

RAPID FIRE WARM-UP

PURPOSE: Rapid-fire shooting warm-up drill for goaltenders and skating, puckhandling and shooting warm-up for skaters.

SET-UP: Half-ice drill with players divided into two lines as shown. On the whistle, players skate backward to the blue line, turn and skate forward through center, and pick up a puck from the top of the circle. Players should be spread out so that they have time to shoot and get out of the way of the next shooter.

