

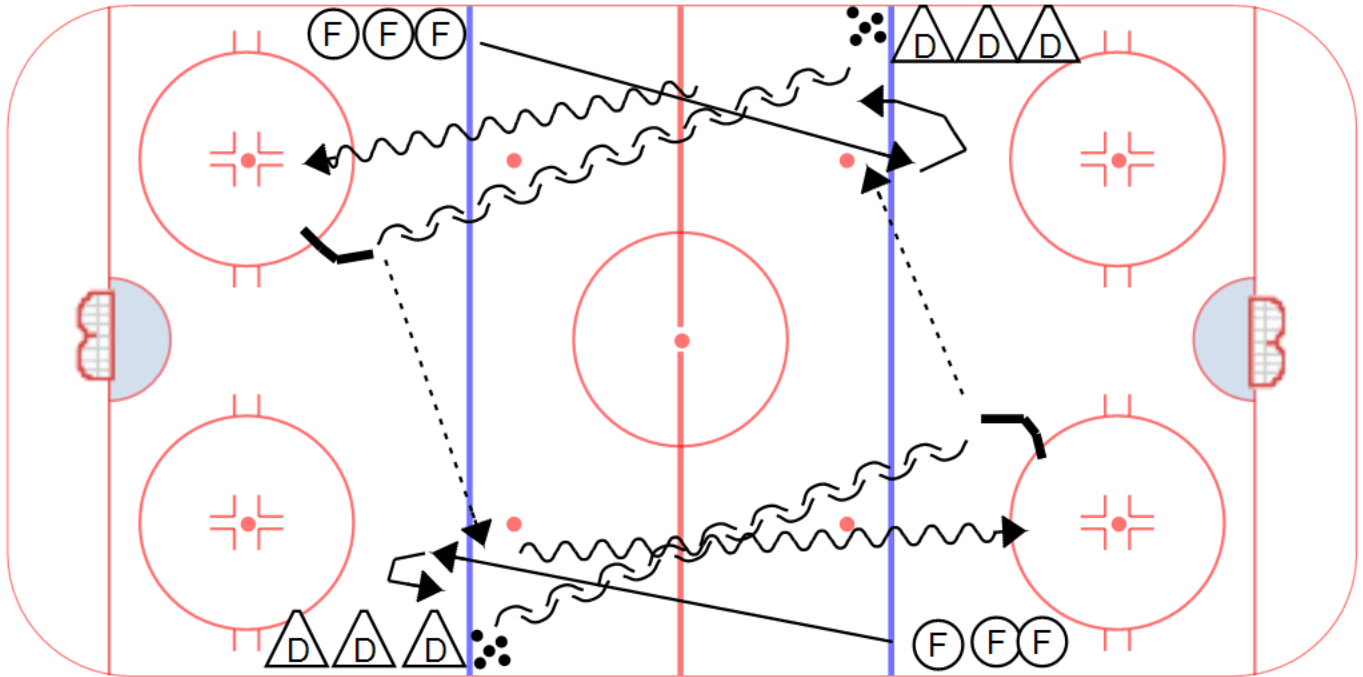
Category #1 : COACHES MANUAL

Title : neutral zone

Category #2 : 1 vs 1

Content elements :

Components:



Key points :

QUICKNESS

RECOGNITION

SUPPORT

1 VS 1 PLAY

Description

Coach begins drill on whistle.

Defense men skate backwards with the puck over far blueline. Forwards move down the boards to support and execute open pivot. Defensemen passes to the forward then moves to positioning to defend the opposite forward on a 1 vs 1.

Progression:

The defensemen can make a evasive manouever prior to passing.
Add in a second forward for a 2 vs 1.