

# MEGA WARM-UP DRILL SHEET



## MOVEMENT

- 1 NET PLAY V DRILL SERIES [CLICK TO WATCH VIDEO](#)
- 2 BOX DRILL [CLICK TO WATCH VIDEO](#)
- 3 PUCK CRADDLE [CLICK TO WATCH VIDEO](#)
- 4 CIRCLE MOVEMENT [CLICK TO WATCH VIDEO](#)

## HANDS

- 1 OFF ANGLE HANDS [CLICK TO WATCH VIDEO](#)
- 2 WITH AND AGAINST GRAIN HANDS [CLICK TO WATCH VIDEO](#)
- 3 SOFT AREA ALTERNATING HANDS [CLICK TO WATCH VIDEO](#)
- 4 HANDS IN MOTION [CLICK TO WATCH VIDEO](#)

## STICK / LOW

- 1 STICK VISUALIZATION [CLICK TO WATCH VIDEO](#)
- 2 2 PUCK STICK RECOVERY [CLICK TO WATCH VIDEO](#)
- 3 PENDJULUM [CLICK TO WATCH VIDEO](#)

## AGILITY

- 1 AGILITY HOPS [CLICK TO WATCH VIDEO](#)
- 2 COMPETE TO RECOVER [CLICK TO WATCH VIDEO](#)
- 3 OFF PAD COMPETE [CLICK TO WATCH VIDEO](#)

