

SWING WARM-UP

PURPOSE: To practice in-close passing and receiving and to introduce the concepts of transition in a beginning drill.

SET-UP: Players begin in four equal groups located at the offside face-off dots. X passes to the first player in the O line, skates beyond the center red line, and then turns toward the end from which he or she started. The pass is returned, and the player goes in for a shot on goal. The drill starts in the opposite direction with O passing to X. The drill runs toward the opposite end of the ice.

