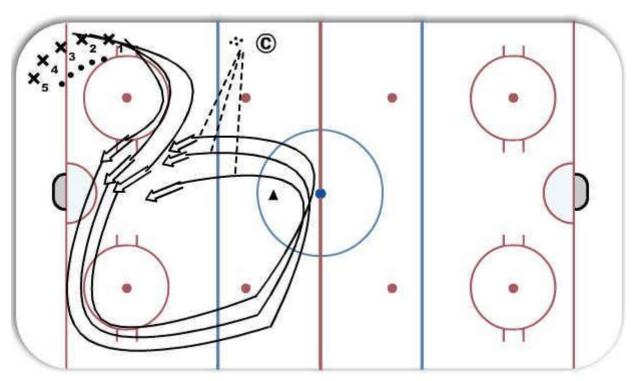
3 Shooter Warm-up Drill with Passes 2 Team



Description

Player 1 leaves with Puck skates around circle and shoots

Player 2 leaves when P1 gets to top of circle and shoots

Player 3 leaves when P2 gets to top of circle and shoots

All players skate up around cone at centre crossing over to pick up speed and receive a pass from Coach for 2nd shot each

Tags: X-Overs, Shooting, Receiving Pass