

Title : Timed Delay

Category #1 :

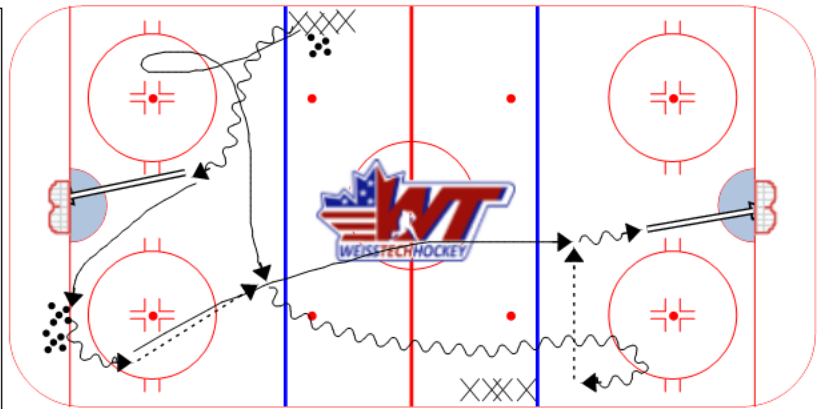
Category #2 :

**Description**

Run from both sides of the ice at the same time.

1. First player in line walks in and shoots, then picks up a puck from the corner.
2. Second player in line times it, then explodes as first player is ready to make the pass.
3. After receiving the pass, second player drives wide, then delays with a misdirection toward the boards.
4. First player times it to cross the blue line as the second player is coming out of his misdirection.
5. First player picks up the pass and shoots.

More Drills and Skills at [www.weisstechhockey.com/blog](http://www.weisstechhockey.com/blog)



Key points :