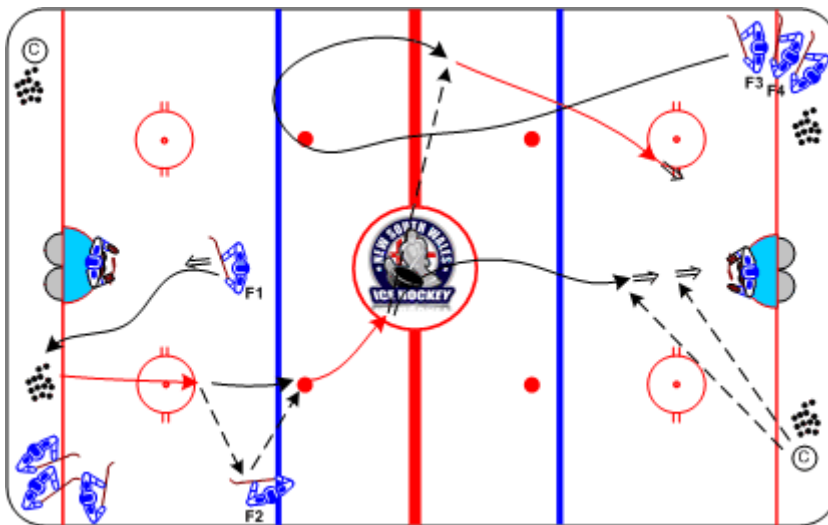




## Neutral Zone Transition

Duration: 8 mins

- **F1** shot on net, retrieves puck in corner, give-and-go with **F2**, **F3** supports in wide lane
- **F3** quick transition support, receives pass from **F1**
- **F3** drives to net, shoots in stride, initiates next drill
- **F1** supports **F3** attack, receives pass from ©
- **F1** one time shot, pass from © for 2nd one time shot



### Coaching Tips

- Give & go
- Shoot in stride
- Quick transition skating
- One time shot

### Execution Tips

- **F1** shoot quickly vs **G1**, allow time for 2nd shot
- **F2**, **F4** ready to support **F3** on next group