

COACH BEN'S WEEKLY CHALLENGE

Wednesday April 15th, 2020

3 ROUNDS EACH

(SEE VIDEO FOR EXPLANATION)

WARM UP: PUCK MOVEMENT AND QUICK HANDS (SEE VIDEO)

#1

Tip shots

10 each side

#2

Rebound challenge

10 reps

#3

Tip shot and rebound

10 pucks

#4

Rapid fire rebound

5 pucks one way

5 pucks opposite way