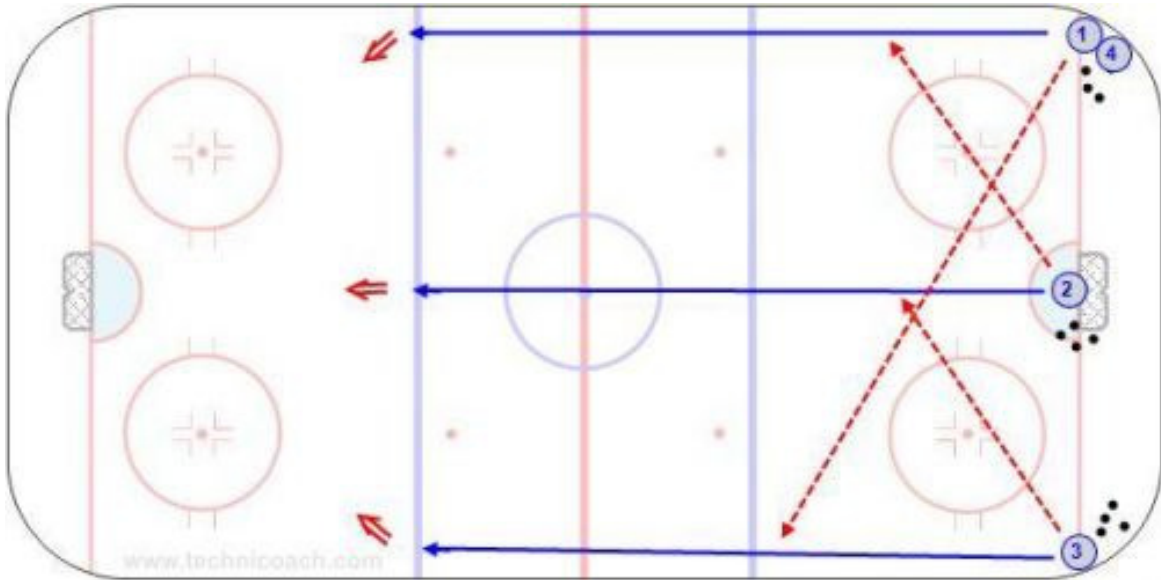


# Basic Passing Warmup



## Key Points

- Leading the Player
- Warming Up
- Full Speed
- Goalie Warmup

## Description

- 1) 1 heads up the boards and receives a pass from 2
- 2) after 1 reaches the neutral zone, 2 leaves and receives a pass from 3
- 3) after 2 reaches the neutral zone, 3 receives a pass from 4
- 4) players shoot when they reach the blue line