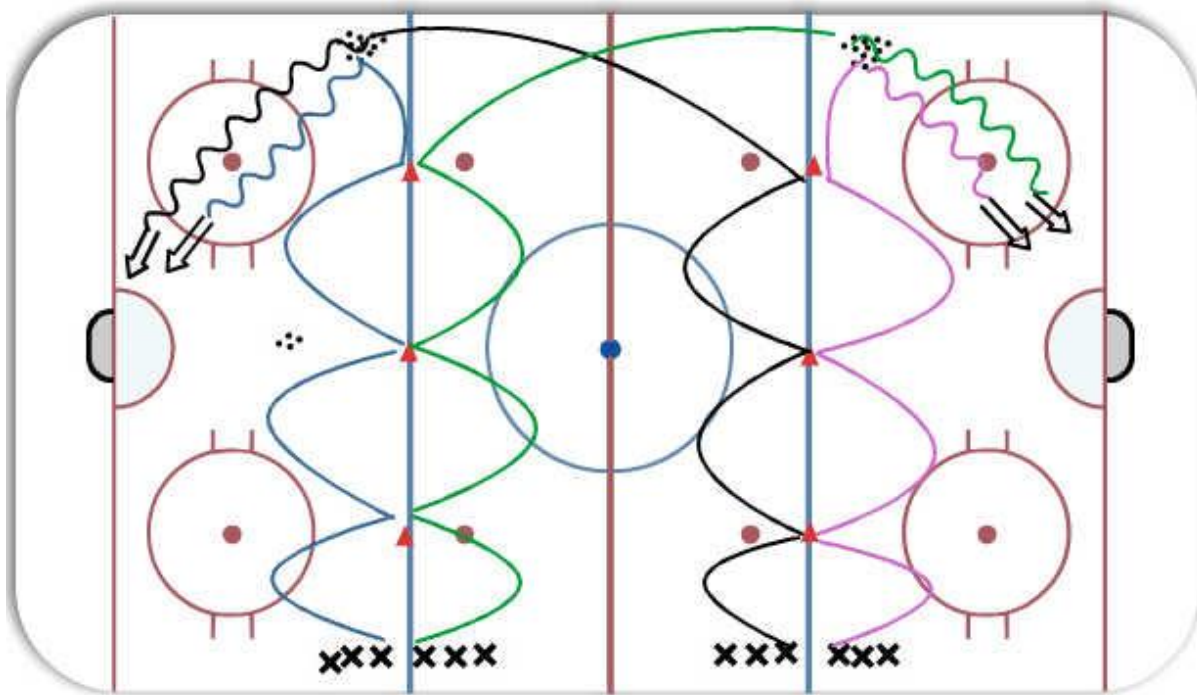


## Open Ice Contact warm-up



### Description

players leave on whistle and make body contact at all 3 cones. after 3rd contact outside player attacks closest net, inside player attacks furthest net for a shot. Both sides are going at the same time.

Teaching: contact should start at about 25% then 50-75 max. Make sure players do not stop before contact, make them use their body weight during contact to stop their momentum. smaller players will have to adjust and find a balance that works vs bigger opponents. make sure they are using their shoulder, with elbows down. before contact plant their inside foot and shift their weight all the way through till contact.

**Key Points:** Contact Fundamentals,