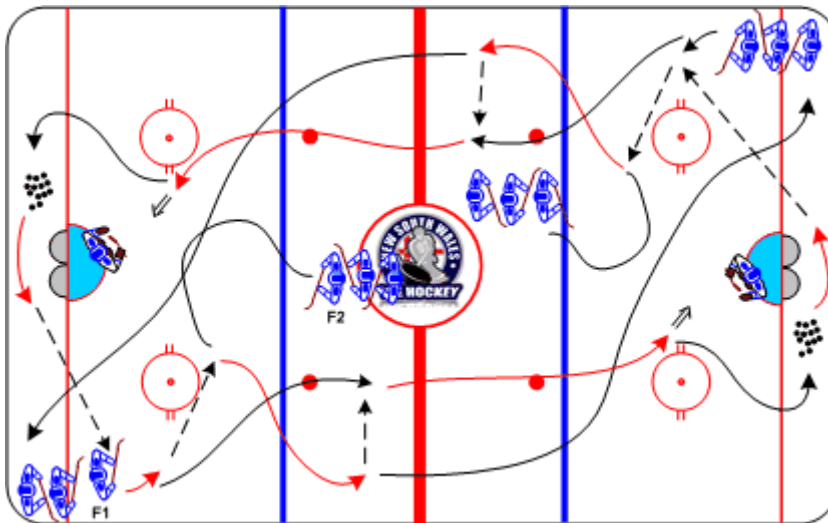




Neutral Zone Give-and-Follow

Duration: 5 mins

- **F1** receives pass from previous shooter, takes three strides, and passes to **F2**
- **F2** spot passes for **F1** who retrieves the spotted puck
- **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

- Give-and-follow
- Communication
- Quick passes

Execution Tips

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