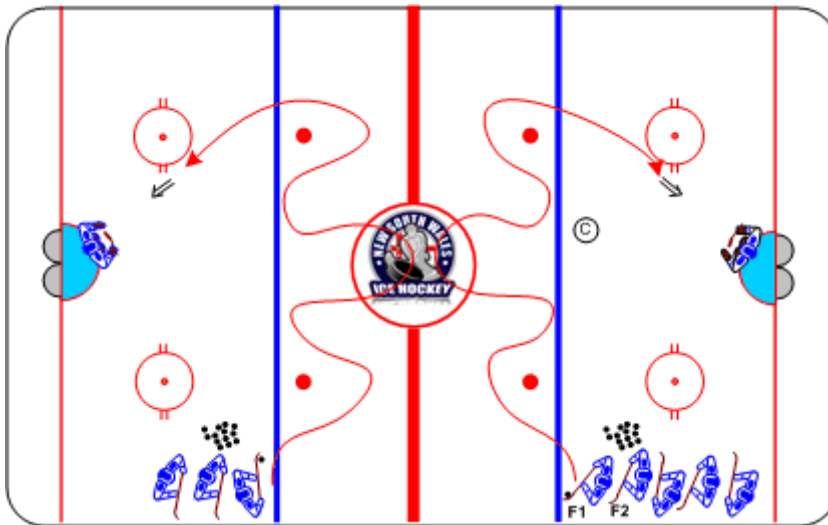




## Tight Turn Goalie Warm-Up

Duration: 6 mins

- F1 begins at the blue line carrying a puck, executing tight turns along the blue line and centreline
- F1 enters the zone executing an outside net drive
- F2 leaves when F1 is past the first face-off dot



### Coaching Tips

- Tight turns with puck control
- Accelerate away from turn
- Shooting on the move

### Execution Tips

- Shooters are not permitted to deke
- © must reinforce net drive and foot speed
- © to provide passive defense