

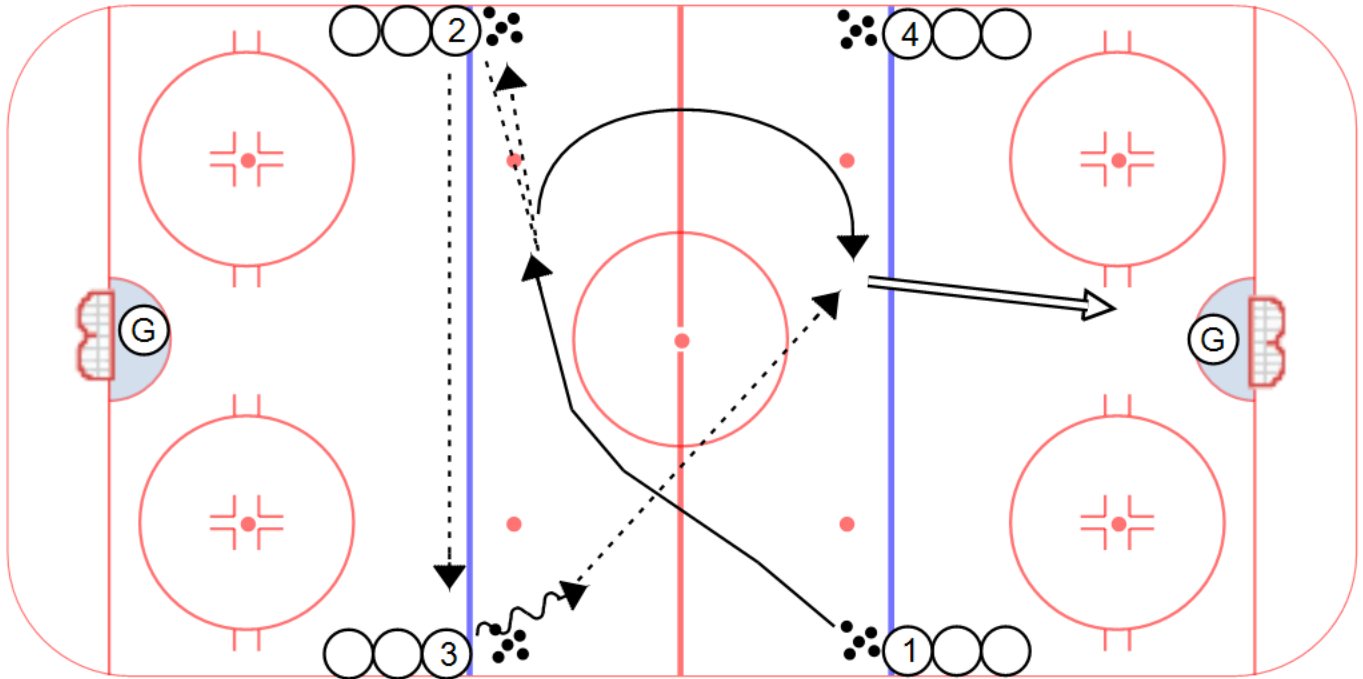
Category #1 : COACHES MANUAL

Title : neutral zone support

Category #2 : NEUTRAL ZONE

Content elements :

Components:



Key points :

TIMING

QUICK PASSING

PROPER ANGLES

ONE TOUCH PASSING

### Description

- o1 and o2 swing through the neutral zone on the first whistle below the circle for a pass from opposite corners.
- o1 passes to o2, and then stretches in the neutral zone, while o2 passes to o3.
- o3 then steps up and makes a stretch pass down the seem to o1 for a breakout.
- o1 skates in on net and scores.
- o3 and o4 go on second whistle.