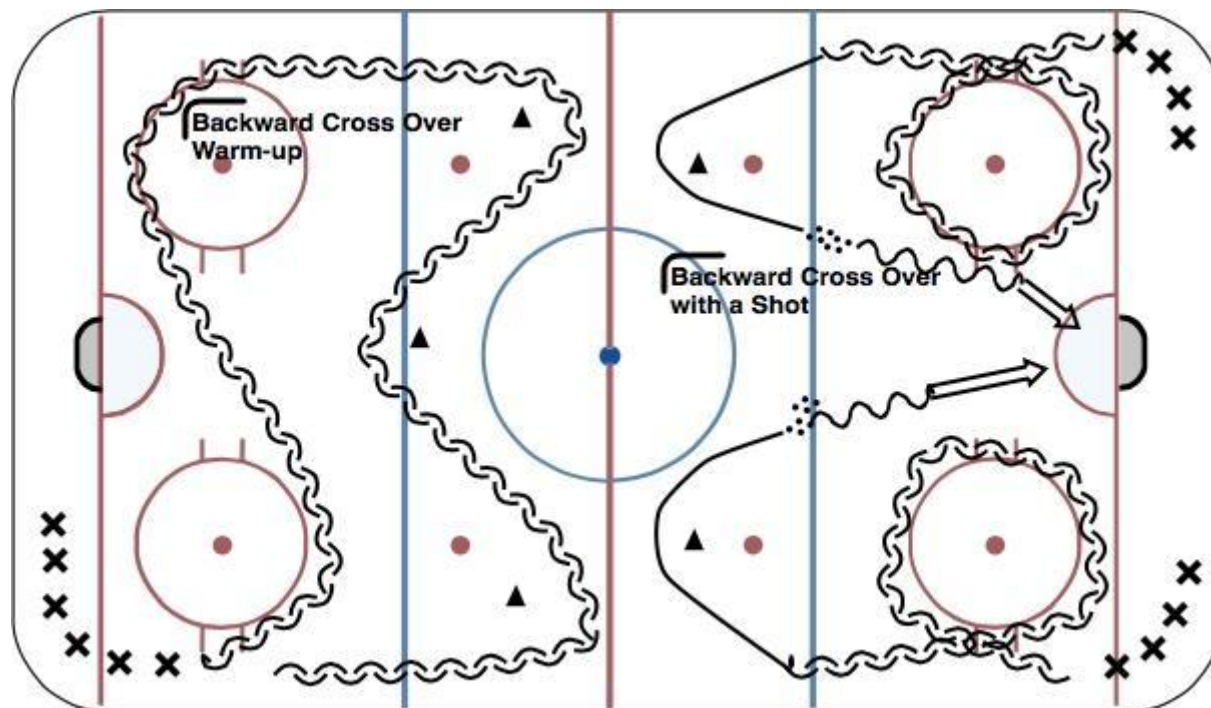


Backward Cross Over Warm-up 1/2 Ice



Description

Backward Cross Over Warm-up - Players line up in corner and perform backward crossovers around the top of the first circle and the bottom of 2nd circle

- Skate backward to cone and cross over moving laterally from 1st cone to 2nd cone and to 3rd cone and backward back to starting line

Focus on players getting a good C-Push, followed by Crossover (getting outside foot over inside foot, as players get comfortable, then add the reach and pull with inside foot)

Backward Cross Over with a Shot - Players line up in corner and perform backward crossovers around the circle

- players then skate backward to the blue line, turn to forwards, glide around the cone and pick up a puck (could add a pass from the coach), then skate in for a shot on net

** This drill could be turned into a race against the opposite side **