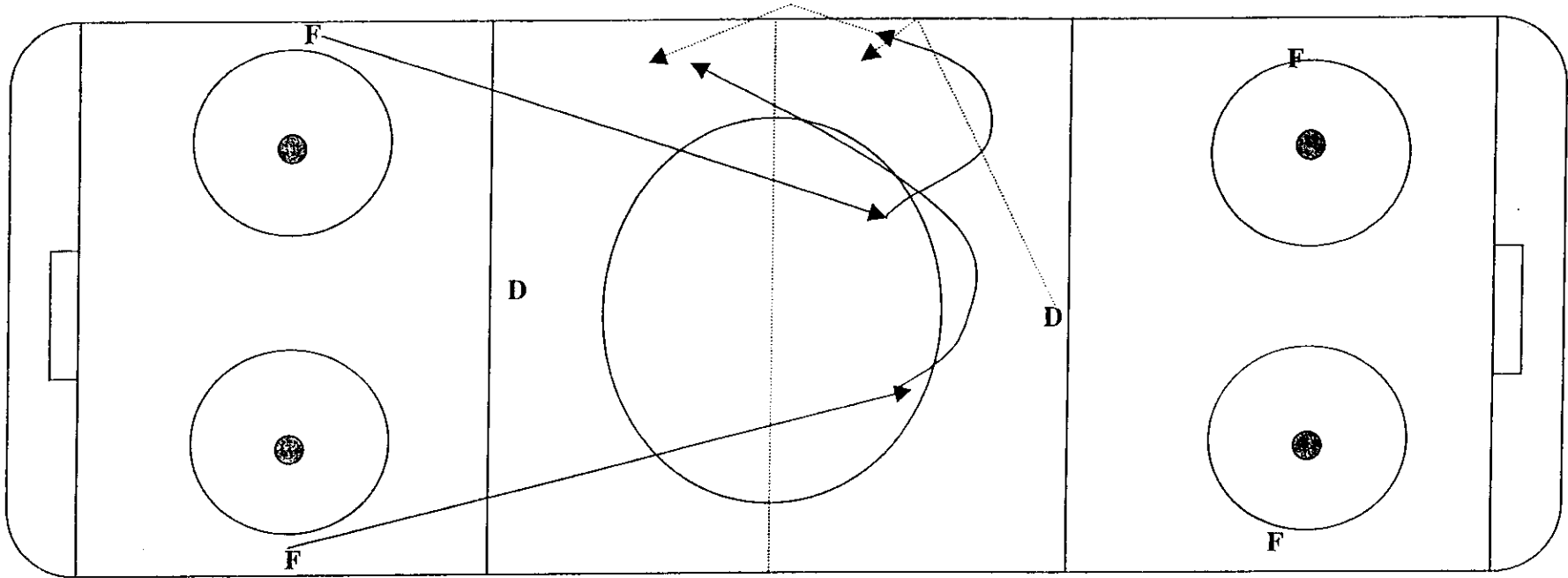


Transition Warm-Up



2 Defense start at blue lines w/ pucks. On whistle forwards from opposite end come back through middle of ice. Once forwards enter NZ defenseman can make direct or indirect pass to forwards who quickly start transition skating. Forward who gets puck quickly moves puck to partner (direct or indirect) who is coming through for support. They attack 2v0. Once NZ cleared other end starts
