

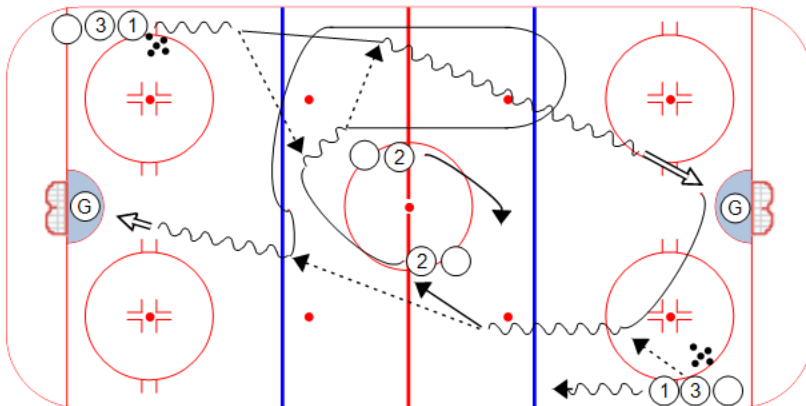
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : NZ Timing and Support Drill Category #1 : Neutral Zone Category #2 : Transition

Description

**Drill starts on the whistle. Both ends at the same time.

On the whistle, ① skates up with a puck and makes a pass to ② who provides support in the neutral zone. ② makes a return pass to ① and follows up the ice. ① takes a shot on the (G) as ② turns back up the ice and across the blueline. After the shot, ① turns to ③ and receives a pass. ① makes a long pass to ②. Shot on goal.



Key points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

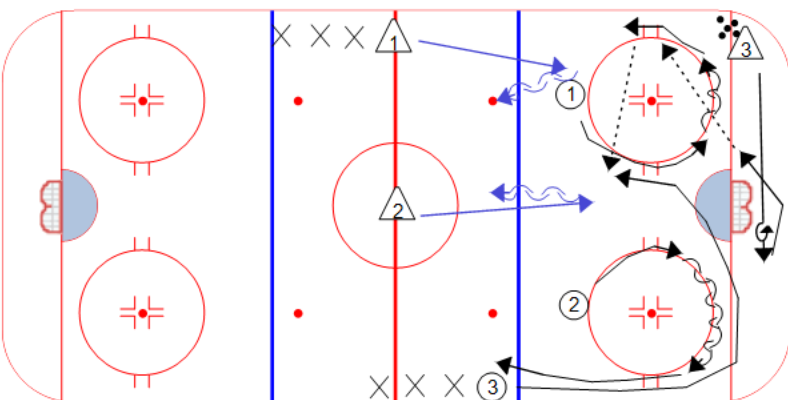
Title : Cross Lane Attack Content elements: _____ Components : _____

Description

On the whistle, D3 begins skating behind the net and does an escape turn behind the net and turns up ice for a quick breakout pass to 1.

1 and 2 head around their respective circles, always facing the puck. F3 curls low and cuts for a second pass on the breakout.

D1 and D2 skate in to the tops of the circles to set their appropriate gap and play the rush 3 on 2.



Key Points : Always Face Puck Gap Control 3 on 2 Escape Turns