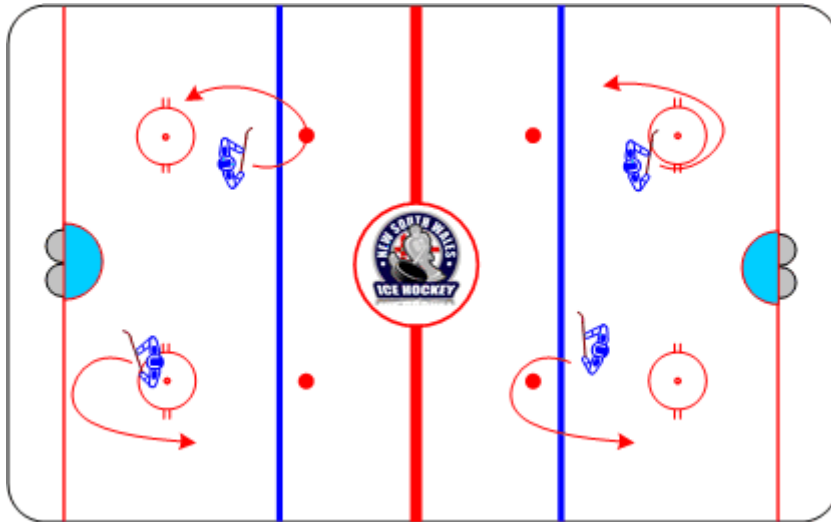




Warm-Up, Tight Turns

Duration: 5 mins

- Players carrying pucks
- On the whistle execute a tight turn and accelerate 4 strides in opposite direction



Coaching Tips

- Jump out of turns

Execution Tips

- Tight turn toward the boards