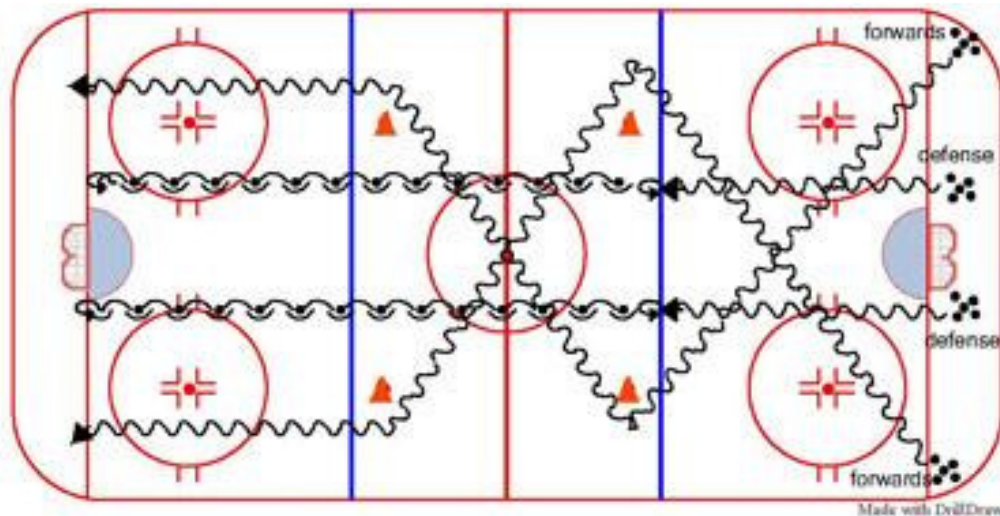


Warmup Heads Up



Key Points

- Heads Up Skating
- D-Man Pivot
- Puck Handling

Description

Start at one end of the ice. Two forward lines one in each corner. Two D-man lines in the middle on the side of each net. Place pylons at the offside dots. Have the forwards cross the ice to the far side pylon then cross back over to the next pylon - keeping head up so they don't collide with the other forward. The D-men skate forward to the blue line then pivot and skate backward the rest of the way.

Notes

repeat drill both ways, then incorporate pucks when they get the hang of it.