

Solid Passes

Title : 4 Bluelines Warm-up (seq 2)

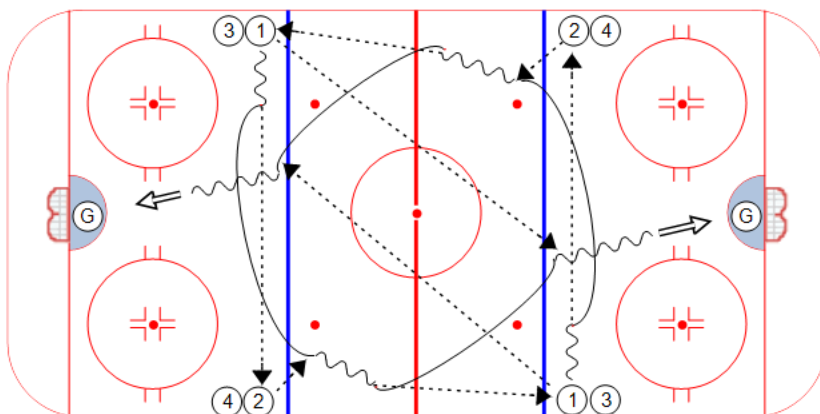
Description

**Drill starts on the whistle. Both ends at the same time.

Stretch Pass :

On the whistle, ① skates across the blueline and makes a pass to ②. Return pass to ①. ① makes a pass to ③ and continues to the blueline. ③ makes a stretch pass to ① on the opposite blueline for a shot on the ⑤.

Full-circle Stretch Pass : see Seq. # 3.



Key points :

Title : 4 Bluelines Warm-up (seq 3)

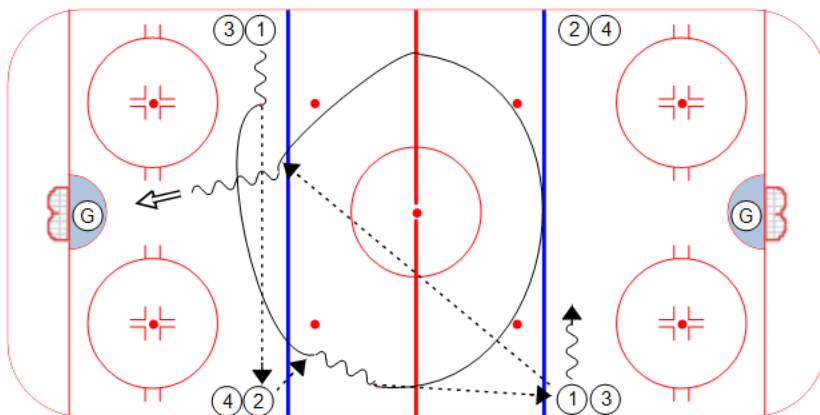
Description

**Drill starts on the whistle. Both ends at the same time.

Full-circle Stretch Pass : (only one side shown)

On the whistle, ① skates across the blueline and makes a pass to ②. Return pass to ①. ① makes a pass to ③ and continues full-circle to the opposite blueline. ③ makes a stretch pass to ① on the opposite blueline for a shot on the ⑤.

Double Regroup Stretch Pass : see Seq. # 4.



Key points :

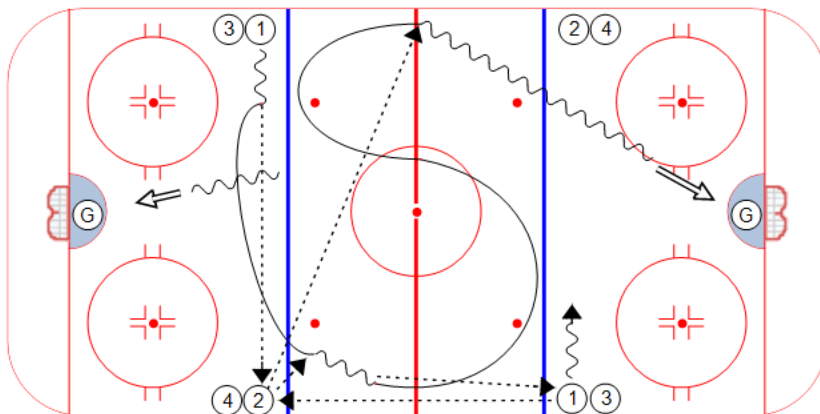
Title : 4 Bluelines Warm-up (seq 4)

Description

**Drill starts on the whistle. Both ends at the same time.

Double Regroup Stretch Pass : (only one side shown)

On the whistle, ① skates across the blueline and makes a pass to ②. Return pass to ①. ① makes a pass to ③ and continues full-circle to the opposite blueline. ① turns to the boards. ③ makes a stretch pass to ① for a shot on the ⑤.



Key points :

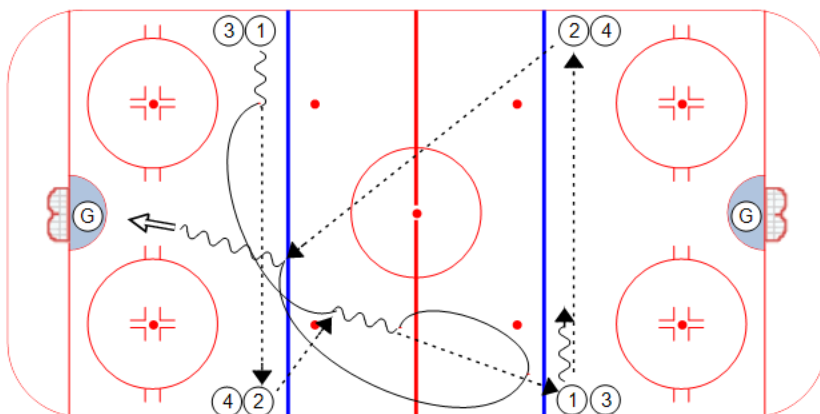
Title : 4 Bluelines Warm-up (seq 5)

Description

**Drill starts on the whistle. Both ends at the same time.

Mohawk Turn Stretch Pass : (only one side shown)

On the whistle, ① skates across the blueline and makes a pass to ②. Return pass to ①. ① makes a pass to ③ and makes a mohawk turn to the boards. ③ makes a cross-ice pass to ②. ② makes a stretch pass to ① on the opposite blueline for a shot on the ⑤.



Key points :