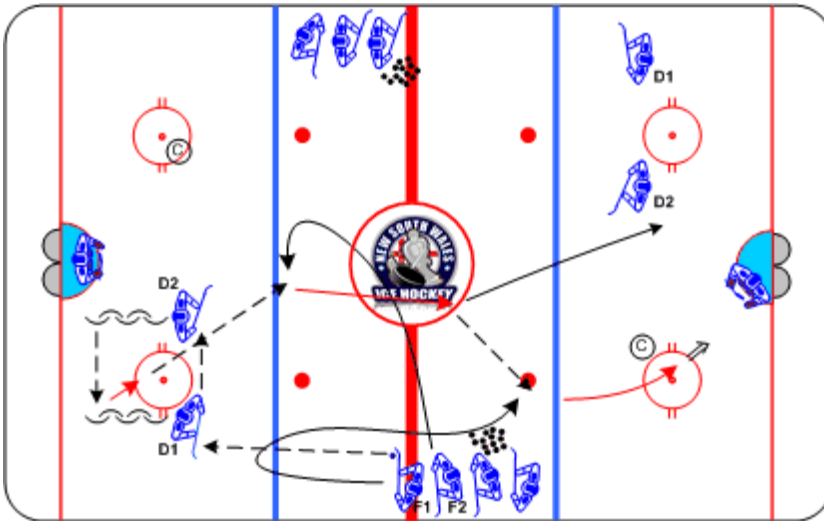




1/2 Ice Neutral Zone Regroup

Duration: 12 mins

- F1 passes to D1 or D2
- D1 and D2 pass back and forth while moving backwards, D1 or D2 skates forward completing a breakout pass to F2
- F2 passes to F1 and finish 2-on-1



Coaching Tips

- D1 and D2 always moving
- D's pass as skating forward
- F1 and F2 to finish with proper drive/delay options

Execution Tips

- F1 and F2 to time entrance into key passing areas
- Begin drill at half speed, focus on passing