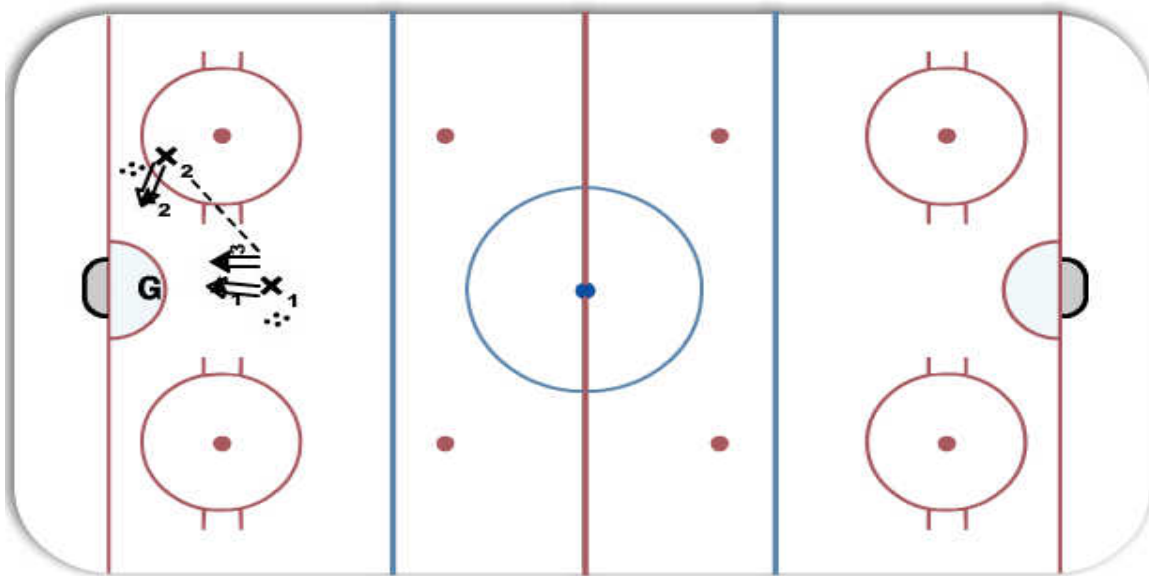


LOW, HIGH, MIDDLE WARM UP



Drill Description:

(3 shots) This warm-up/rebound control drill is to get you to work on your rebound control while moving and tracking to and from the post. X1 starts in middle slot and shoots on the ice. G pushes to the post as X2 shoots high to short side. X2 then passes a puck back to X1 as X1 shoots a 3rd shot to G's chest/body.

Key Points:

- Stick on puck mentality on first shot
- Lean and stack going into post with gloves ready to react
- Push off post and stay big for 3rd shot to body
- Focus on watching the release of the shot, let your movements happen