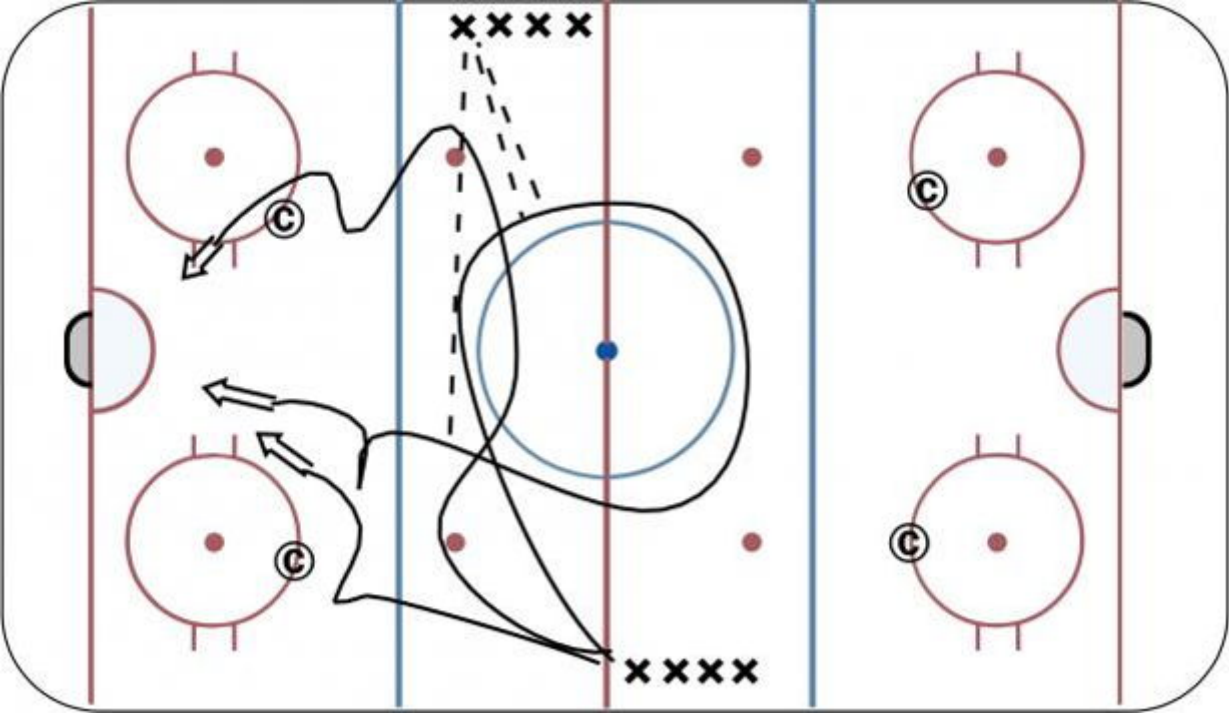


3-Shot Warm-Up



Description

- X1 - Attack coach makes quick move for shot
- X2 - Drives dot to dot attacks coach for shot
- X3 - Skates around the circle, give and go with X4 from opposite line, then back to X3 on far side of ice, attack coach and quick shot.