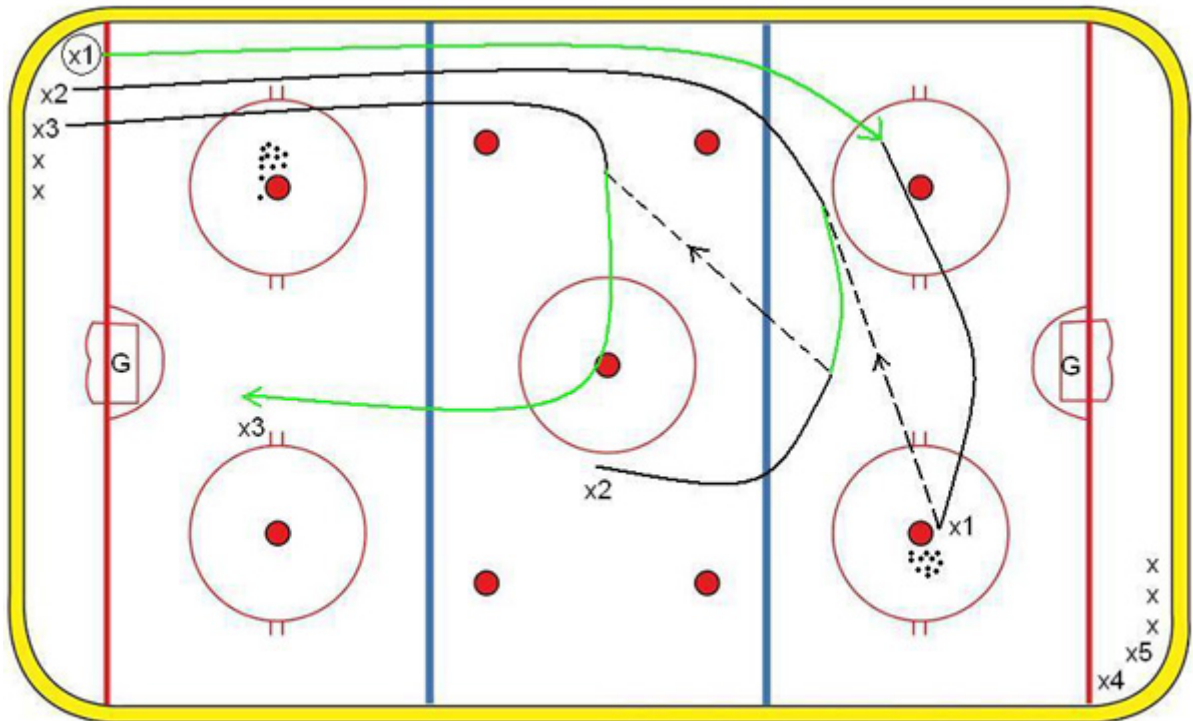


Timing is everything passing drill

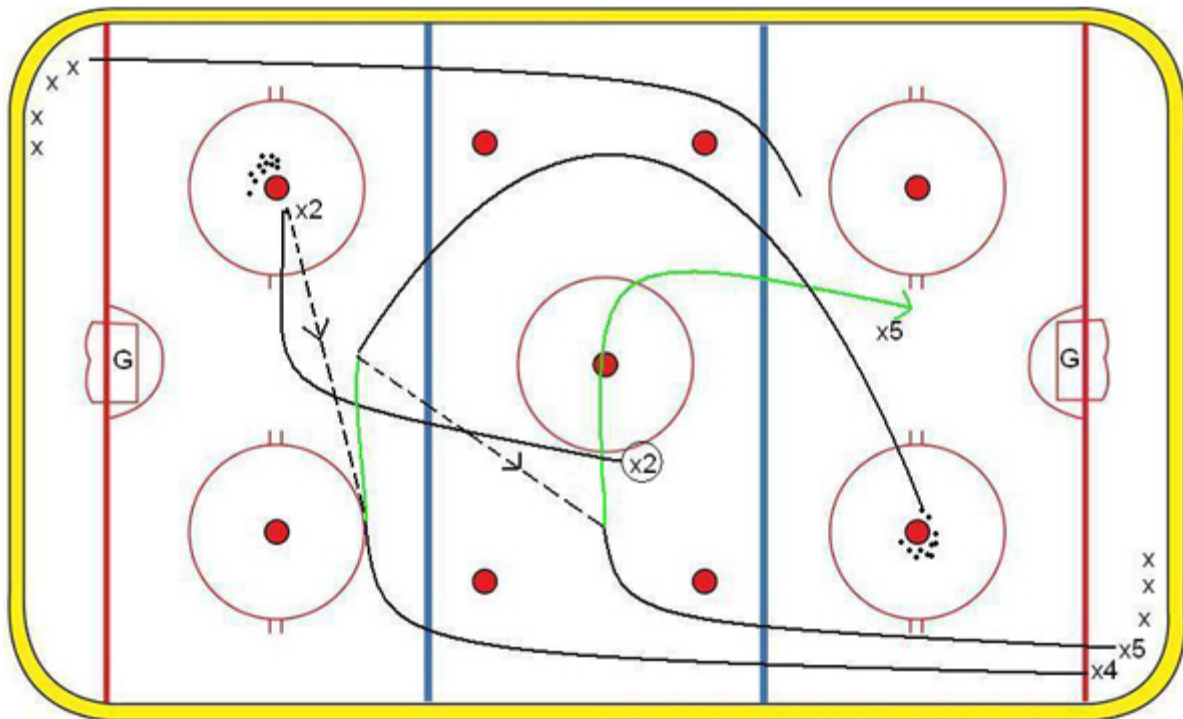
November 13, 2008 4:21 PM



Timing is everything

Purpose: Players work on timing, passing; great practice for breaking out of the defensive zone or moving the puck through the neutral zone.

- Pucks in circles at opposite ends
- x1 starts with the puck and takes a shot at the opposite end to start the drill
- x2 leaves when x1 hits centre ice
- x1 picks up a puck from the pile in the circle and fires a pass to x2, who should be above the faceoff circle on the opposite side of the ice
- Once x2 reaches the blueline (before picking up the pass), x3 leaves
- x2 picks up the pass from x1 and takes a couple of strides across the ice
- x3 should be at centre ice at this point
- x3 curls toward the middle of the ice and gets a quick pass from x2
- x3 continues down the ice for a shot on net.



- When x2 reaches centre ice, x4 leaves
- x2 picks up a puck from the pile in the circle and fires the pass to x4
- When x4 gets to the far blueline, x5 leaves
- x4 picks up the pass from x2, takes a few strides across the ice and passes to x5, who should be at centre ice
- x5 picks up the pass and shoots at the opposite end
- x4 picks up a puck from the pile in the circle and makes a pass to the next forward in line, who leaves when x4 gets to the far blueline
- The drill is continuous and requires communication and heads up play.



Article comments (0)

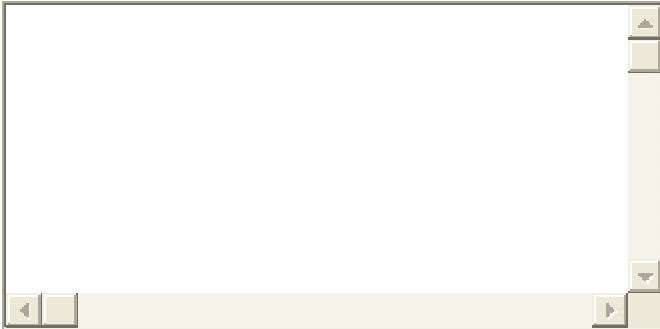
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