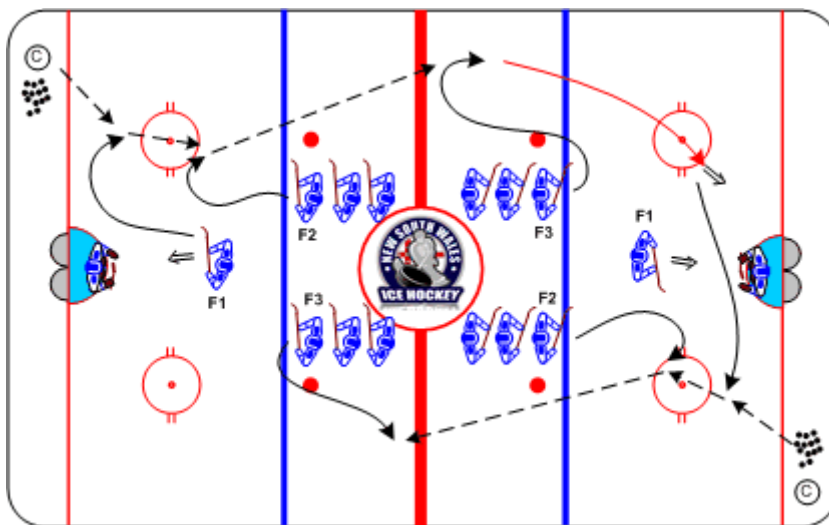




## Avalanche Timing Drill

Duration: 8 mins

- F1 shoot on goal only to start drill
- F1 curl for a pass from ©'s
- F2 curl to wall for passes from F1's
- F3 curl for passes from F2's
- F3 shoot on net and receive passes from ©'s
- F3 now initiate first pass in the next repetition



### Coaching Tips

- Use direct or bank passes as per situation
- Accelerate into pass
- Timing to receive pass

### Execution Tips

- Drill is continuous
- Change sides half way