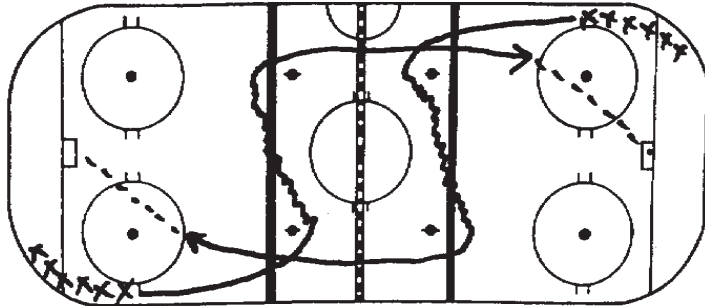
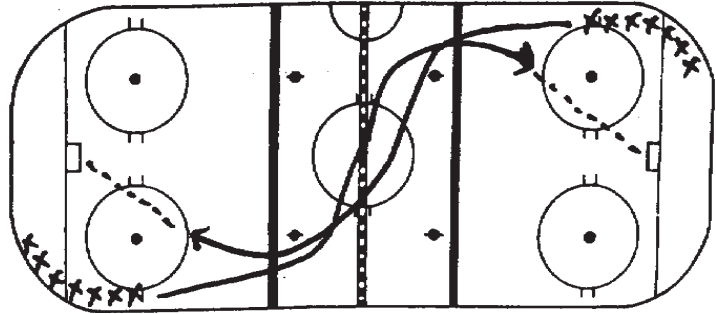


## AGILITY WARM-UP

---

**PURPOSE:** Warm-up drills to improve skating, puckhandling and shooting skills.

**SET-UP:** Divide players into two lines in diagonal corners of the rink. On the whistle, the first player in each line skates forward up past the dot, moves laterally across the ice around the dot and then shoots from the top of the circle.



**SET-UP:** Add a new skill into the drill by having the players move forward to the first dot then backward around the other dot and up-ice to shoot from the top of the circle area.