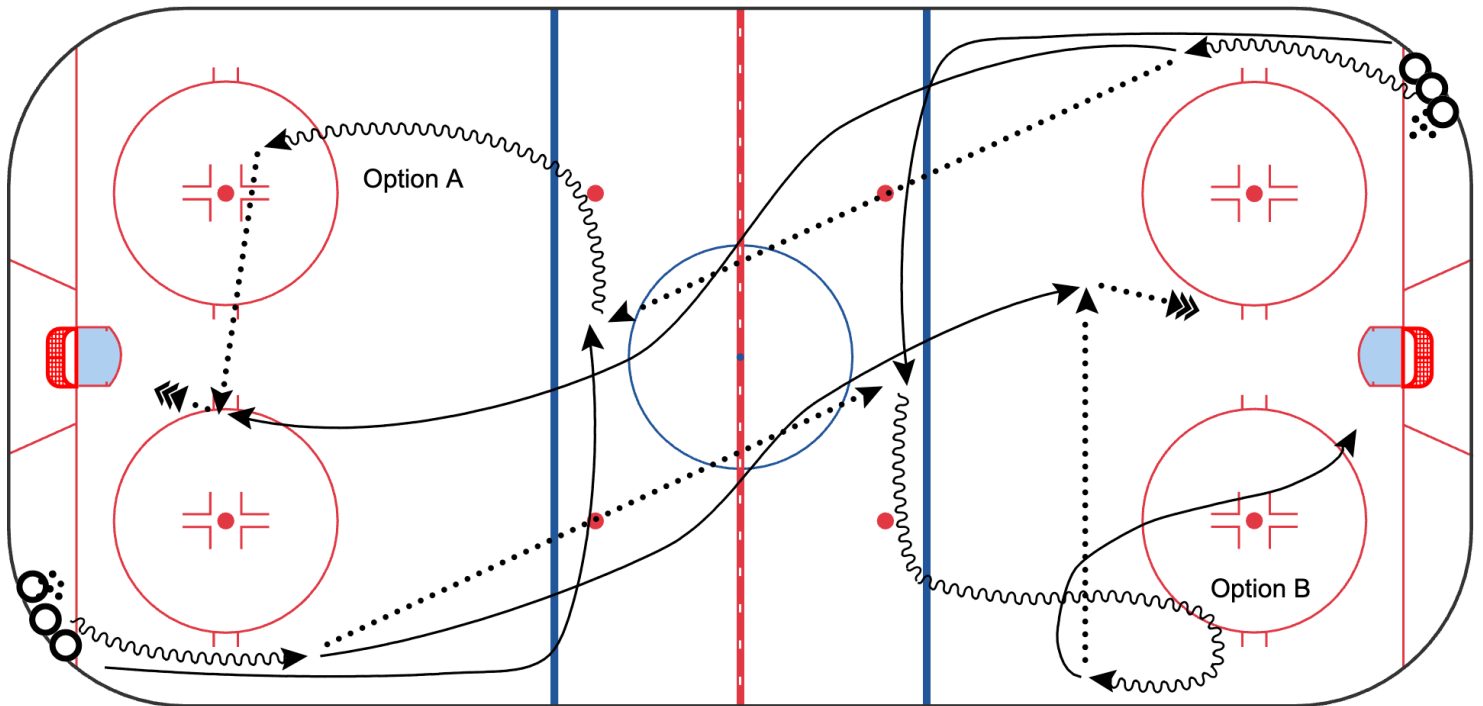




Center Lag Timing



Description

- Two players leave from each corner
- First player skates out and cuts across the blue line with no puck
- Second player steps out and makes a hard pass to the first player of the opposite line
- Receiver turns back into the zone and drives wide
- Passer becomes F2 for the player he/she passed to

Variation: Add a quick turn back and hit F2 coming in as a trailer