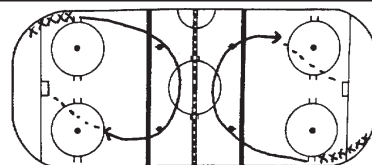


The following is a full-ice warm-up drill that can be used at the start of a practice to progressively get your players warmed up for the practice session. Skaters will be moving, stickhandling and passing the puck while the goaltenders will be receiving plenty of shots from the angles in a rapid-fire format. Pucks should be distributed in all four corners. Players will split evenly with half in a line at one end and the other half in a line in the diagonal corner at the opposite end. Both ends will begin on the whistle, with players skating in a horseshoe pattern, shooting at the end they started at and forming a line in the opposite corner. Each segment should be performed once from each side of the ice before moving on to the next step.

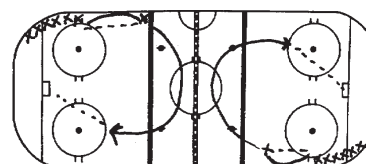
STRAIGHT SHOT

SET-UP: Each player, carrying a puck and spaced about 10 feet apart, loops out through the neutral zone and shoots from about the top of the circle on the other side of the ice.



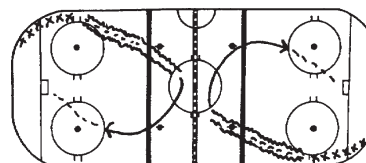
PASS AND SHOT

SET-UP: Shooter starts without a puck, bellies toward the boards, receives a pass from the second player in line before he reaches the blue line and then proceeds through the neutral zone to shoot at the top of the circle.



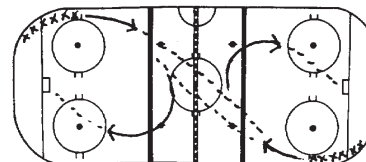
BACKWARD, PIVOT AND SHOT

SET-UP: Shooter starts out backwards without a puck, receives a pass from the second player in line before he gets to the blue line, continues backward, pivots at the red line and moves to the top of the circle to shoot.



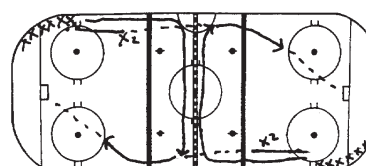
EXCHANGE PASS AND SHOT

SET-UP: Before he reaches his blue line, the player exchanges a pass with the player from the opposite end of the rink, then continues around to shoot on the goalie from the top of the circle.



TIMED PASSING AND SHOT

SET-UP: This is a fairly difficult drill to execute as it involves a sense of timing and pinpoint passing accuracy. The first player in each line starts out without a puck, skates up the boards and across the red line (staying in their end of the rink) where they receive a pass from the second player in line (who has begun to move and makes a pass from about the blue line). The first player then moves in to shoot on the goaltender.



warmups/#1 progression