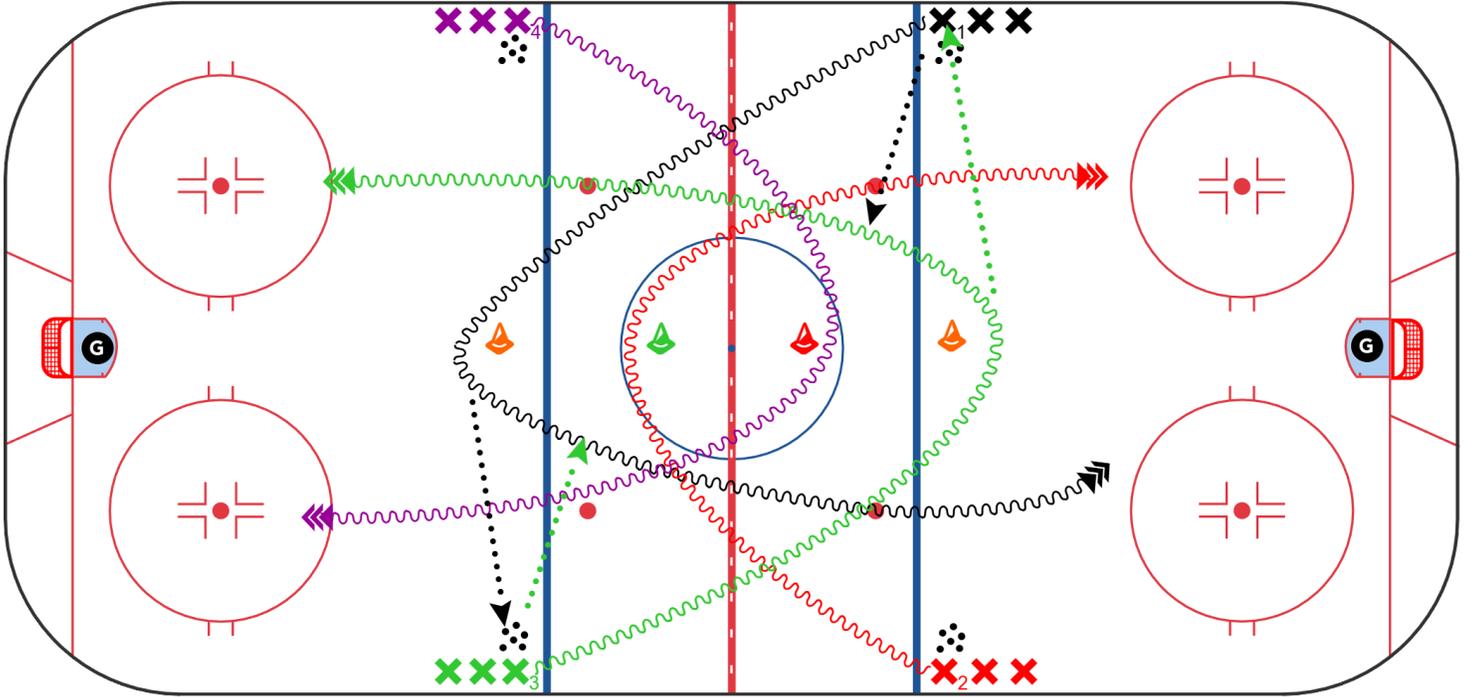




Minnesota Wild - Shooting & Quick Feet - Mitch Guigerre



Description

- All 4 players start at the same time.
- One side goes to the far (long) pylon.
- One side goes to their close (short) pylon
- If you have different color cones, you may use them so younger players can easily go around their color.
- For older players, add a pass on the long cone.

Key Points

Moving your feet

Crossing over

Eyes up