

# Center Scramble



**MIN. NUMBER OF PLAYERS:**

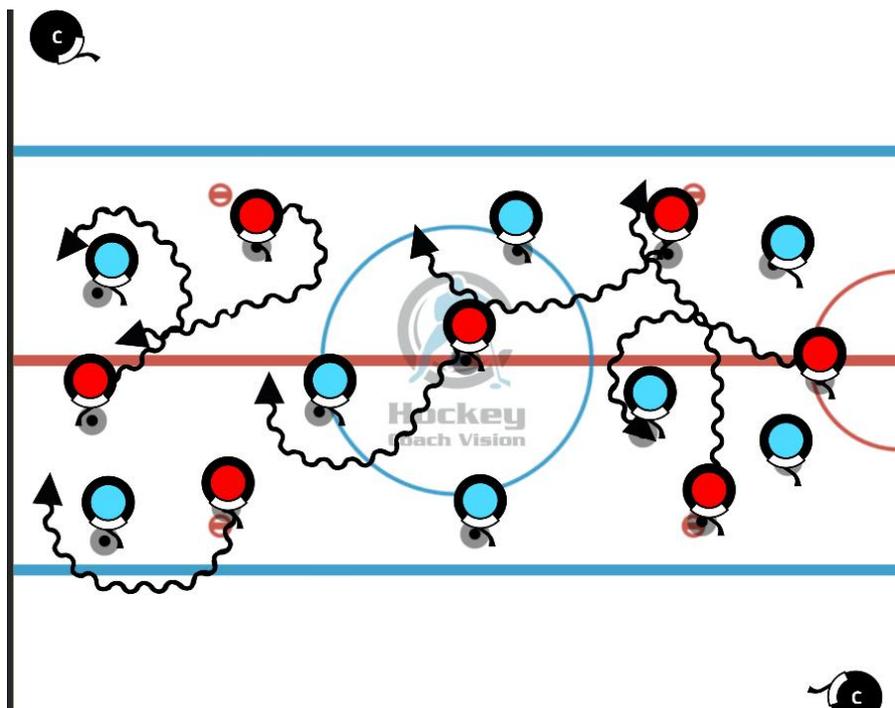
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**LEVELS:**

13-14, 15-16, 11-12, SEMIPRO, PRO, 08-10, 17-20,

**TAGS:**

stick-handling, warm up



**DESCRIPTION:**

Red players all take a puck and stand on it in a stationary position. The blue players all take pucks and start skating slowly around the red players stickhandling through their sticks and skates. Coach whistles and blue players speed up to increase difficulty.

Next whistle, blue players stop and the red players now start stickhandling around and through red players.

**KEYPOINTS:**

- Heads up skating
- pass puck under sticks and through legs

**NOTES:**

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