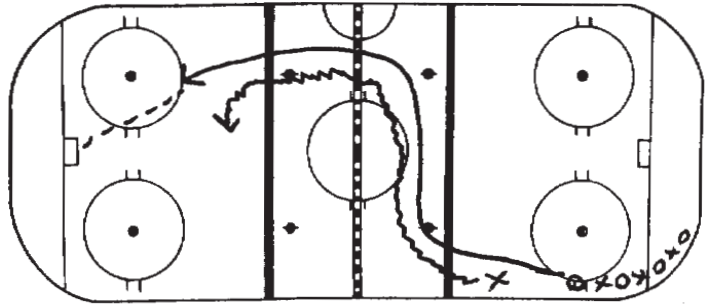


FOOTWORK WARM-UP

PURPOSE: A warm-up drill to get players handling the puck while working on their edges and shots for goaltenders.

SET-UP: Drill can be done from one end or both ends at the same time. Players begin in lines at the hash marks in the corners as shown. On the whistle, two players begin, player X skating backward and player O skating forward with a puck.



O is the leader in the drill while X works on skating as fast as possible backward while maintaining the proper positioning (inside) and gap (two stick lengths) from the O. O moves up to the blue line then cuts all the way across the ice and attacks the far end. X moves with O and moves out of the way at the far blue line, allowing X to shoot on net from the top of the circle. Players switch positions for their next repetition.