

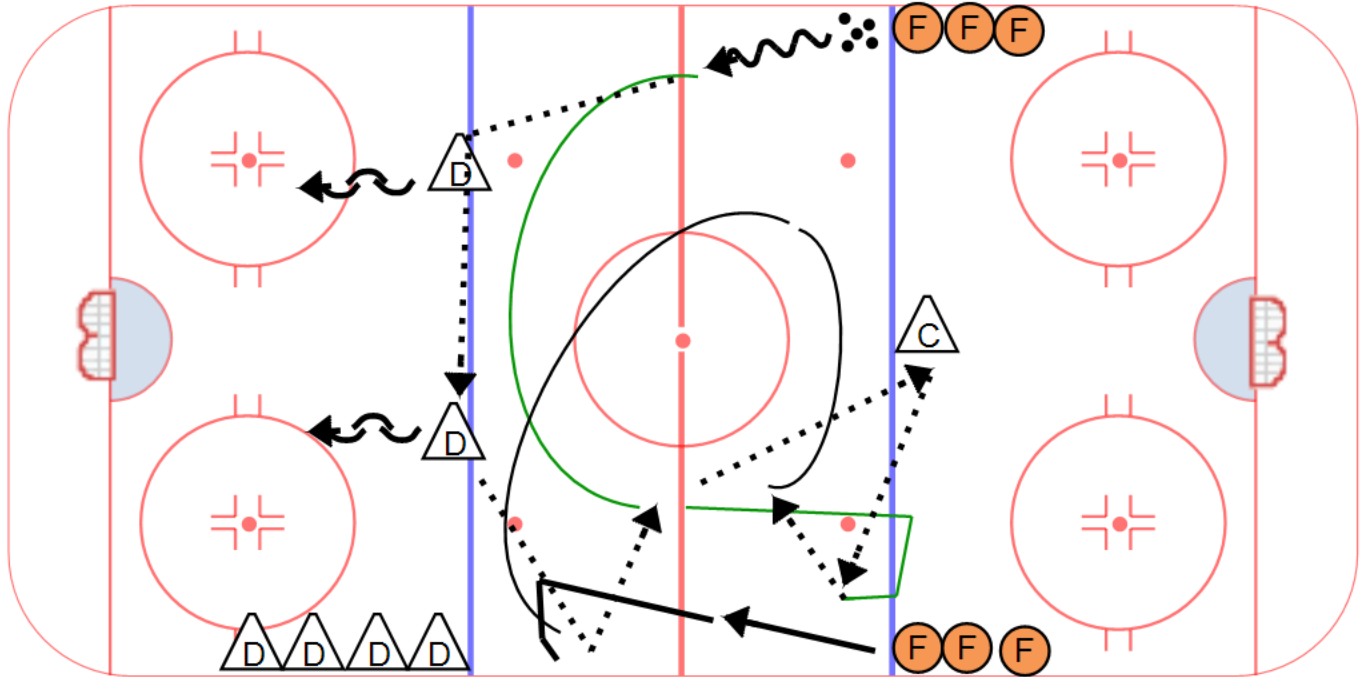
Category #1 : COACHES MANUAL

Title : REGROUP 1

Category #2 : NEUTRAL ZONE DRILL

Content elements :

Components:



Key points :

SUPPORT

PIN POINT PASSING

HINGE YOUR PARTNER

Description

DRILL STARTS ON THE WHISTLE.

FORWARDS MOVE INTO THE NEUTRAL ZONE PASS TO DEFENSEMAN WHO EXECUTES A D TO D PASS.

FORWARD SUPPORTS ON THE WALL WHILE THE OTHER PLAYER SUPPORTS OR FOLLOWS THE PATH OF THE PUCK.

RECEIVE PASS FROM D AND THEN REGROUP WITH THE COACH.

THEN ATTACK 2 VS 2