



WARMING UP THE GOALIE 101

- DON'T SHOOT when I'm putting the pegs in
- Don't try your sick new deke 5 seconds into warmup, I want to stop shots, not pull my groin
- Put the first few shots on my pads so I can get a feel for the puck.
- If I'm not looking at you, don't shoot the puck
- A slapshot to the face from the hashmarks is not how I want to start my night
- Take hard shots from a distance so I can work on tracking the puck
- When I'm getting pucks from the net STOP SHOOTING PUCKS INTO THE NET
- Goals in warm-up don't count
- Just warm me up, I'm your goalie!

