

## A - Ball Drop Quick Start - U18 F

One partner drop a tennis ball while the other waits in the ready position 3-5 metres away. The goal is for the waiting partner to catch the ball before it hits the ice a second time. Keep score, change distances, etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120608222737640>

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<https://youtu.be/UJ1LWvrc2j8>

