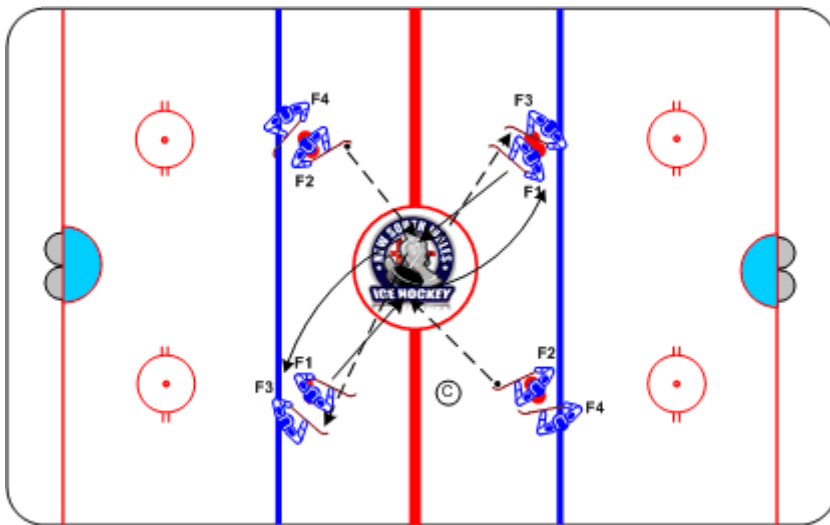




One Timing Pass - 2 Stations

Duration: 6 mins

- F1 skates through centre, receiving pass from F2 and passes to F3
- F2 skates through centre, receiving pass from F3 and passes to F4, etc.
- Goalies warm-up with coach



Coaching Tips

- Slowly at first, make sure receiver has puck under control, then use one-touch pass
- Timing - hit centre with speed

Execution Tips

- After passing, join line-up of the player who received pass
- Go both ways