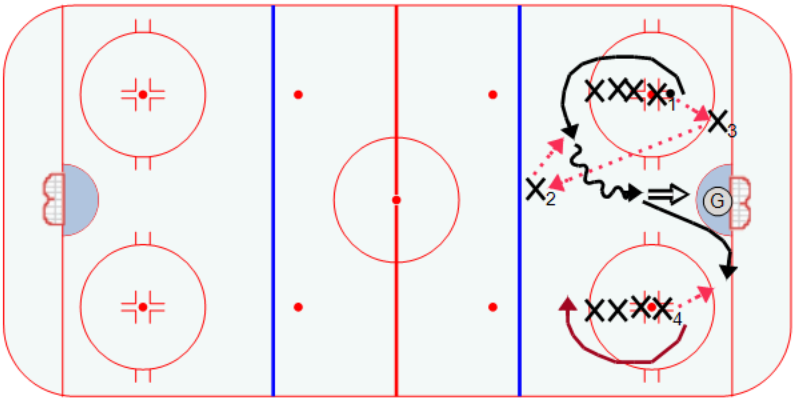
Title : ACHA Goaltender Warm-up **Content elements:** **Components :**

Description

Drill starts with two lines plus a player up top(X2) and a player down low (X3).

X1 passes to X3 and skates around the group of players.
X3 passes up to X2 who one-touch passes to X1.
X1 shoots from above the hash marks.
X1 goes to the bottom of the opposite line to act as X3 on that side.
X4 starts the drill again.
X3 position goes back in line to shoot.
Change out X2 player every few passes.

Run at both ends.



Key Points :