

B202 Warm-up - Finland Pro

Key Points:

Skate and handle the puck with lots of quick turns and moves. Give a target for a pass. Follow the shot for a rebound then rebound for the next shooter.

Description:

1. Reds on one blue line and blue at the other.
2. Two reds and two blues handle the puck in the neutral zone for about 10'.
3. Leave one at a time to shoot at the end they start from.
4. Players now pass to players on the lines for 10' then skate in and shoot.
5. Rebound for the next shooter.

** Players could give and go with the next shooter after they have shot.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150205101301794>

<https://youtu.be/MVKsde9fFI4>

