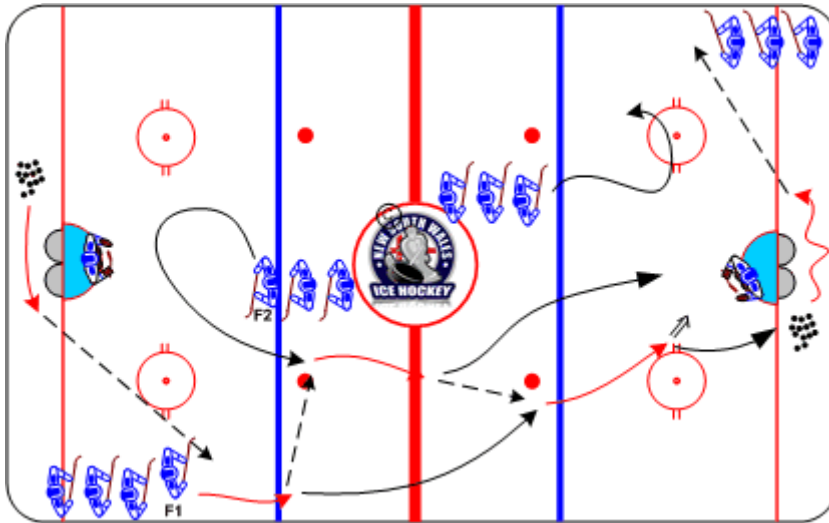




## Neutral Zone Give-and-Go

Duration: 6 mins

- **F1** receives pass from previous shooter, takes three strides, and passes to **F2**
- **F2** returns a pass to **F1**
- **F1** executes net drive and shoots, **F2** plays rebound
- **F1** initiates next repetition by retrieving a spotted puck from behind the net and passing to Forward on the hash mark



### Coaching Tips

- **F1** must wait until passer has control of the puck
- **F2** must execute control skate approaching **F1**
- Pass from **F1** to **F2** should be a lateral pass

### Execution Tips

- **F2** mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blue line