

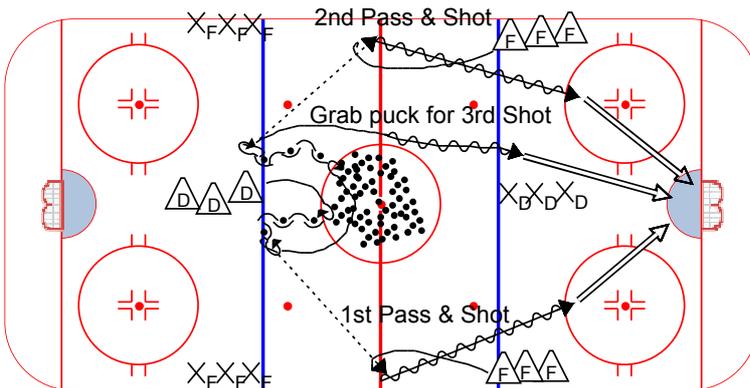
Title : Canuck D Warm-Up

Content elements: Transitions

Components : Passing

Description

Canuck D Warm-Up:
D take turns going through the following rotation....
- Skate forward, grab puck, backskate to blue line
- Transition skate and pass to F on right
- Skate forward, grab puck, backskate to blue line
- Transition skate and pass to F on left
- Skate forward, grab puck, skate to blue line & shoot
Both sides go simultaneously



Key Points :

D move feet

F face puck

Good Targets

Long shots