

## OCTOPUS

---

**PURPOSE:** Warm-up drill to work on footspeed and edges, puck control and shooting.

**SET-UP:** Half-ice drill with players beginning at the red line as shown. On the whistle, all four lines will begin. X1 carries a puck down to the blue line, back up to the red line and across the blue line to shoot from the top of the circle. X2 skates the same pattern from the other side of the ice, but carries his puck in close for a shot. The goaltender must make a save on X1 and then move across the crease to challenge X2.

