

Title : Canuck D Warm-Up

Content elements: Transitions

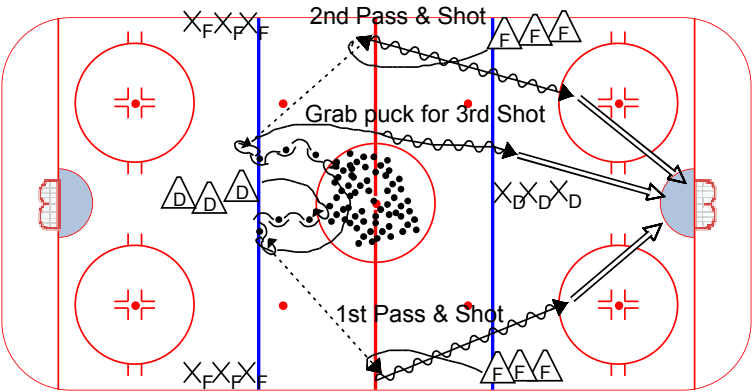
Components : Passing

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
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