

# Season Practice - 28

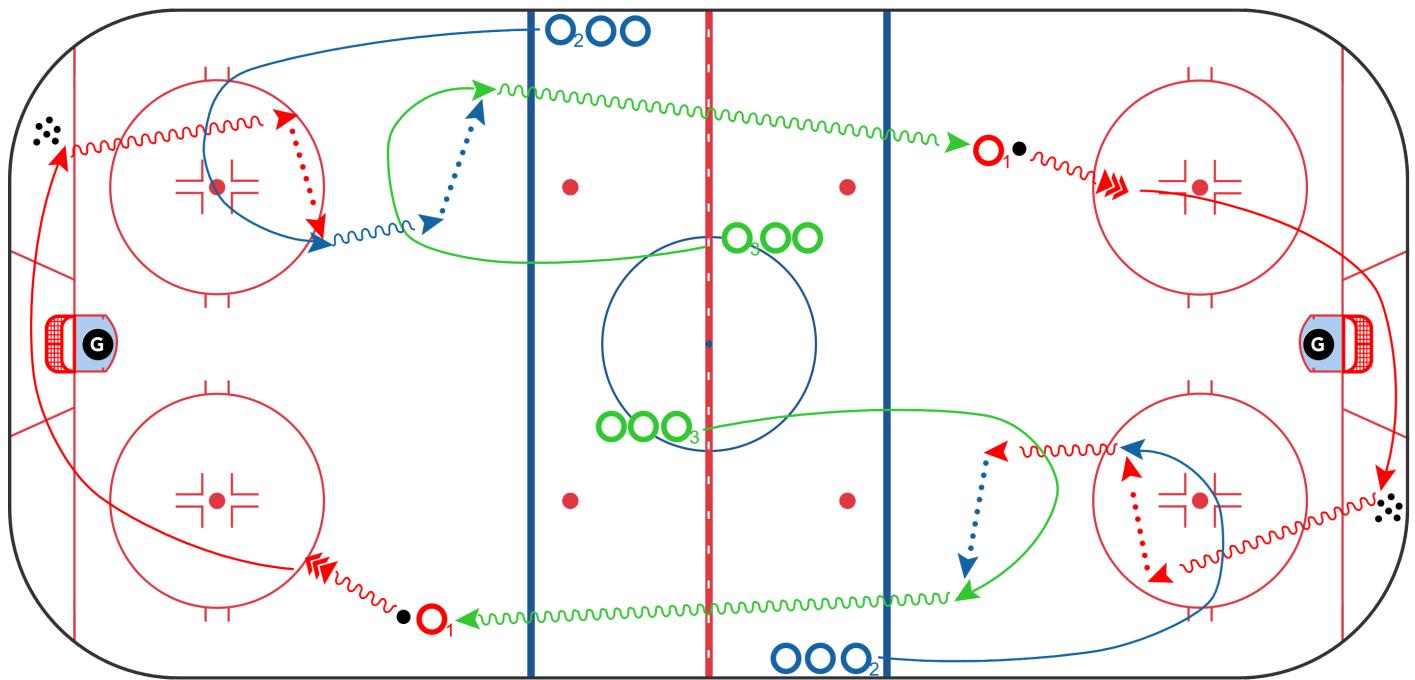
Date: Dec 17 2025

Time: 6:30 pm

Duration: 10 mins

Team Canada Warm Up

10 mins



## Description

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

## Key Points

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

