

A300 - One Touch Warm-up - Slovakia U20

Key Points:

Move the puck to everyone in the group facing the puck at all times. Goalies warm up with the coaches. Do this instead of aimlessly skating around the ice with a puck at the start of practice.

Description:

1. Players skate around in their 5 man units.
2. One touch pass the puck to each other.
3. Coaches warm up the goalies at one end.
4. Do this for about 3 - 5 minutes.
5. Blocks of 5 players could move onto 3-2 Keepaway.

** Coaches warm up the goalies.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204085926671>

<https://youtu.be/SY8qDLKXXpk>

