

Title : Center Lag Timing Drill

Category #1 : Passing

Category #2 : Timing

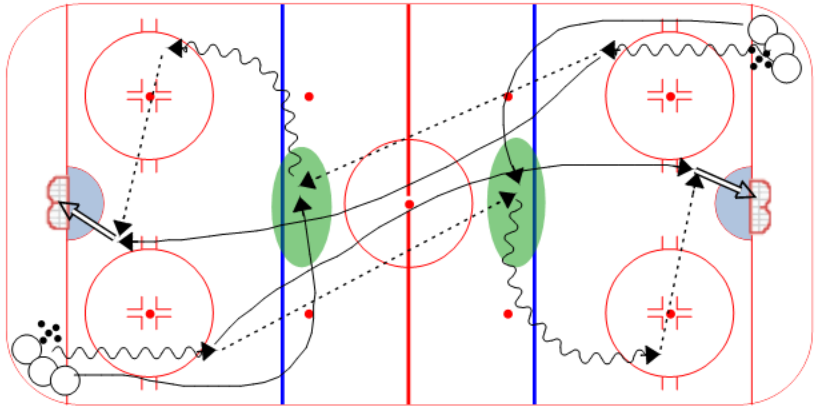
Description

1. Players line up in opposite corners
2. On whistle, 2 players leave from each line
3. First player from each line leaves without puck, skates up to the blue line and cuts across (staying on side)
4. Second player from each line leaves with puck, skates up and hits the first player of the opposite line in receiving zone
5. Receiver takes puck wide
6. Passer drives the net
7. After driving wide, first player passes across to the second player for the one-timer

Variations:

- Have second player trail as the lag man for a drop pass instead of driving the net
- Add a third player as a defenseman to play a 1 on 1, or as a forward for a 3 on 0
- Utilize other attack options such as a misdirection in the zone followed by a cycle to the second player supporting
- Be creative!

More drills and skills at www.WeissTechHockey.com/blog



Key points :

Pass to area not player

Receiver is responsible for timing

Arrive on time, with