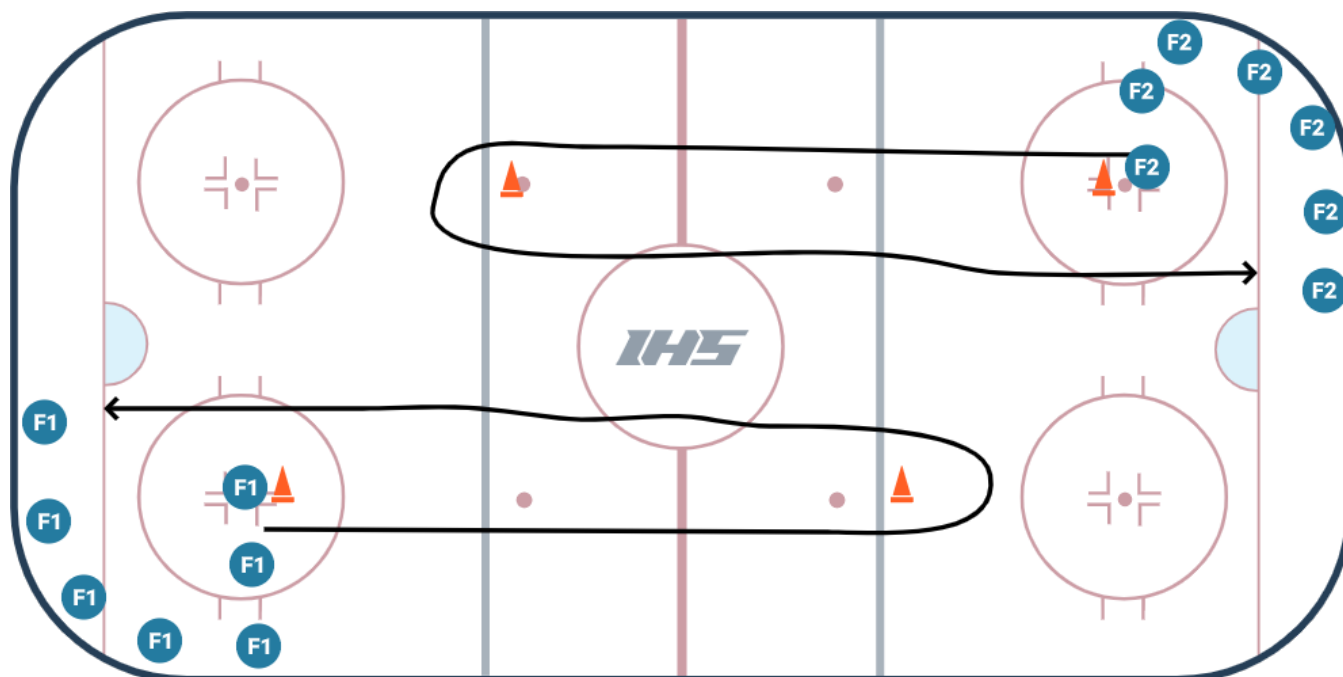


Warm up - Running without ball U8-U12



Description

- split into 2 lines, socially distant opposite ends of the rink
- players run up floor towards the cone at the far blue line turning towards the middle then run back and switch lines
- 3-4 reps
- *focus on stick control- one hand stick in front / 2 hands 6 to 12 inches off the floor in front