

Title : 2 Shot Warm-up

Content elements:

Components :

**Description**

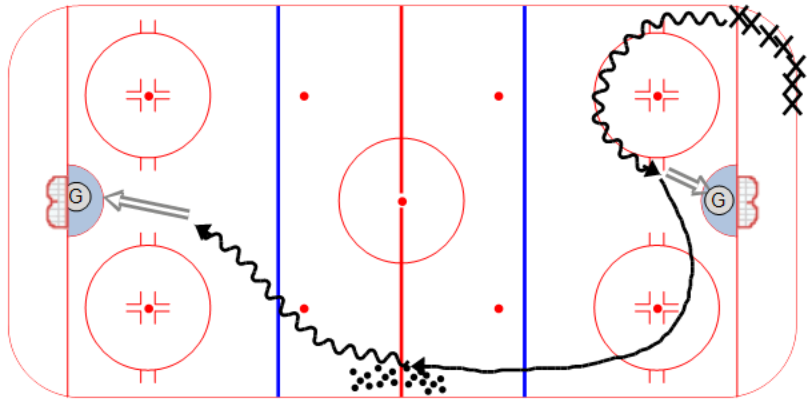
Simple warm-up to get the players skating hard.

Player skates out of the corner with a puck and takes a shot on goal. He then follows that shot by skating hard up the far wall. Picks up a puck at center ice and goes in on the far end for a second shot.

Players line up at the opposite end after they shoot.

Drill starts again at the opposite end after all players have gone.

Make sure the players skate hard to get the second puck at center ice.



**Key Points :**