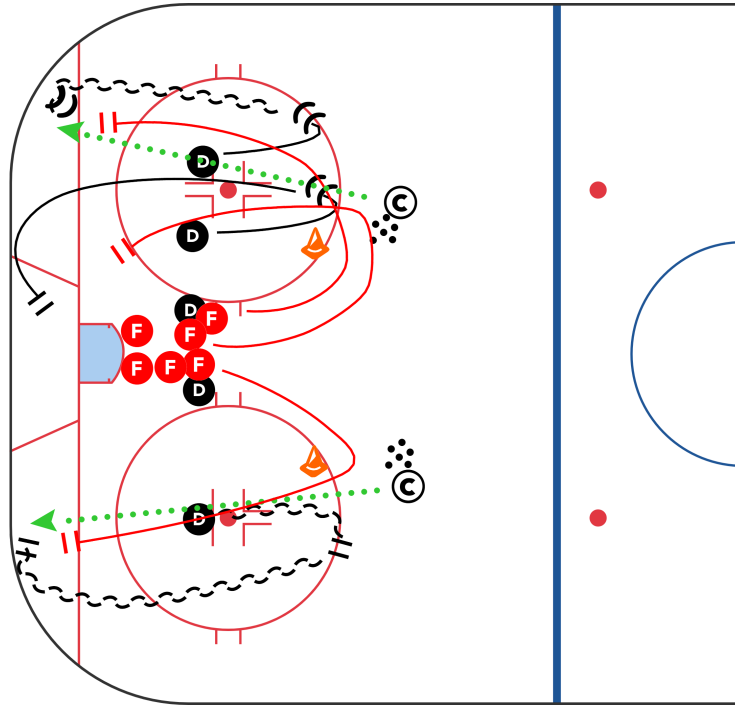




BO warm up



Description

Drill starts with coach dumping puck in the corner.
Defencemen has to tag circle and go retrieve puck
Forward has to go around pion and pressure D.
Whoever gets possession of the puck has to pass it to the coach.
Can be done as 1vs1 or 2vs2