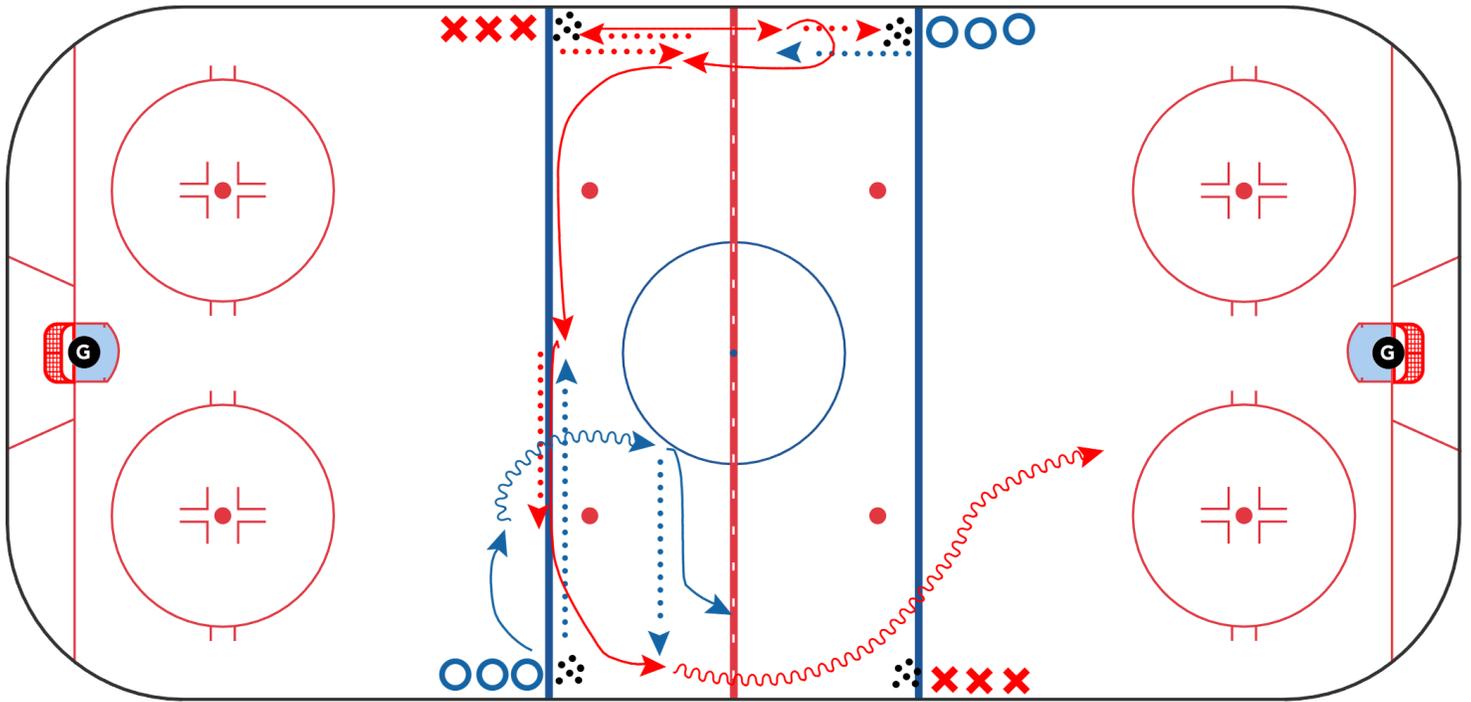




# Get Up and Go - 7 Touch Warm Up



## Description

Drill starts at opposite corners going at the same time.

Players leave without a puck and receive a pass then quickly one touch back to line. (2 passes)

Players go back to their original line and do another one touch pass back & forth. (4 passes)

Players then continue coming across the blue line and do a quick touch pass back & forth. (6 passes)

Player will step out and give the player in motion their 7th and last pass.

Player with the puck will go down and take a shot on net, while the player who gave the player their 7th pass will start the drill over again.