

HEADS UP WARM-UP

PURPOSE: Warm-up drill aimed at giving the goalie an opportunity to make saves from different angles with quick recovery time. It also keeps the skaters moving and keeping their heads up.

SET-UP: Players form two lines at center ice, one on each side of the rink. The first players from each line begin at the same time, weaving around the dots.

The player to complete the weave first takes a shot, followed by a shot from the second player. When finished, they go to the opposite line from which they started, and the next players in line begin.

