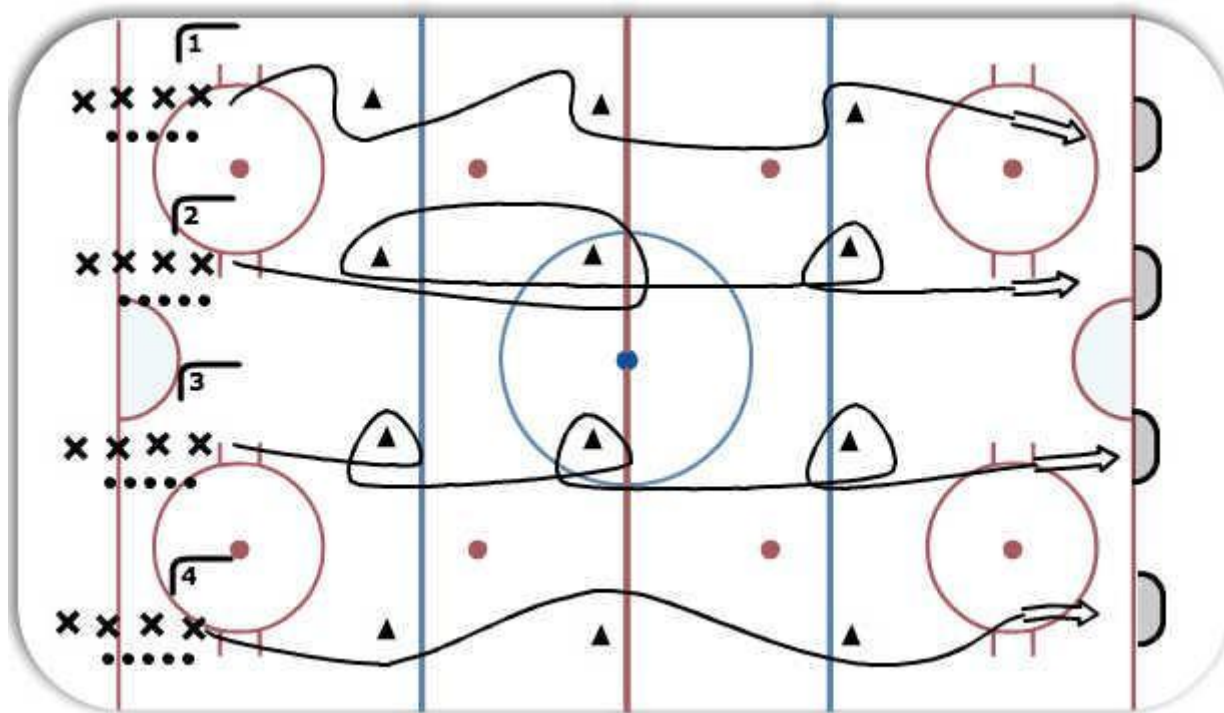


Stick Handling Warm Up



Description

Review Puck Handling - Hands in good position, Top hand up (keeps blade flat on ice), cup blade over puck on forehand and backhand, Head Up, Top Hand (Control Hand) controls blade and Bottom Hand (Power Hand) adds power to stick and blade.

For all of the 1-4 warm-up waves, have each line perform the same moves and patterns, start with #1 then #2....

1 - Have players control puck around the cones, work on quick moves at cone, finish with shot

#2 - Glide turns around cones, players skate to cone 2 and glide back to cone 1 then skate to cone 3 and tight turn around the cone and go to net for shot

#3 - Control puck around cones, players do tight turns with puck around all 3 cones then shoot

#4 - Lateral movements, player skate with puck while crossing over around 3 cones, finish with shot