

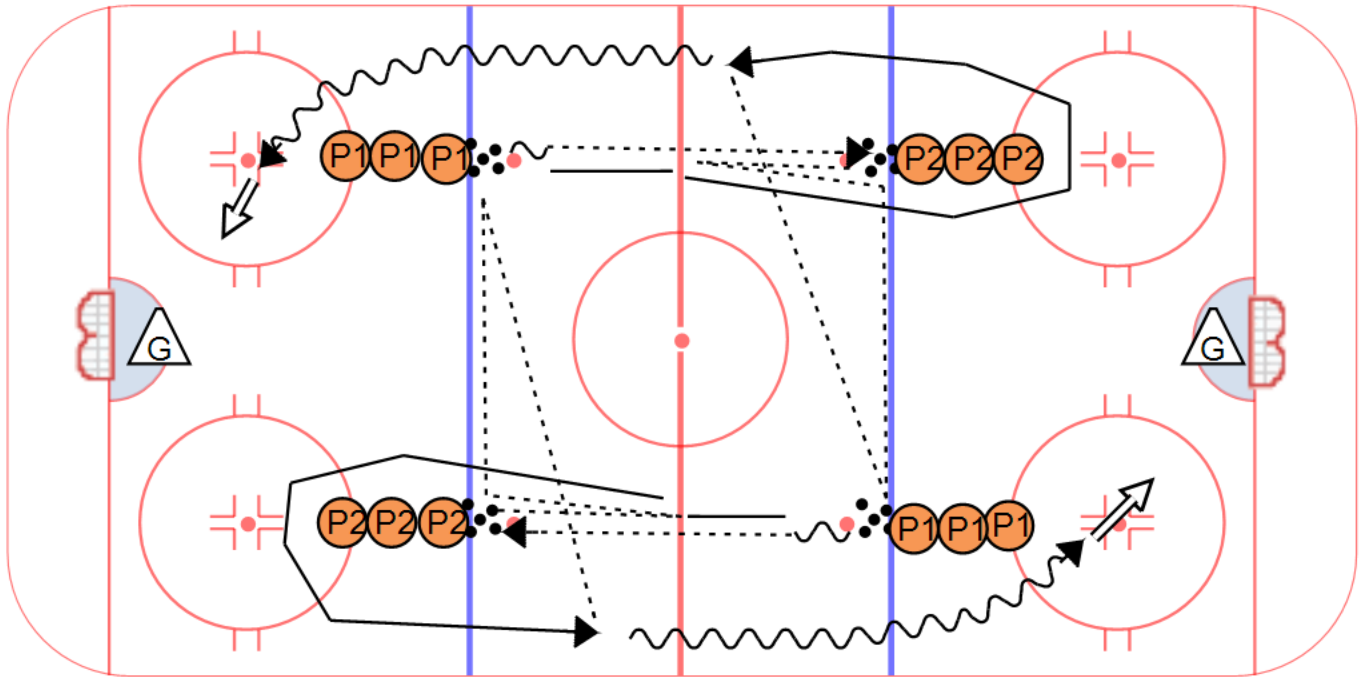
Category #1 : COACHING MANUAL

Title : Neutral zone support

Category #2 : COACHING MANUAL

Content elements :

Components:



Key points :

touch passing

communication

recognition and awareness

speed with the puck

Description

This drill is designed to increase the degree of difficulty to support, timing and transition hockey. It can be modified quite a bit such as making the P1 defenseman.

The drill starts on the whistle with player 1 touch passing with player 2. After the second pass player 2 moves the puck to the other side while player 1 circles around the line. The long pass is made and player 1 goes in for a shot on goal.

The drill repeats with player 2.