

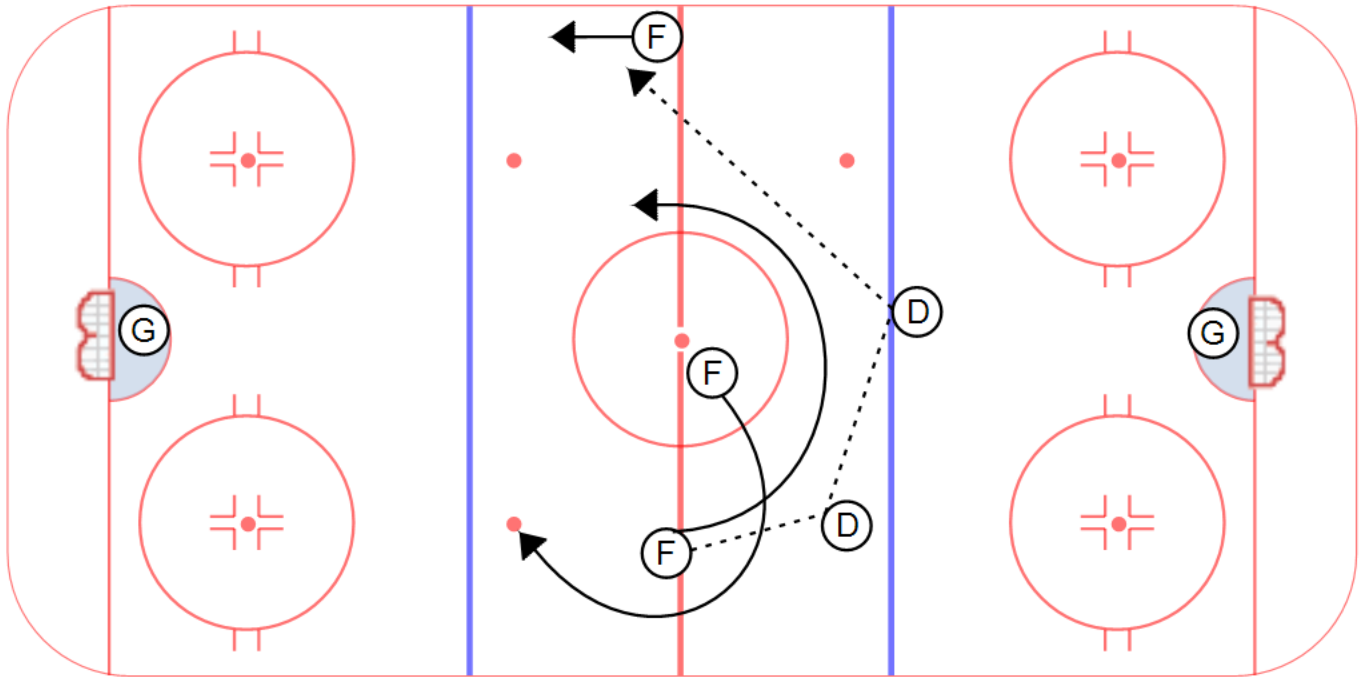
Category #1 : COACHES MANUAL

Title : NEUTRAL ZONE REGROUP

Category #2 : REGROUP

Content elements :

Components:



Key points :

SWING WITH SPEED

FILL LANES

COMMUNICATE

HARD PASSES

Description

- While re-grouping in this particular scheme the far winger stretches out the defenseman by skating towards the blueline while the other two forwards swing with speed creating confusion allowing the defenseman to make a D to D pass and open up options.

-D man can pass to either forward that is open and is the best option.