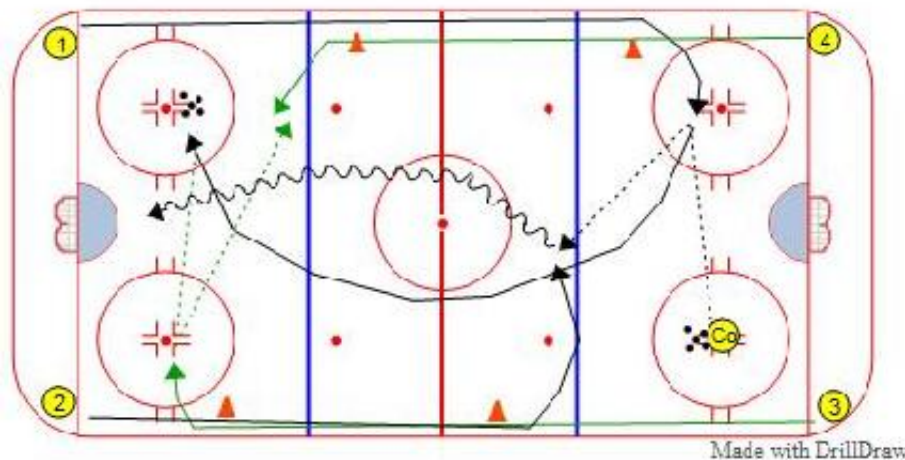


Calgary Timing (Low Swing)

Category: Timing | Drill Level: Intermediate



Key Points

- Timing
- Cutting Low
- Passing
- Driving the Net

Description

1 begins by skating up the boards and cutting low around the cone getting a pass from Co. 2 Times his start and breaks through the neutral zone, catching a pass from 1. 1 and 2 head up the ice together on a 2 on 0. Whichever player does NOT shoot the puck skates to the pile of pucks and makes a pass to 3. Drill continues.