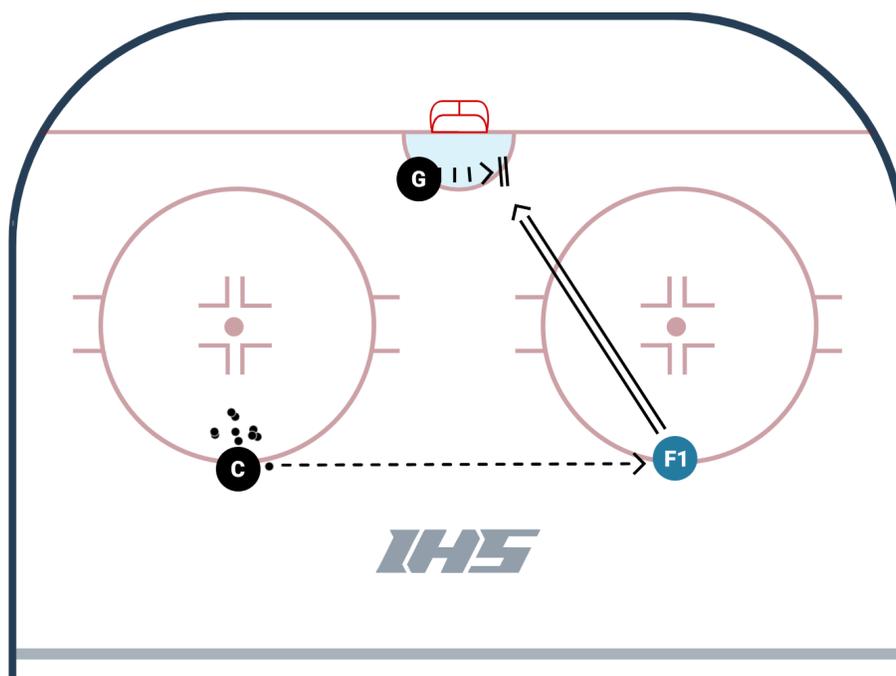


Appert Full Recovery Warm-Up



Description

Once G is in full butterfly, Coach passes to F1 from one top of circle to the other. F1 catches the puck and shoots for the middle bar of the net, any height. No one timers.

G starts square on Coach in full butterfly. G must rotate and recover up to feet on the release of the pass, working to get on angle to F1 shot. G must full butterfly on shot to make a clean save. The goal is to hold any puck shot to the body/pants, or deflect puck to corner with stick if shot is on ice.