

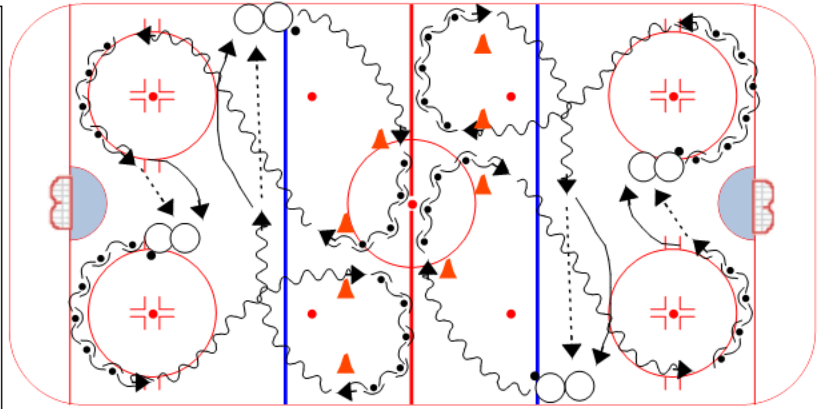
Title : Bednar Skating Warm-up

Category #1 :

Category #2 :

**Description**

1. Players skate the patterns, with pucks, as diagrammed.
2. First player of each line goes at the same time.
3. The next player goes ones he receives the pass from the first player of the other line.
4. Drill is perpetual.



Key points :