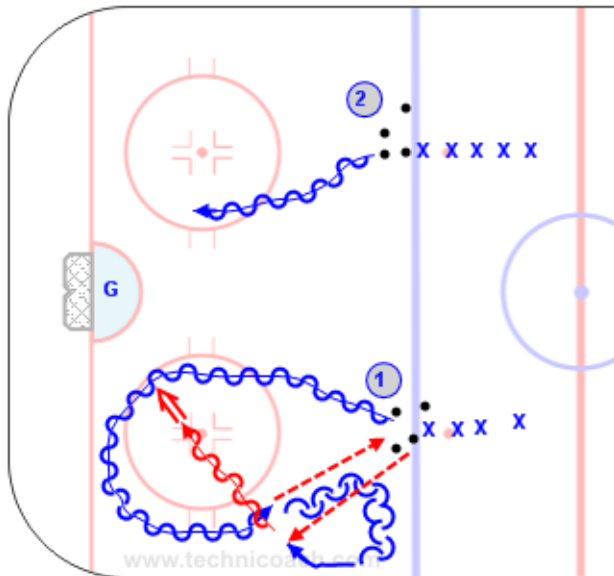


## Spirit Transition Warm-up

5/20/2009



Description:

2-lines at blue line. 1st player starts down around circle to inside and curls up around circle to pass to next man in line. Transition to outside and get pass back and go in and shoot on goal.

*KeyPoints:*

*Good transitions always facing puck. Player should break forward off the transition quickly. Shots should come from wide lane to work goalie movement side to side.*