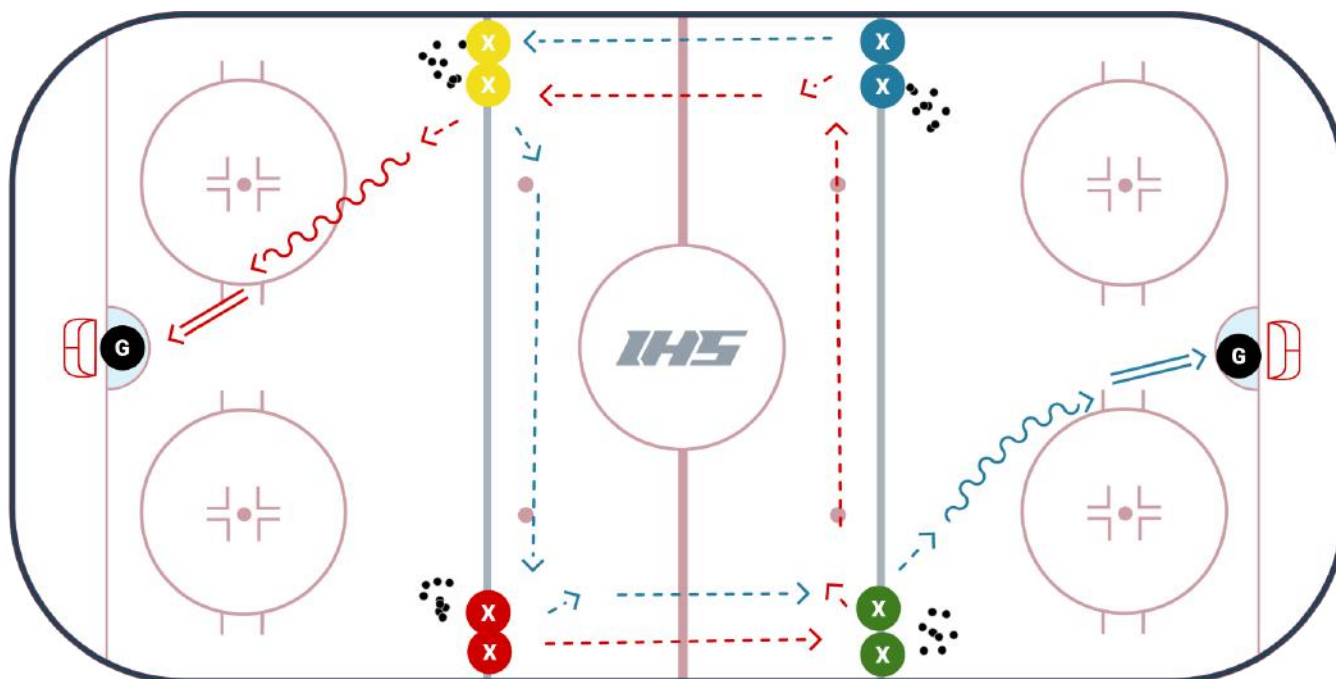


Warm Up Drill - One Touch Around The World



Description

The purpose of this drill is to get players skating, making and receiving controlled passes in both moving and stationary positions, following their passes, and to emulate give-and-go plays.

Key factors of the drill:

- players are to be skating at full speed while making and receiving passes
- making and receiving controlled passes from a proper stance and with proper stick placement

The drill starts out of opposite corners (red/blue). On the whistle the skater (red /blue) makes a crisp pass to the player indicated (red to green/blue to yellow) and skates hard following their pass. The player receiving the pass will one touch pass back to the skater as they round the corner and continue skating. The skater then makes a crisp pass to the next player indicated (red to blue/blue to red) and continues rounding the second corner making/receiving a final one touch pass (red to yellow/blue to green) to enter the zone to score. The drill begins again, starting out of the opposite corners (yellow X/green X) and continues to rotate with each rep.

When receiving passes players should be in an athletic stance (knees bent) with their sticks in a proper position to accept the pass. One touch passes should be directed to allow the skater to receive with speed and should be "cushioned" enough to ensure there is not a "breaking glass" sound from the stick.