

PUCK SUPPORT TIMING

PURPOSE: To develop good offensive puck support positioning and timing skills to promote quick puck movement on the attack.

SET-UP: Players line up in one of two lines as shown, either at the red line along the boards or at the blue line in the center of the ice. On the whistle, X swings in and toward the boards for a pass from the coach and O times his movement to swing into the center lane to receive the pass from X, then breaks up-ice and around the cone for a shot. Players move from the X line to the O line, then to the X line at the other end as they progress through the drill.

