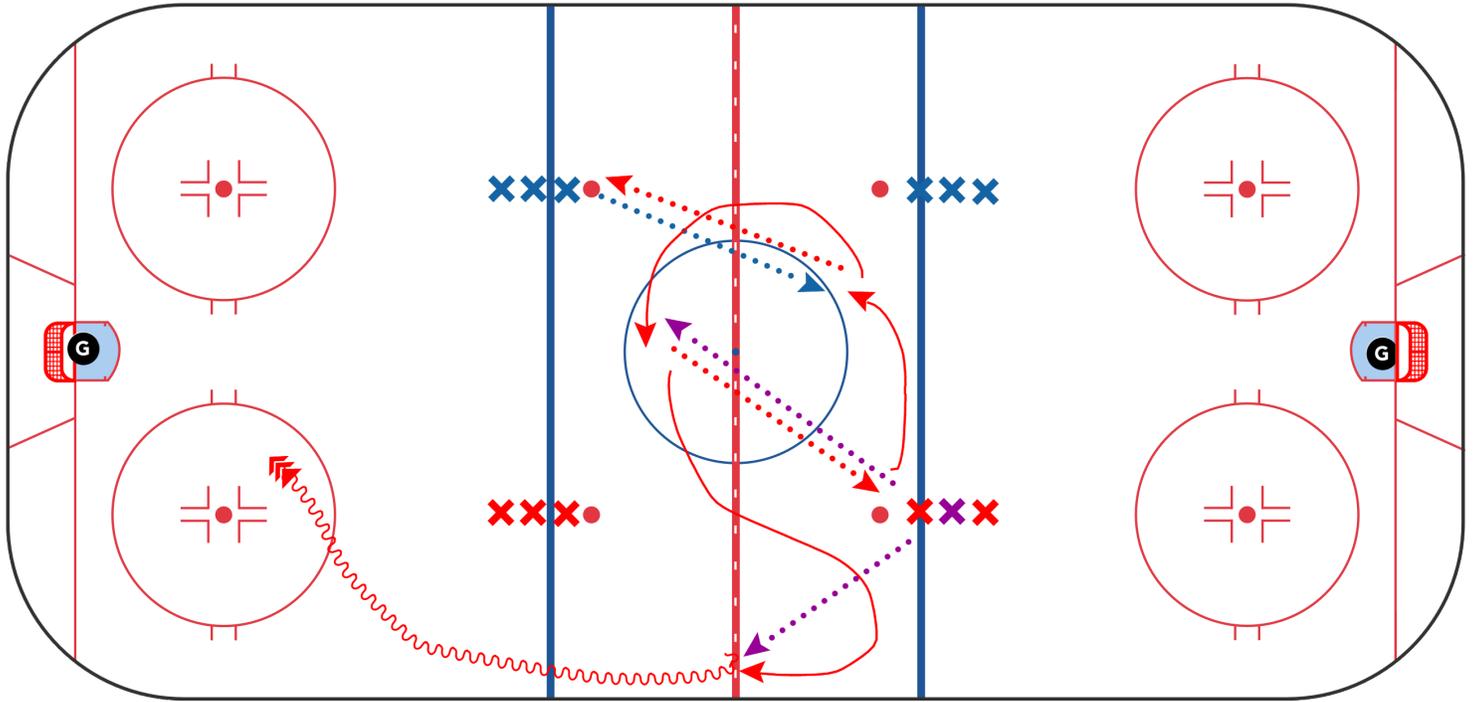


Swedish 5 Pass Warm-Up



Description

1. On whistle, first player from each diagonal line leaves without a puck (only one line shown here to keep the diagram simple)
2. First player skates across the blue line, receives a pass from the second player of the opposite line, then touch-passes it back
3. After passing it back, he or she loops around the top of the center-ice circle, receives a pass from the same line he or she left from, then touch-passes it back
4. After the second touch pass, player loops out wide, opens up as an outlet pass, receives another pass from the same line he/she left from, and attacks 1 on 0