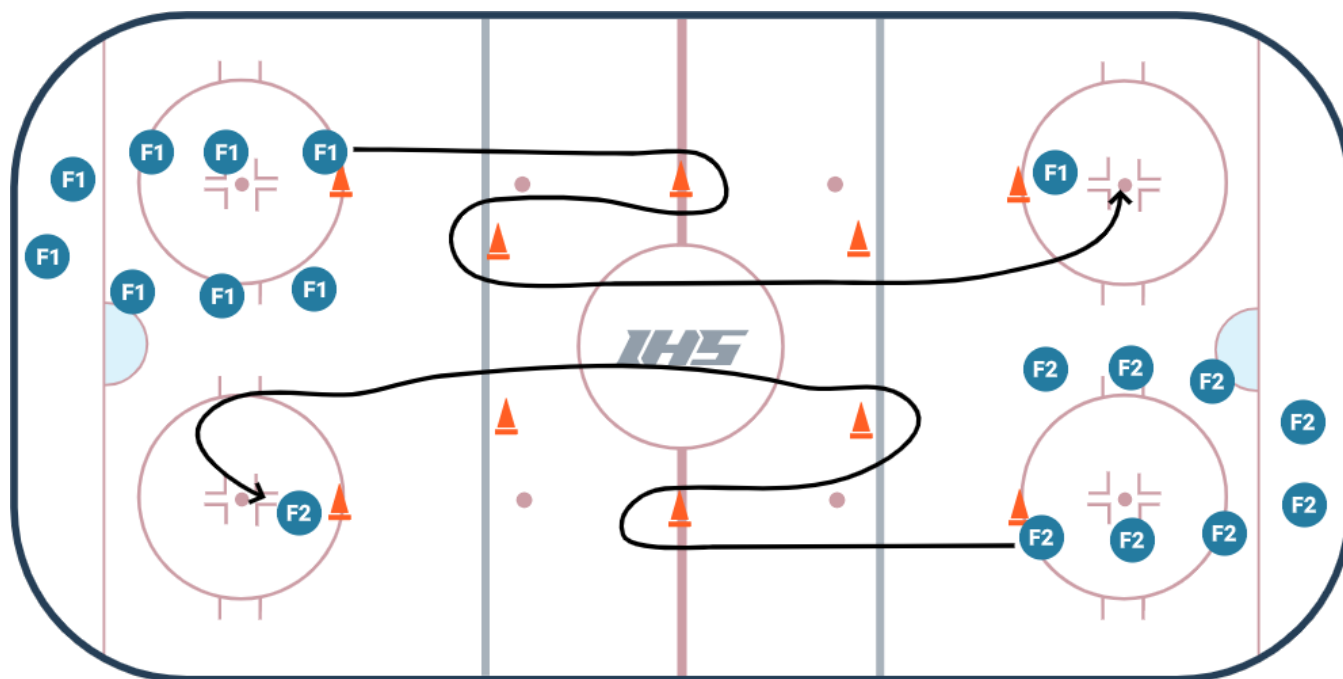


Warm up - Running without ball U14 -U19



Description

- set up 5 cones in similar pattern on both sides / split players into 2 groups opposite ends of rink
- on whistle send both sides at the same time, running the pattern then lining up at the opposite side
- 3-4 reps each