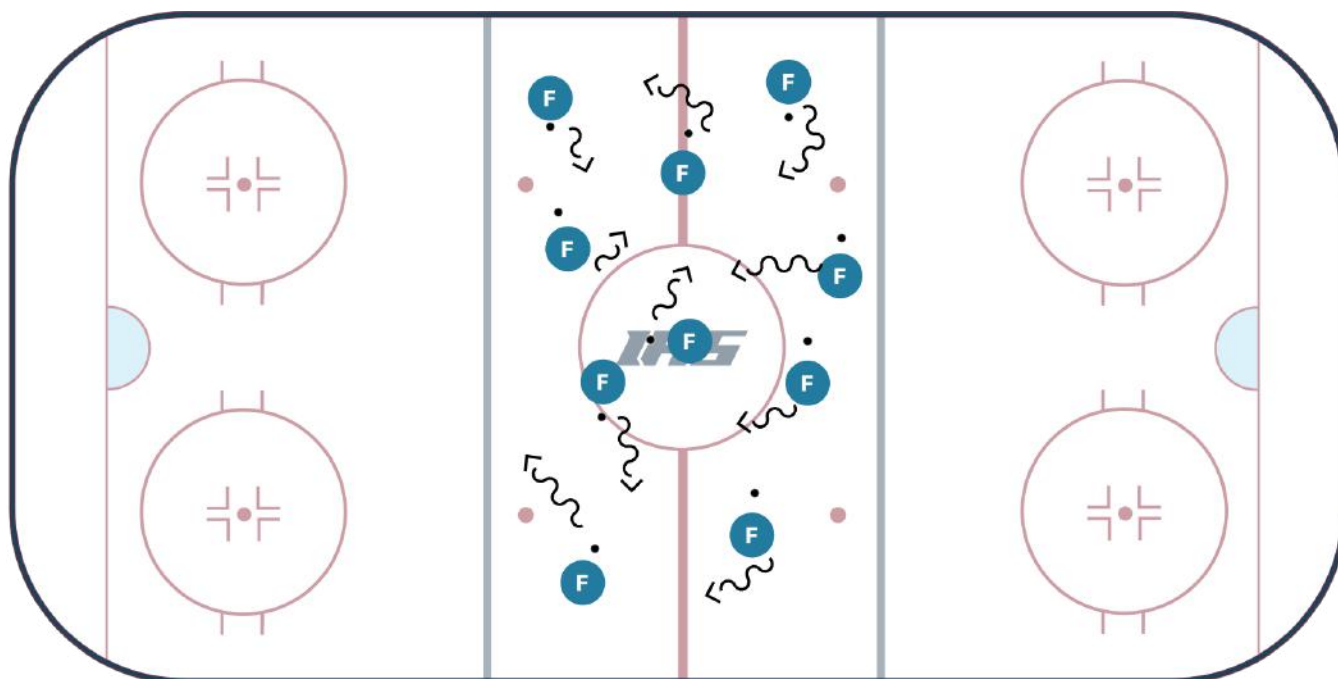


Warm Up Drill - Colorado Chaos



Description

This is a great/fun warm up drill that allows players to get moving with a puck while focusing on important skills such as stickhandling, skating to open ice, puck protection and edgework.

Key factors of the drill:

- Use body positioning, edgework, quick turns and stickhandling to protect puck while moving to open ice

The drill is run out of the neutral zone with the blue lines acting as boundaries. Each player starts in a stationary position with a puck - the number of players in the game is up to the coach's discretion (more players = greater difficulty). On the whistle each player begins skating in the neutral zone with their puck - each player must protect their puck while attempting to knock other player's puck out of the zone. If a player and/or their puck go outside the neutral zone/bluelines, they are eliminated. The drill continues until only 1 player remains and is declared the winner.

It is important that each player use body positioning, edgework, quick movements, deception, and stickhandling to maintain puck possession while keeping their heads up for an opportunity to attack opponents.