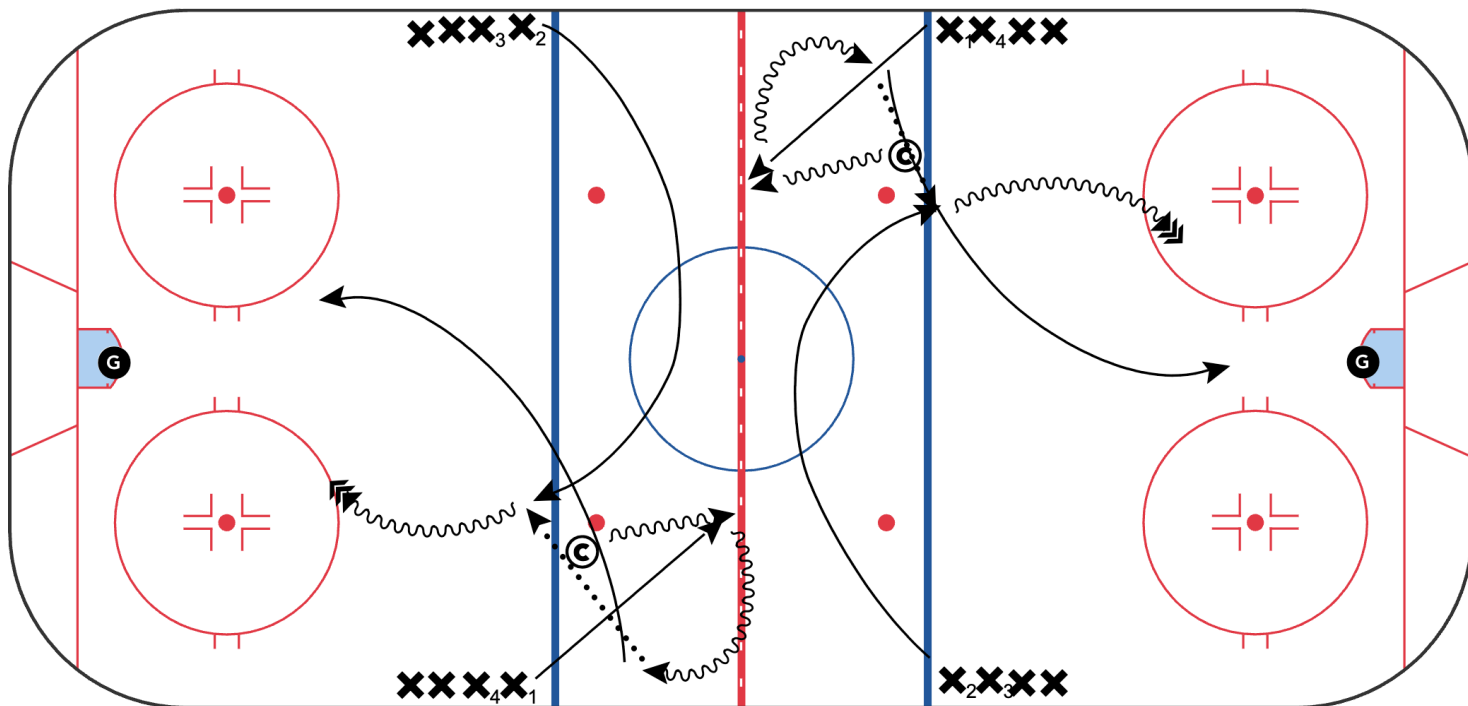




Union Tracking Warmup



Description

- Drill run out of both ends at same time
- Drill starts on whistle with coach skating up ice with puck
- X1 & X2 take off with X1 tracking back on the coach with X2 cutting across middle of NZ
- X1 engages Coach with puck, performs stick lift stripping Coach & making quick transition pass to X2
- X2 comes in for shot with X1 driving net for possible rebound
- Next rep coach goes from other side & X3 tracks coach and X4 cuts across middle

Key Points

- Good angle and stick lift technique on track of coach
- Communication by X2 to call for pass for quick transition
- Quick under handle pass by X1 for quick transition & zone entry
- Shooting on the move by X2