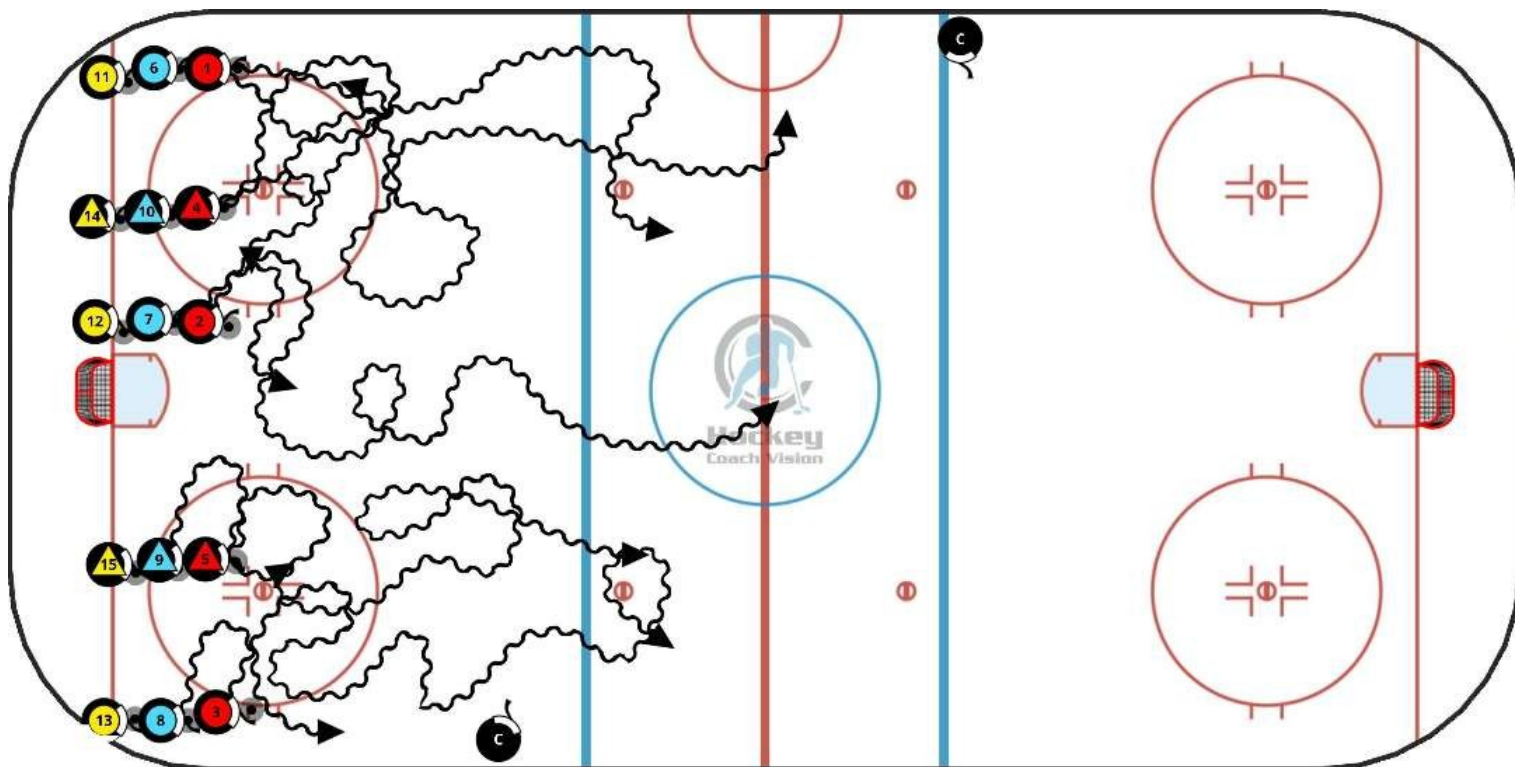


# DON'S SCRAMBLE WARM



## DESCRIPTION

Heads up skating drill

## SETUP

The players take pucks and line up in their lines of five players .

Five players at a time weave skate in the end zone then move from zone to zone on each whistle from the coach.

The next line of players starts when the line ahead of them leaves the zone to move to the next zone.

## TIPS FROM THE COACH

- o Heads up skating with quick hands and feet.

## ASSOCIATED WITH

U9, U11, U13, U15, U18, Skating, Edge Control, Individual