

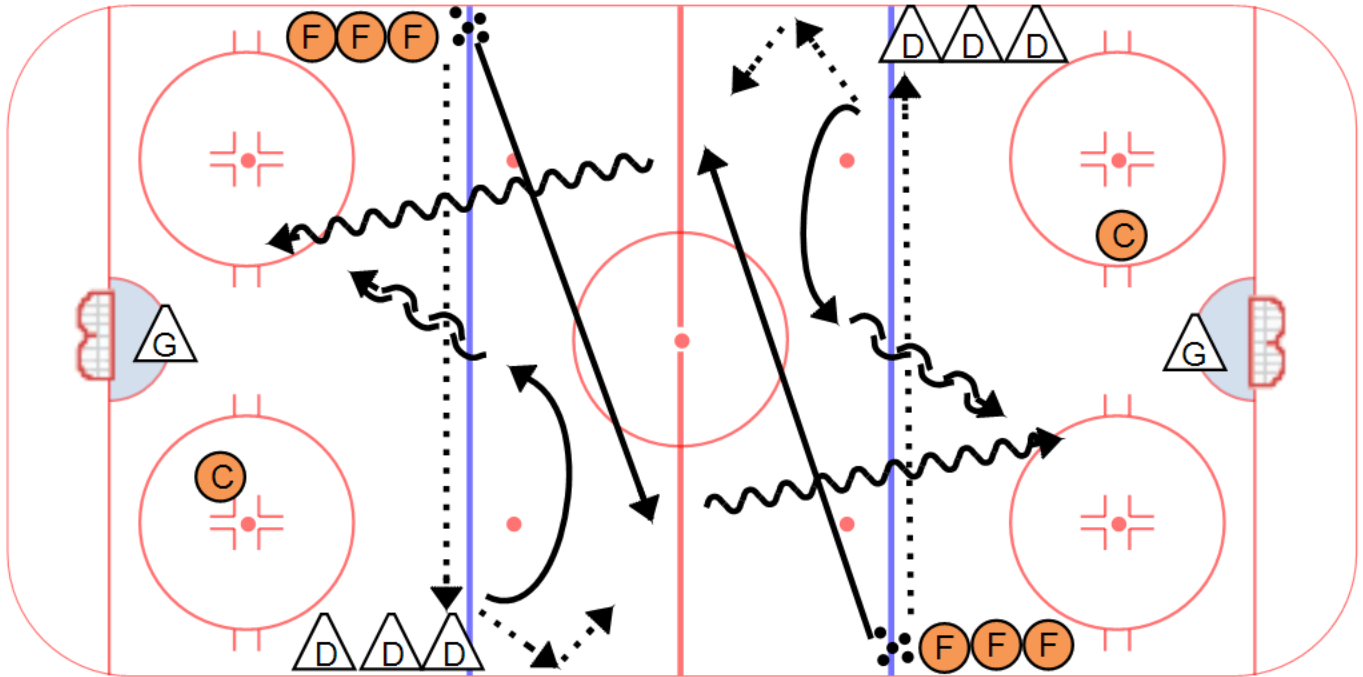
Category #1 : COACH MANUAL

Title : NEUTRAL ZONE SUPPORT 1VS1

Category #2 : 1VS1

Content elements :

Components:



Key points :

HARD PASSES

FORWARDS SUPPORT D
ON GOOD ANGLE

DEFENSE GAIN MID ICE
TO ENGAGE FORWARD

FORWARDS CREATIVITY
DEFENSE WATCH CHES

Description

- Coach starts off the drill by blowing his whistle.
- Forwards will make a cross ice pass to the defenseman, followed by the defenseman making an indirect pass using the boards.
- The forwards will then pick up the puck with speed, as the defenseman slides into the middle to engage for a 1 on 1.
- After completion return to the line.

Progression: F can pass to coach and then net drive to create a passing lane or rebound opportunity.