

## A300 One Touch Warm-up Slovakia U20

### Key Points:

Move the puck to everyone in the group facing the puck at all times. Goalies warm up with the coaches.

Do this instead of aimlessly skating around the ice with a puck at the start of practice.

### Description:

1. Players skate around in their 5 man units.
2. One touch pass the puck to each other.
3. Coaches warm up the goalies at one end.
4. Do this for about 3 - 5 minutes.
5. Blocks of 5 players could move onto 3-2 Keepaway.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204085926671>

