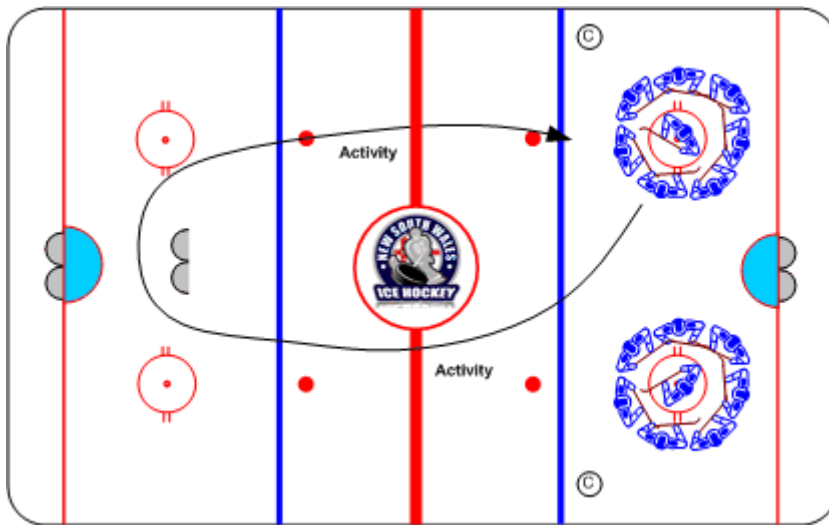




Krause Warm-Up

Duration: 5 mins

- Two groups stretch separately
- Between each stretch, the group does a one-lap skate performing an agility activity on each lap (i.e. one-leg slalom, shoot the duck, etc.)



Coaching Tips

- Insist on a variety of stretches and a variety of agility activities

Execution Tips

- © could lead balance activities
- Captains could lead stretch