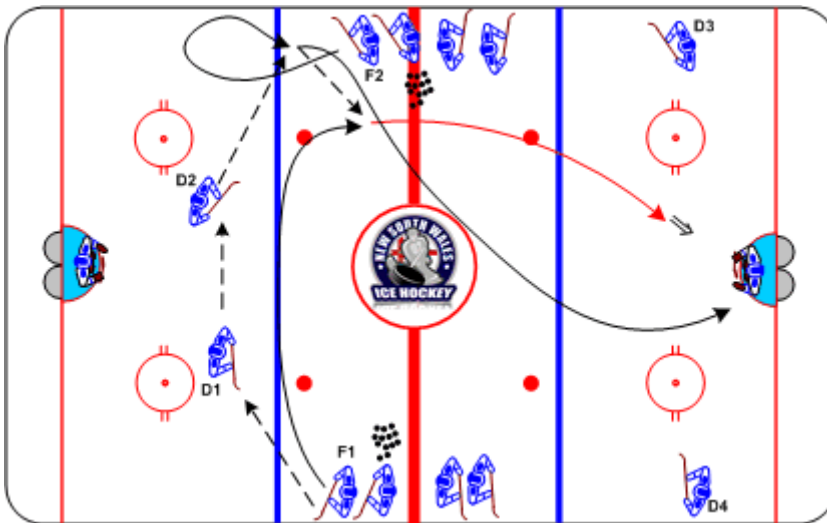




2-on-0 Neutral Zone Transition

Duration: 8 mins

- F1 passes to D1
- D2 staggers and receives pass from D1
- F2 supports close on wall, receives pass from D2
- F1 mirrors puck and receives pass from F2
- F1 and F2 attack 2-on-0



Coaching Tips

- Defense stagger and support
- Focus on timing - F1 to avoid getting ahead of puck
- Stick to stick passes

Execution Tips

- Alternate sides
- © to watch the stagger closely