

## C600 Timing and 1-1 - RB Pro

### Key Points:

The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible.

### Description:

1. Forwards on one side and D on the other at both bluelines.
2. D's skate across the ice back to check up ice then turn and get the puck.
4. F's circle in the nzone and come back to the puck with good timing and a target.
5. D's pass to the F's.
6. F's skate down one side each.
7. D skate to the other side and defend the 1-1 vs the forward from the other end.
8. Could also be done 2-1.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122851174>

<https://youtu.be/7d54BLI7Q6M>

