

D2 Cross Ice Game – Sweden

Key Points:

Face the puck and give good support. Use nets, tires, small nets, the line on the boards etc., for a goal.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.

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<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>

