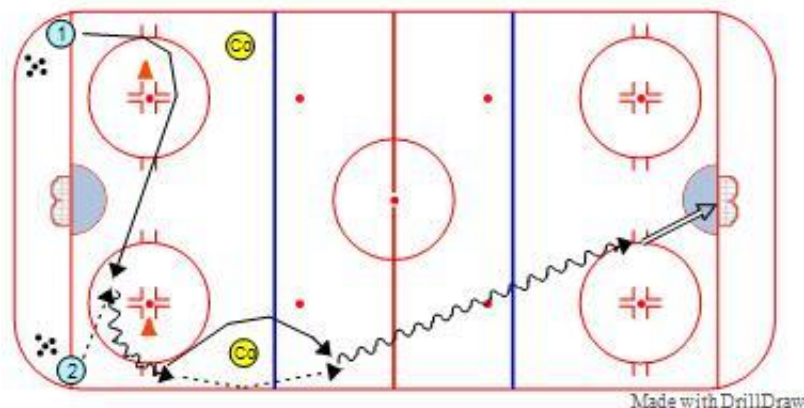


Get the Puck Out! (Seq. 1)

Category: Warmup | Drill Level: Intermediate



Key Points

- Breakouts
- Using the Glass
- Swinging Low

Description

1 skates round cone and cuts across to the far corner receiving a pass from 2. 1 cuts around the next cone and heads up ice. 1 puts the puck off the glass and steps around the coach to retrieve the puck and take a shot.