

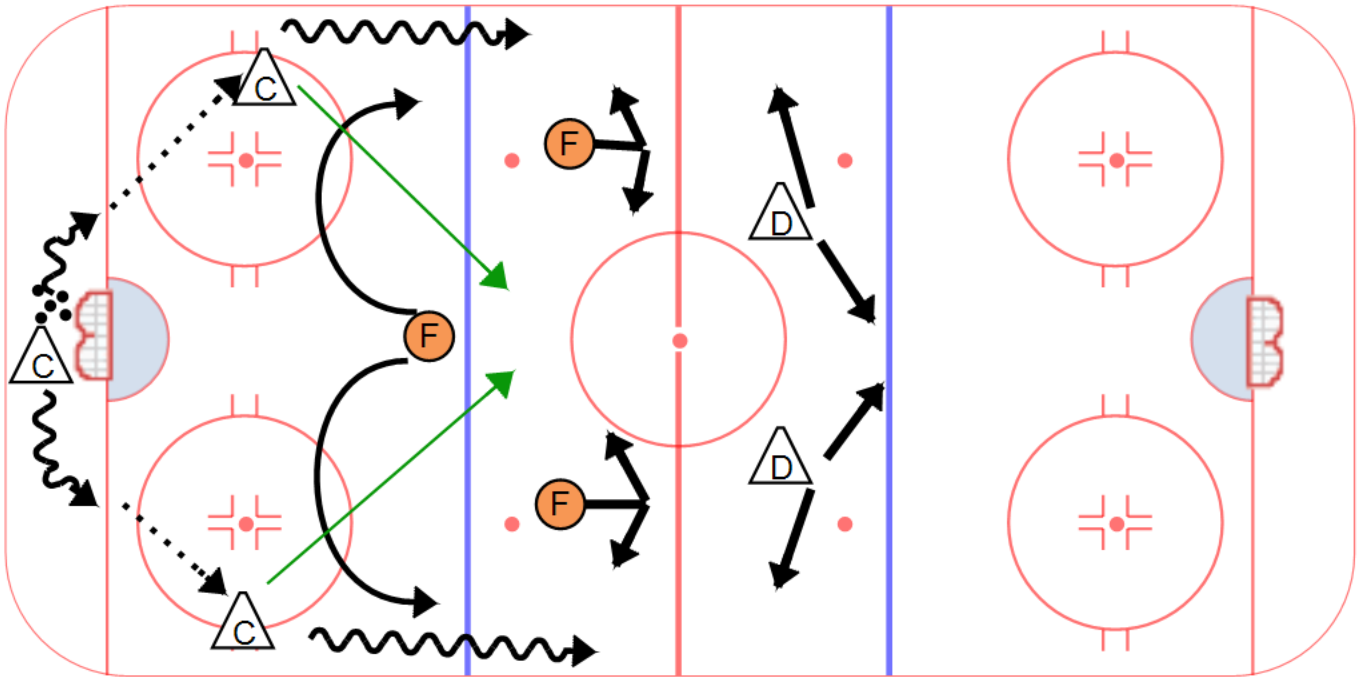
Category #1 : COACHES MANUAL

Title : NEUTRAL ZONE TRAP

Category #2 : COACHES MANUAL

Content elements :

Components:



Key points :

COMMUNICATION

READ AND REACT

PRESSURE AT OR BEFORE THE RED LINE

Description

PLAYERS ARE SET UP STATIONARY

COACH BEHIND NET STARTS BY STEPPING OUT AND PASSING TO THE WALL. THE OTHER C WITH OUT THE PUCK MOVES TO THE MIDDLE AND SUPPORTS THE OTHER COACH WITH THE PUCK.

TRY TO GAIN THE BLUELINE.

PLAYERS MUST TRY TO CREATE A TURNOVER. THEN DUMP PUCK BACK INTO COACH BEHIND THE NET AND REPEAT.

** REPLACE COACHES WITH A LINE OF PLAYERS FOR GAME LIKE PLAY.