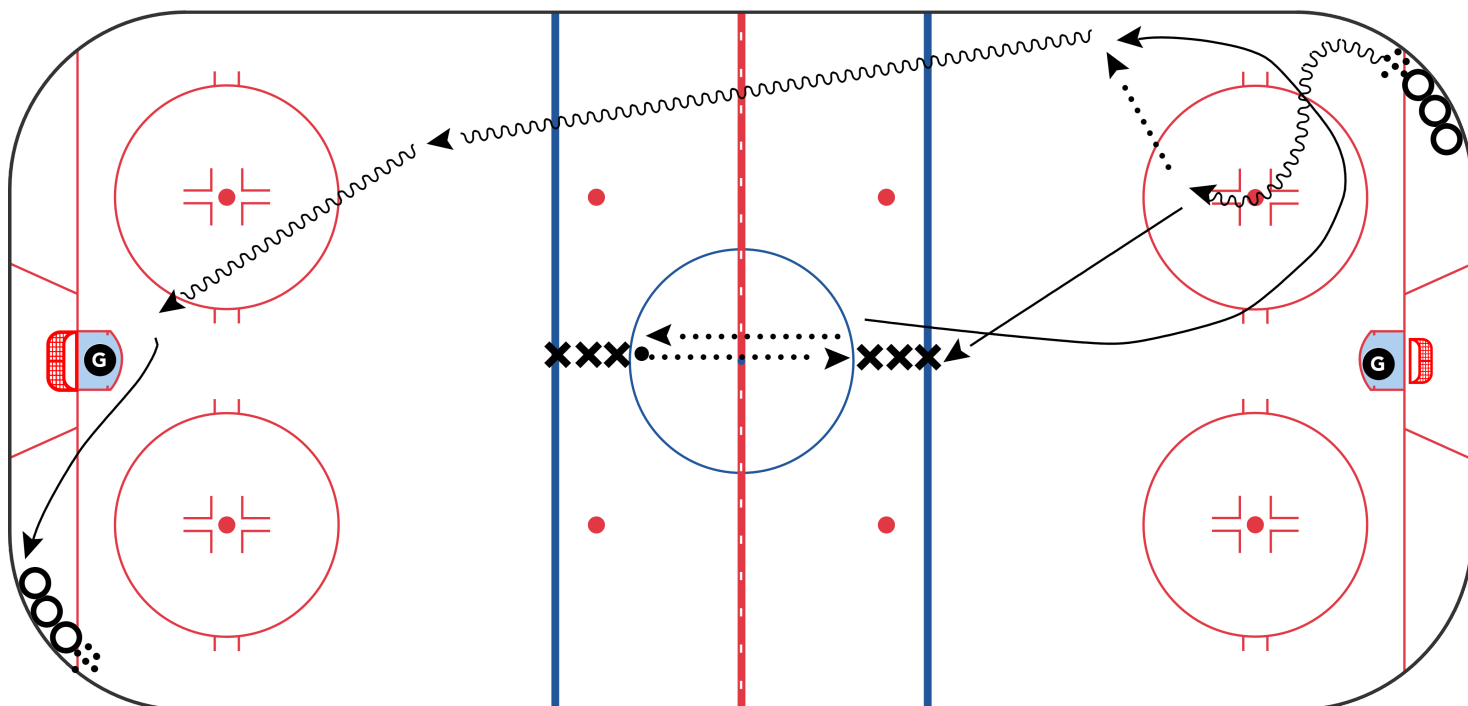


Holy Warm up



Description

- One player starts with the puck
- On the whistle, the player with the puck at center ice passes across and skates to the opposite player, touch passing back and forth.
- once they reach the player opposite of them, they leave the puck and proceed to curl down low in the zone
 - When the player that starts the drill gets to the opposite player, that opposite player then starts skating/passing the other direction
- As the **X** player swings towards the boards, the **O** player curls out and hits the **X** player with a pass
 - After player **O** passes the puck, they go in line at center ice
- Player **X** then skates down to the other end and takes a shot
 - After shot, player **X** lines up in the corner
- This is a flow drill, there is a lot of moving parts and players and coaches have to watch and pay attention

Key Points

- quick passes, and hard skating
- MUST pay attention at all times.
- Players probably won't get it right the first couple of times, do it over multiple practices
- Great warm up