

B3 - Passing Warm up Routine - Finland U18 W

Key Points:

Have everyone busy in the warm up with no lineups. Goalie technique, pass while moving, saucer, stationary passing.

Description:

1. Goalies work with coach at one net.
2. Units of 5 pass while moving with one player at each end and one each side. Give and go with one touch passes and repeat 3 times. Passer rotate with player at the end then switch with closest player on the side.
4. Saucer pass across ice with a partner.
5. Partners close and do various kinds of passes.

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<https://youtu.be/iYpXQqk6dTc>

