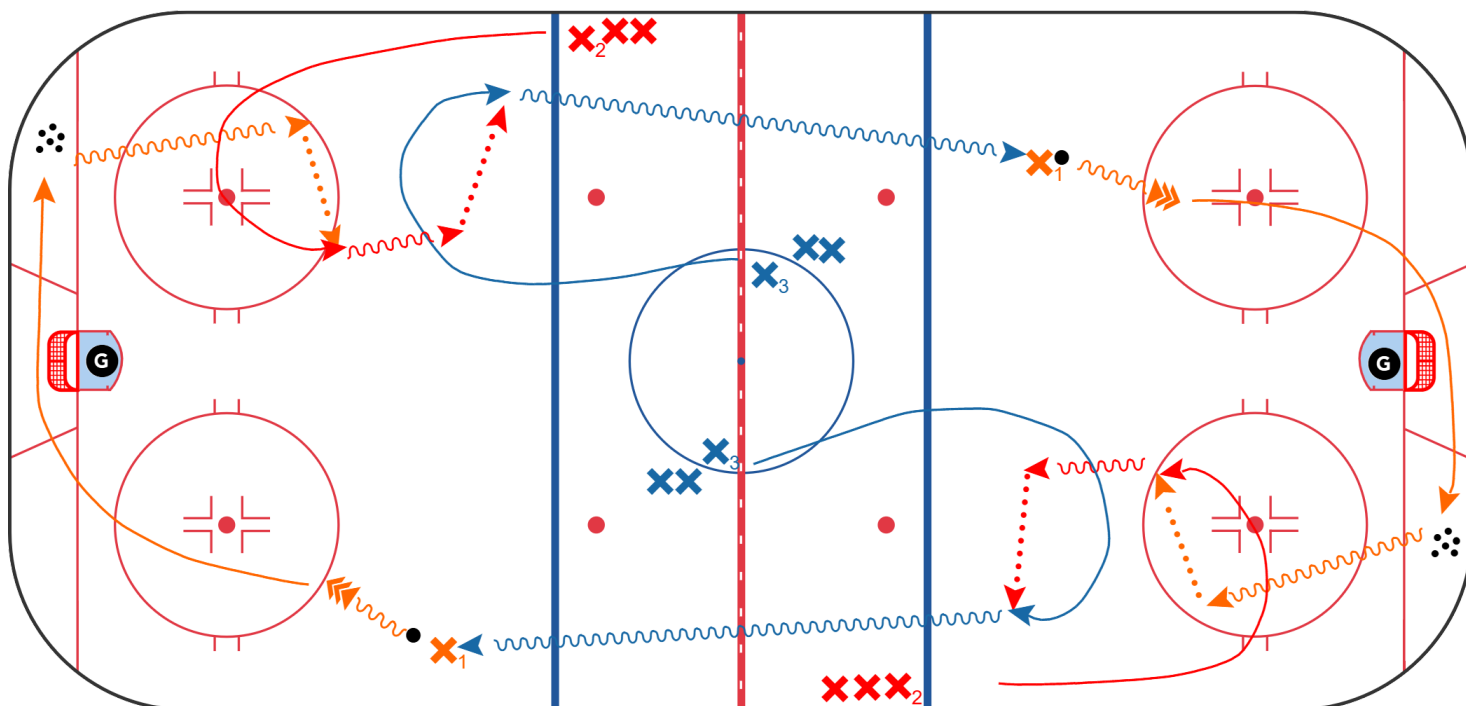


Flow Warm Up Full Ice



Description

- Orange X 1 starts with the puck both ways.
- Orange X 1 shoots, then picks up puck from corner.
- Red X 2 swings to middle and receives pass from Orange X 1, and Orange X 1 backchecks.
- Blue X 3 swings low up the wall and receives pass from Red X 2.
- Blue X 3 skates with speed and shoots. After shot Blue X 3 becomes Orange X 1 to continue the flow drill.

Key Points

- Keys are timing so passes are short.
- Making a horizontal pass is the goal.