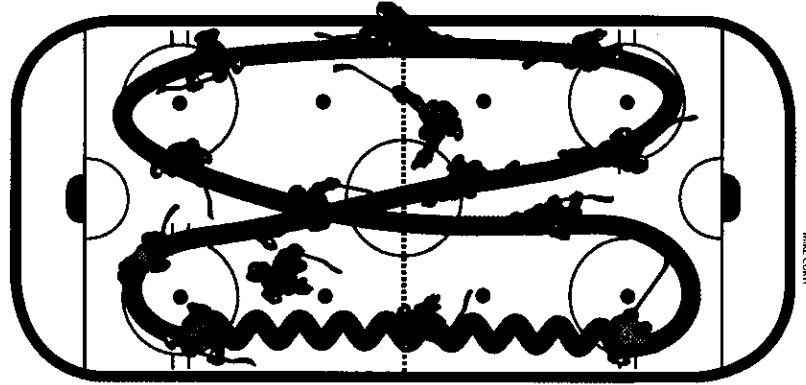


By Aaron Kriss

Butterfly Warm-Up Drill

This is a great drill to do at the beginning of practice to help players get loose. Players start out skating up the middle of the surface. They can veer off to either side and come back down the boards. The coach then gives them different skating instructions.



Coaching Tips

1. Hard down the center, easy up the boards.
2. Backward down the middle, forward coming back.
3. Carrying a puck, do a 360-degree turn up the middle of the rink and come back hard up the boards.
4. Passing with a partner skating far apart up the middle of the rink, and close passes skating back along the boards.

Be creative. There are many other drills you can do with this formation.

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