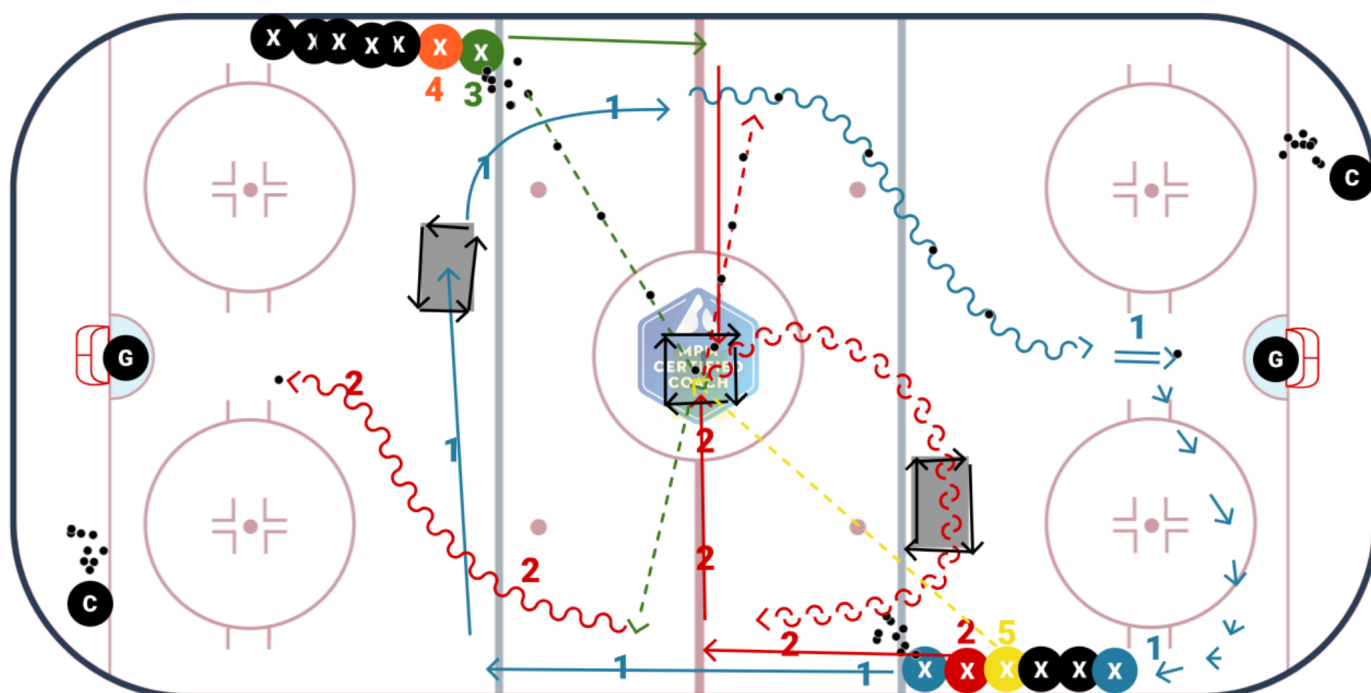


MICHIGAN WARM UP DRILL 1 ON 0 BY CAREY DURANT

Time:

Station:



Blue 1 leaves on the whistle and runs his pattern. When he hits that grey box which is the signal area for red 2 to leave and run his pattern across the centre ice line. Red 2 calls for a pass and it always goes to the forehand. Red2 one touches to Blue1 and then Red 1 heads back to his own line doing quick crossovers to hit that sweet spot in the box, when he is approaching then Green 3 comes through the middle to keep drill going.