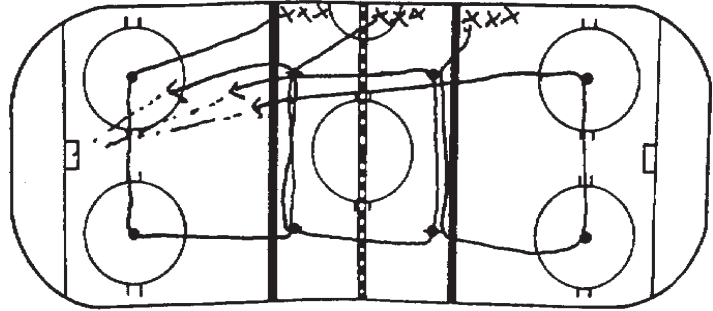


HYLM DRILL

PURPOSE: To warm up forwards, defensemen and goalies.

SET-UP: On the whistle, X1, X2 and X3 all skate with a puck to their right, skating across all the dots (making a square). They all come in and shoot, in consecutive order. If done correctly, they should be shooting about two to three seconds apart, giving the goaltender enough time to get positioned. After all three have taken their shots, a whistle command will begin the next group.



goalies/#3 hylm