13 Swing Warm-Up

Purpose

- Practice in-close passing and receiving
- Introduce the concepts of transition in a beginning drill

Equipment A cache of pucks for each group

Time Three to four minutes

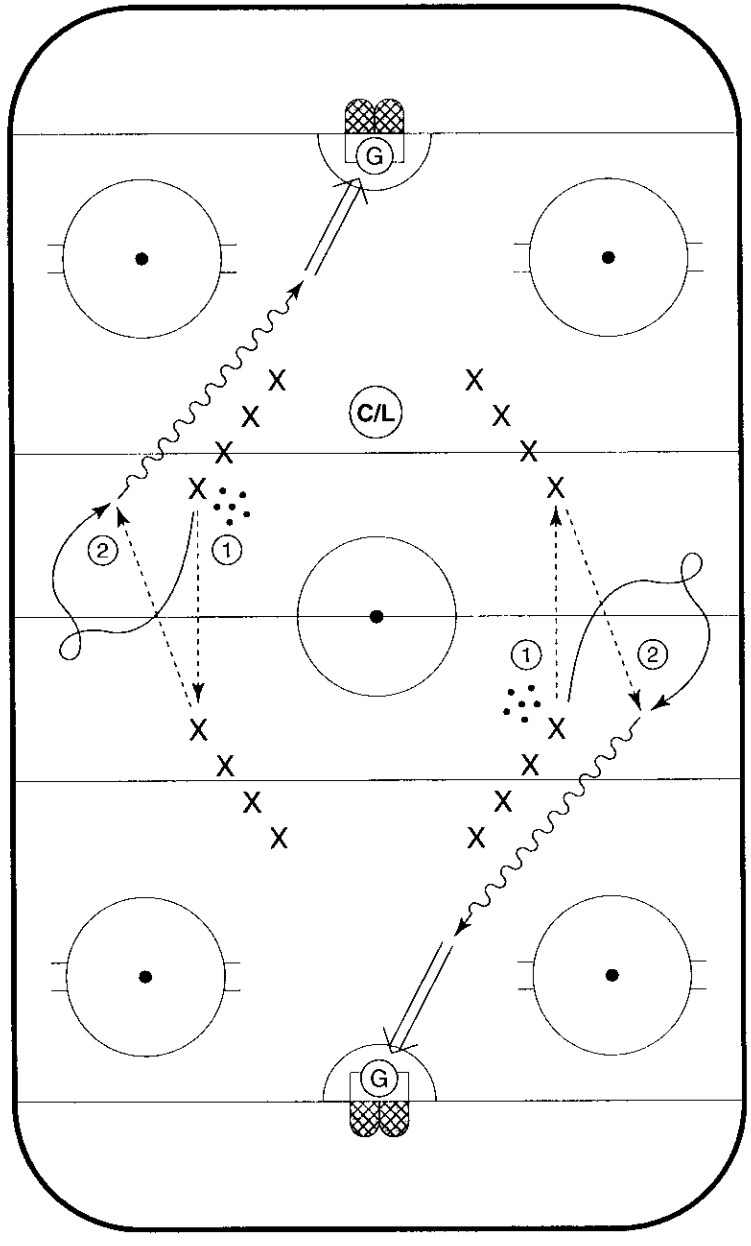
Procedure

1. Players begin in four equal groups located at the offside face-off dots (the neutral zone).
2. One player passes to the first player in the opposite group, skates beyond the center red line, and then turns toward the end from which he or she started.
3. The pass is returned, and the player goes in for a shot on goal.
4. The first receiver pulls a puck from the cache to initiate the next pass. The drill runs toward the opposite end of the ice.

Key Points

- The Swing Warm-Up is also a great drill to reinforce the importance of pivoting while turning so that the players never turn their backs to the puck.
- Remind passers never to put the puck behind the receiver; instead, they should lead far in front of the receiver if necessary so the receiver can skate after the loose puck.

Drill Progressions

- Have players execute both forehand and backhand passes.
- Add a second player from the group across the ice and make the shot on goal a 2 on 0 or a 1 on 1.

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