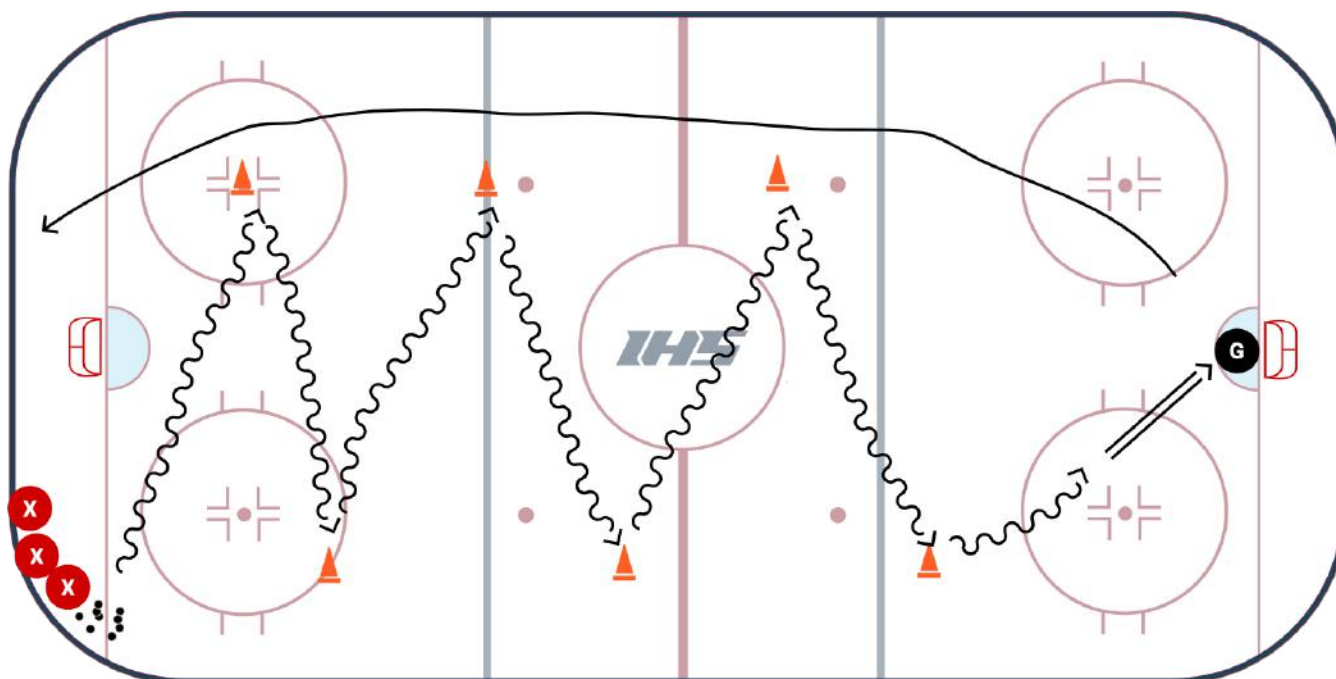


Warm Up Drill - Zig Zag



Description

Purpose of the drill is to allow players an opportunity to improve conditioning while working on various stickhandling, skating, shooting, and edgework skills before moving onto more focused elements of a practice.

Key factors of the drill:

- Variety - ensure specifics for each repetition are varied and align with skill sets the team is working on.
- Accountability - ensure a coach is at each pylon to ensure that players are executing properly.

One the whistle one player starts skating towards the first pylon, completes a task and moves onto the next pylon. This is repeated until the end, where a shot on goal occurs and they skate hard down the far side to the back of the line. Players move at a rapid pace, with the coach sending the next in line when appropriate so as to keep as many players moving at once.

Prior to each repetition the coach will call out a specific task related to a desired skill. This could include hockey stops, transitioning forward/backward at each pylon, performing mohawks around the pylon, dropping to the players stomach and back up, a simple weave, or anything else the coach would like. Each repetition can be performed with/without a puck. Ensure players get multiple repetitions, but be cognizant of time as the drill will tire players out as it is conditioning intensive.