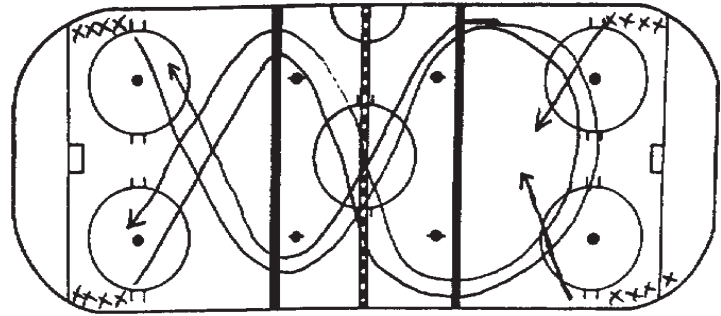


FOOT QUICKNESS WARM-UP DRILL

PURPOSE: Development of foot quickness, acceleration and high speed puckhandling skills.

SET-UP: Divide players up into equal lines in all four corners of the rink. On the whistle, two players leave from one end weaving their way up the ice and back to their end, keeping their feet moving all of the time. Once they reach the far end of the rink and begin heading back



toward the end they started from, two players from that end of the rink follow in their paths up the ice (after the initial pair, there will be four players moving all of the time). The second time through, each player can carry a puck and the third time they can pass a puck between them (for more advanced players).