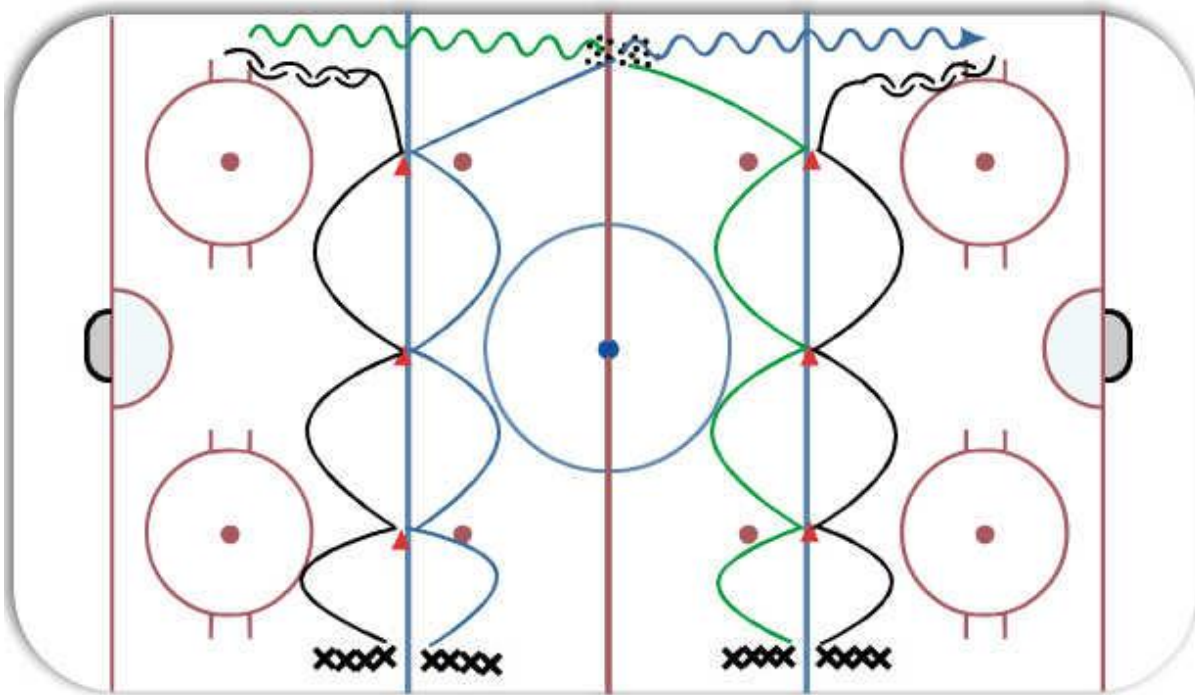


Open Ice Contact warm-up 2



Description

Exact same principles as Open Ice Contact warm-up 1 now inside players pick up a puck and attack the wall, outside players become defense and angle, use stick on puck and take the body. Attack low to high and have them play out the one on one.

Key Points: Contact Fundamentals