



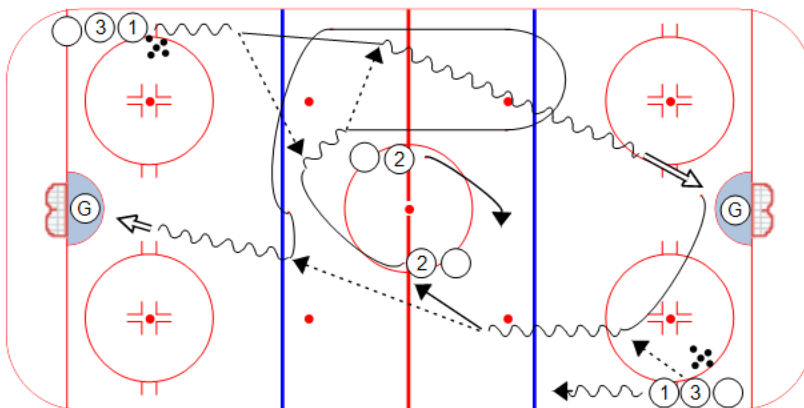
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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.



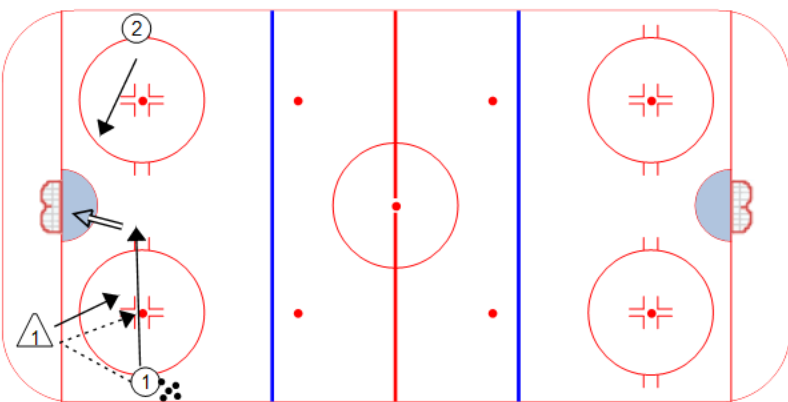
Key points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Pepper Drive w/ Low D Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

F1 passes to D1 and drives to the net. D1 passes back to F1, then pressures F1. F1 shoots. F2 drives the net simultaneously looking for rebounds. D1 attempts to clear the puck out.



Key Points :  Driving the Net  Rebounds  Net Front Battles