

## TIMING DRILL

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**PURPOSE:** To improve offensive puck support and pass receiving positioning skills.

**SET-UP:** Divide players into four lines as shown. Coaches start the drill at each end with a pass to X from the line in the middle of the ice, who moves up-ice and passes to O breaking off the boards. O shoots and then retrieves the puck in the corner to begin the drill with the next group. Timing and passing are the keys to the drill. It cannot be done at full speed, but must be worked at patiently and slowly.

