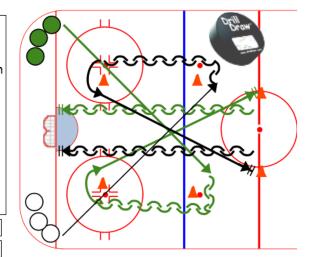
Title: WARM UP D-005 Category #1: Skills Category #2: Skating

Description

The two players start at the whistle.

They accelerate up to the first pylon, pivot and skate backwards to the face off circle. At that point they pivot again and skate hard to the pylon on the red line where they make a quick stop. They then skate backwards to the goal line.

Players change lines after each turn.



Key points:

Acceleration	Quick stops
Pivots	