

Season Practice - 28

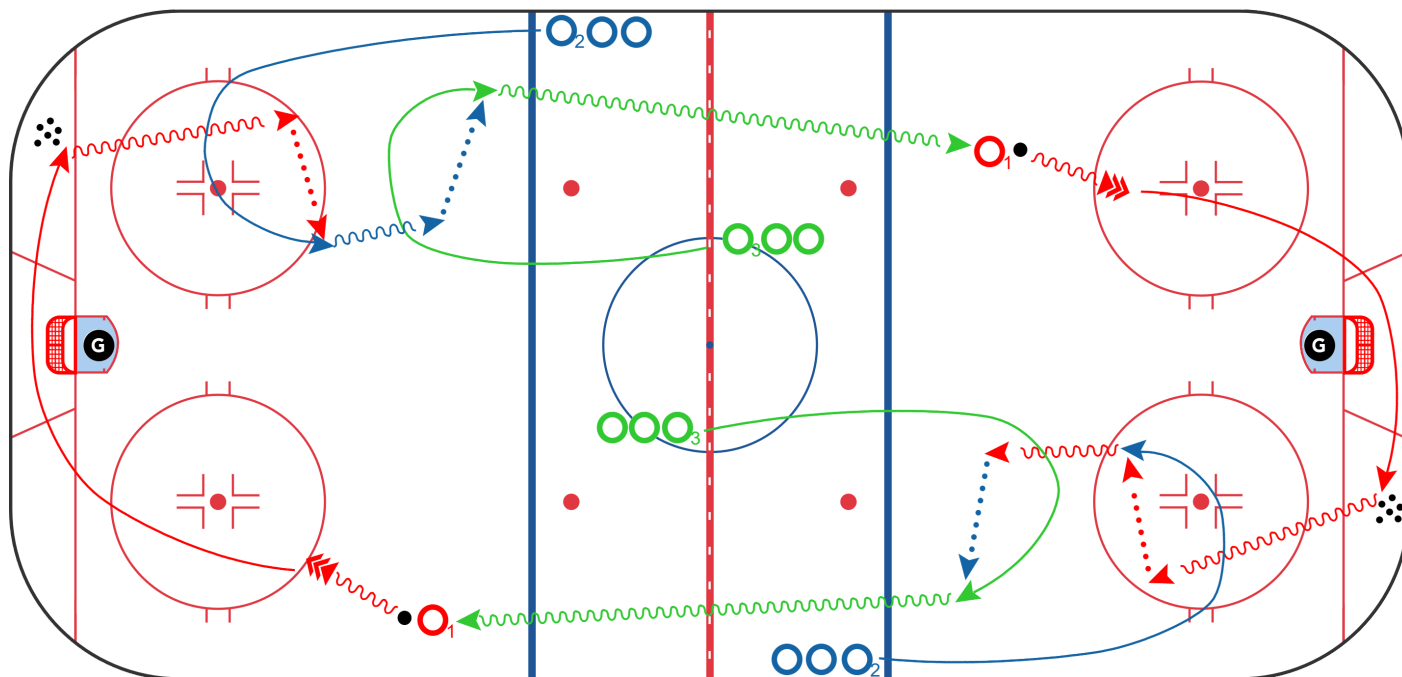
Date: Dec 17 2025

Time: 6:30 pm

Duration: 10 mins

Team Canada Warm Up

10 mins



Description

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

Key Points

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

