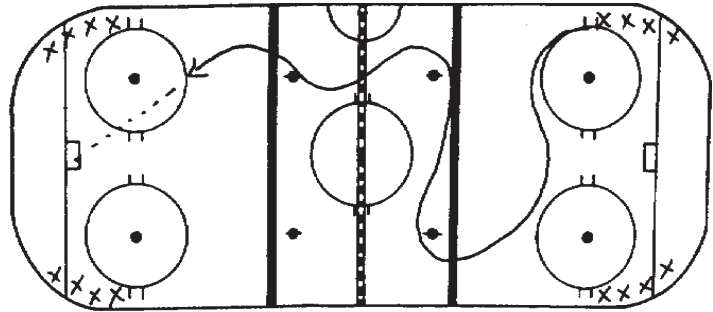


4-CORNER RAPID FIRE

PURPOSE: Warming-up the goalie.

SET-UP: Divide the team evenly into four lines and start them with one line beginning in each corner. All players in line should have a puck. Indicate what order the lines should begin (i.e. line #1, line #2, etc.). On the whistle, line #1 will begin. The first player in the line is the key. He begins by skating down the ice (in any patten he chooses). All of the players behind him will follow him (leave approximately 10 feet between each player) and skate in the exact same path as the leader.



Once the leader gets to the offensive zone, he will shoot at a point that is predetermined by the coach (i.e. top of the circles, blue line, etc.). Once all the players in line #1 have completed shooting, line #2 will begin.