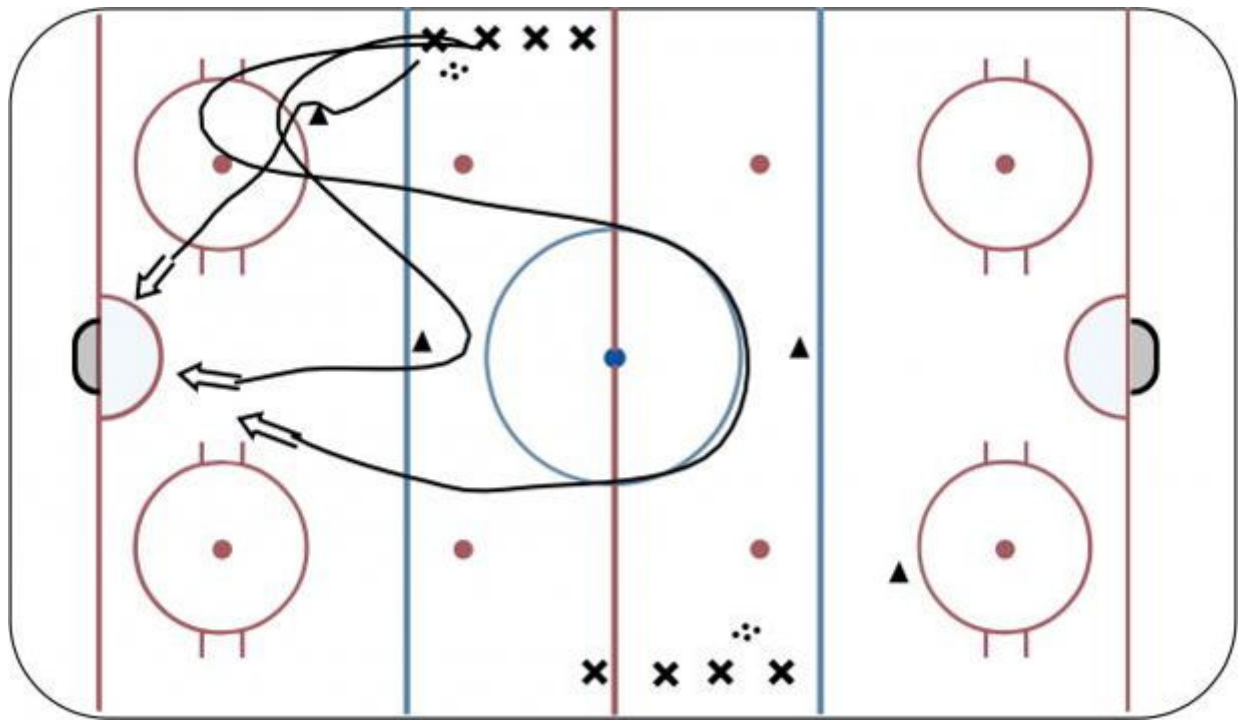


3 Player Shooting Warm-Up



Description

- 3 Players leave on the whistle (Each group of 3 players shoot on the same net)
- P1 skates around or can deke cone 1 and goes in for a shot
- P2 glides around cone 1 and glides up and around cone 2 and in for a shot
- P3 glides around bottom cone and then crosses over around centre ice and in for a shot