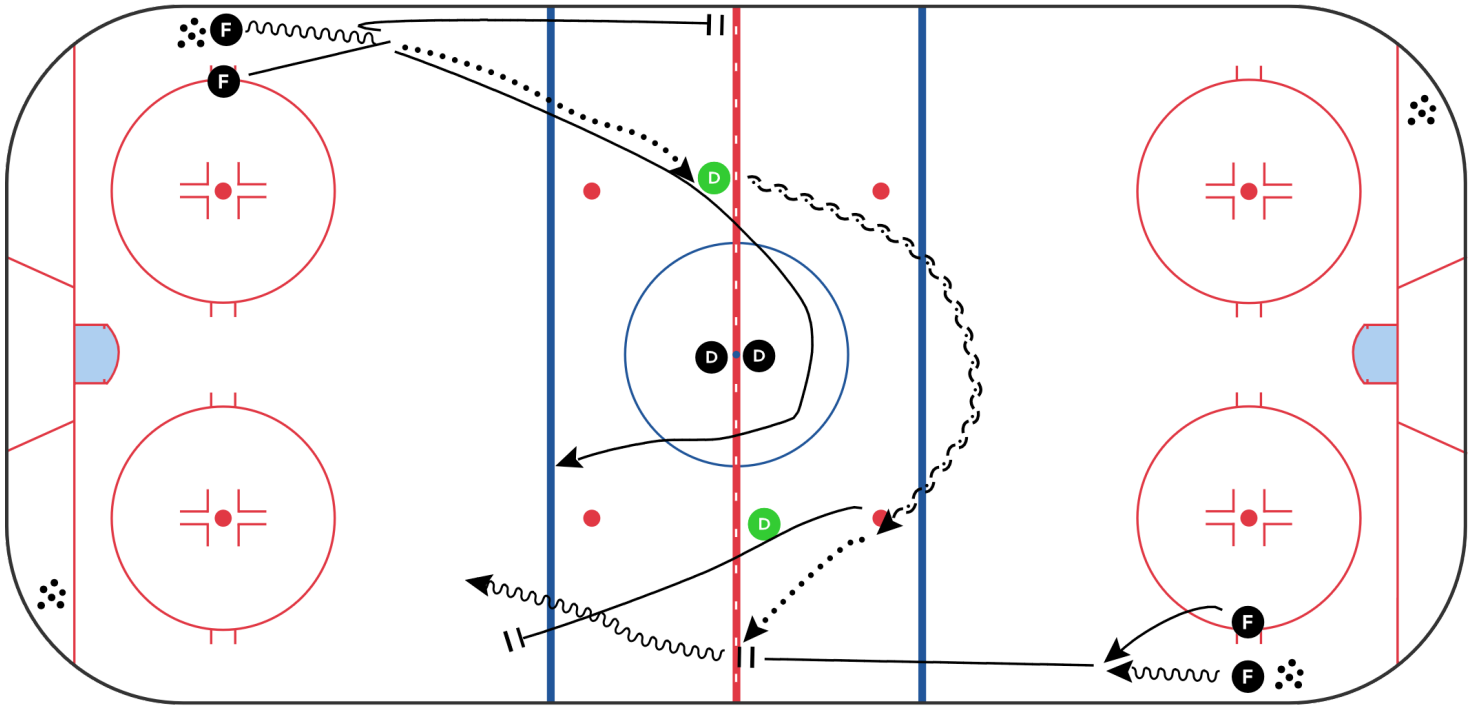




Luuks Tracking Warmup



Description

Drill Run from Both ends at same time

F1 takes off with puck, F2 Tracks gains possession of puck, bumps to D

F1 continues to post up at Red Line

F2 continues skating through NZ

D continues with puck bumping to opposite side F1

2v0 entering the zone for shot

D continues up ice posting at blue for point shot