

B – Warm-up Drill Routine – Pro

Key Points:

Start practice with quick drills that everyone knows to warm-p with skating agility, passing, shots. Do everything with speed and good habits. Youth hockey players can do a couple of reps to develop skill. Pro's use the same drills to warm-up and sharpen skills they already have.

Description:

1. Start with 5-0 breakouts at each end.
2. Coach rim the puck in so the goalie has to pass it.
3. Regroup with the coach who rims it the other way.
4. Everyone move pucks to diagonal corners at each end.
5. One end at a time three leave and shoot from the three lanes.
6. First skate straight down - shoot, third skate to the wide lane and shoot. Second agility around the circle then shoot from middle lane and.
7. Start from the same place but do the Small Horseshoe 1-0.
8. Stop at the net for a rebound after shooting.
9. Switch corners and repeat the shots from three lanes and the small horseshoe.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170719112155180>

<https://youtu.be/0gznRR6e34k>

