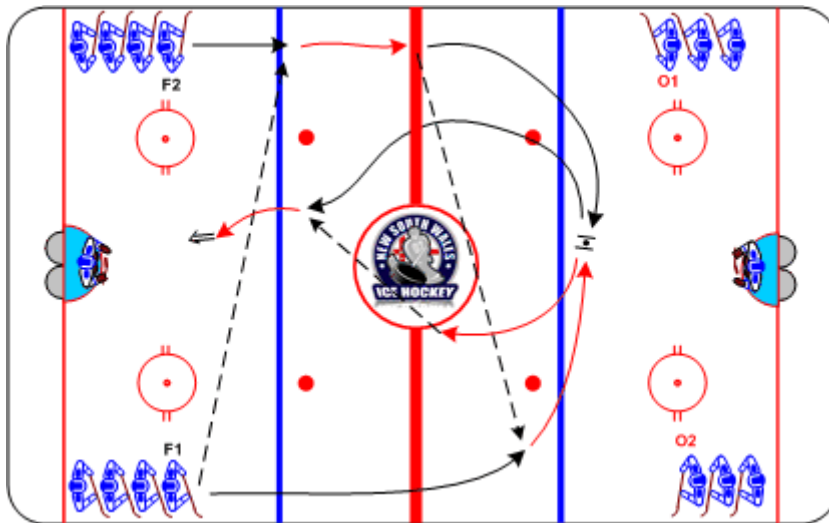




Timing Drill 2-on-0 (4 Passes)

Duration: 7 mins

- F1 passes to F2, passes back to F1
- F1 drop passes or direct passes to F2
- F2 passes to F1, shoots on goal
- F1 goes hard for rebound
- Forwards' to double touch far blue line



Coaching Tips

- Accurate, crisp passes
- Communicate - give target
- Shoot in stride

Execution Tips

- O1 and O2 leave when F1 and F2 pass near blue line
- Keeping changing sides - move pucks to opposite side