

COACH BEN'S WEEKLY CHALLENGE

Wednesday April 6th, 2020

3 Rounds of 10

(SEE VIDEO FOR EXPLANATION)

Warmup

Opposite hand figure 8

10 each way

#1

Partner drag and shoot

#2

Drag and shoot

(Exaggerate hip movement through puck)

#3

In tight scoring

(5 pucks around the crease)