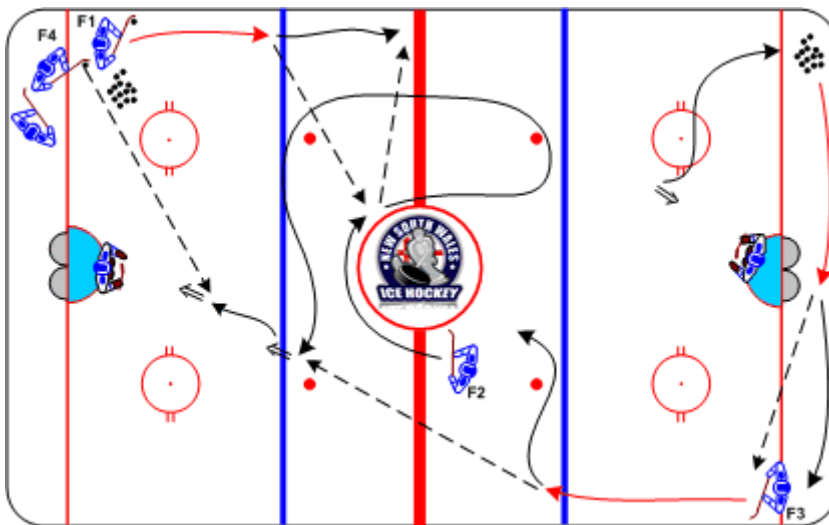




Neutral Zone Timing & Support

Duration: 10 mins

- F1 carries puck, give-and-go with F2
- F1 net drives, shoots in stride; F2 stretch skates in neutral zone
- F1 retrieves puck in corner, "go" behind net, pass to F3
- At blue line, F3 passes to F2, F2 gains, controls, shoots
- F4 passes to F2 for 1x second shot



Coaching Tips

- Neutral zone stretch skating
- Timing
- Tape-tape passing
- Communication

Execution Tips

- Drill can run both directions
- F4 initiate new drill with F3 after F4 passes to F2