

Title : Leaf Warm-Up

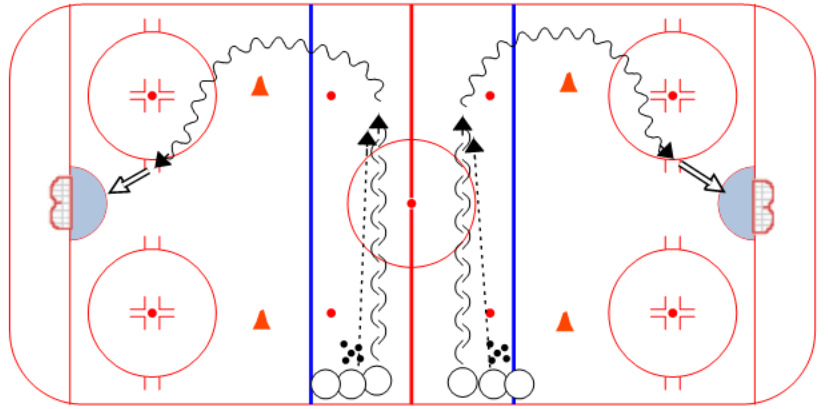
Category #1 : Warm-up Drills

Category #2 : Passing

Description

1. Players on each side of center at boards
2. First player leaves, skating backward, receives pass from second player in line--always receives pass on the side of his body he'll be turning to
3. After receiving the pass he/she opens up and skates forward around the cone, driving wide to the net.
4. After shot, player lines up on opposite side

Variations: a) go around near cone instead of far cone;
b) after pass, player joins for a 2 on 0



Key points :

pivots with puck