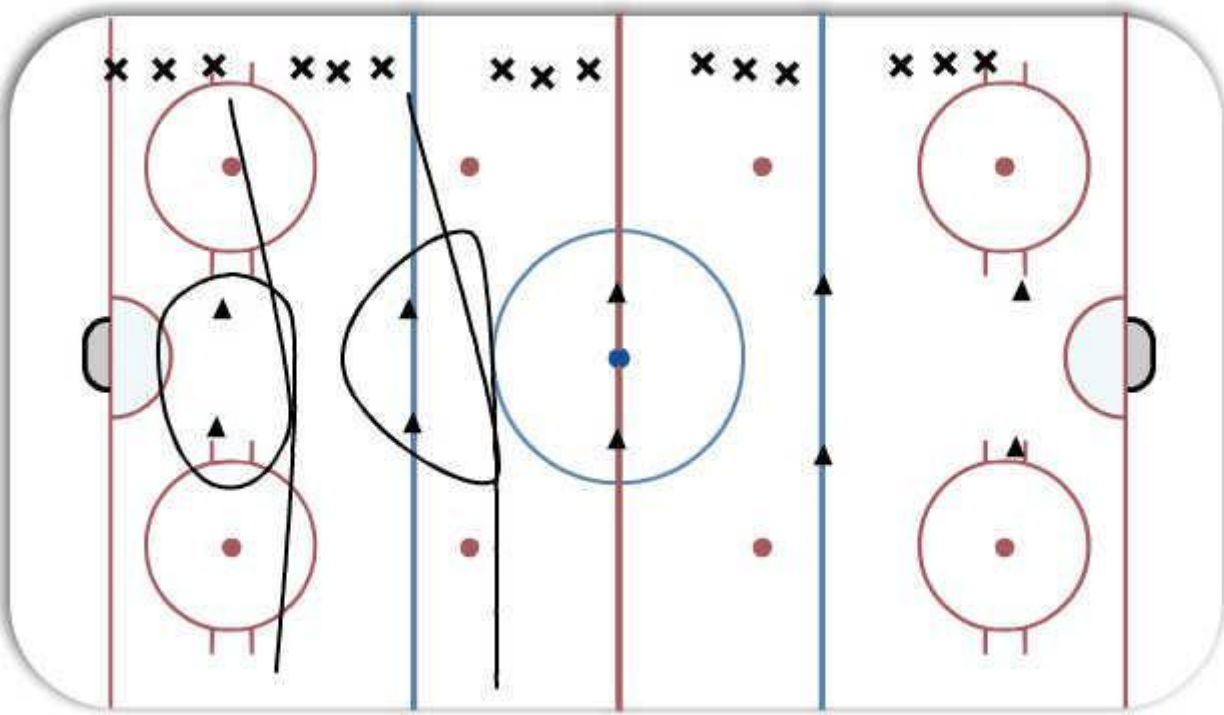


Cross Over Warm-up with Cones/Nets



Description

On whistle first player from each line will leave to the left of the cones
Players will cross over nice and wide of the 2 cones and finish on opposite side of the ice

Tags: Working on Cross Overs, Focusing on 2 pushes, Stick in the middle of the ice