

Title : One-touch Timing Drill

Category #1 :

Passing

Category #2 :

Timing

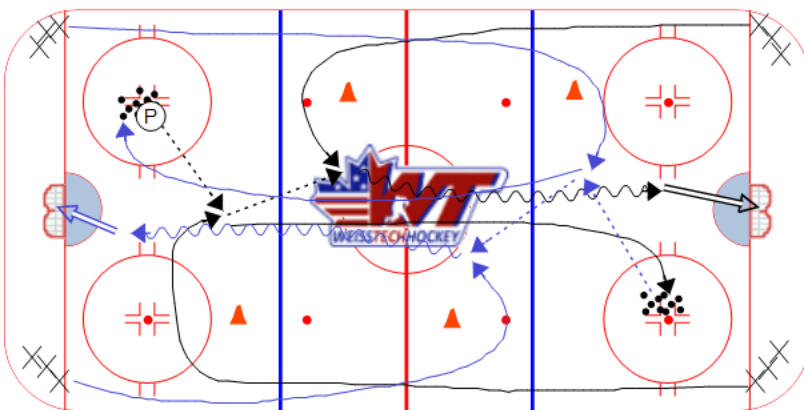
Description

Designate a Passer (P) for the first time, just to start the drill.

1. first player from each line at one side of the ice leave together
2. low man swings to receive the pass, then one-touch passes to his partner swinging through at mid-ice.
3. receiver shoots, passer picks up a puck and passes to the low man of the other line
4. drill is perpetual

NOTE: this is a GREAT precursor to the 3-zone timing drill.

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Key points :