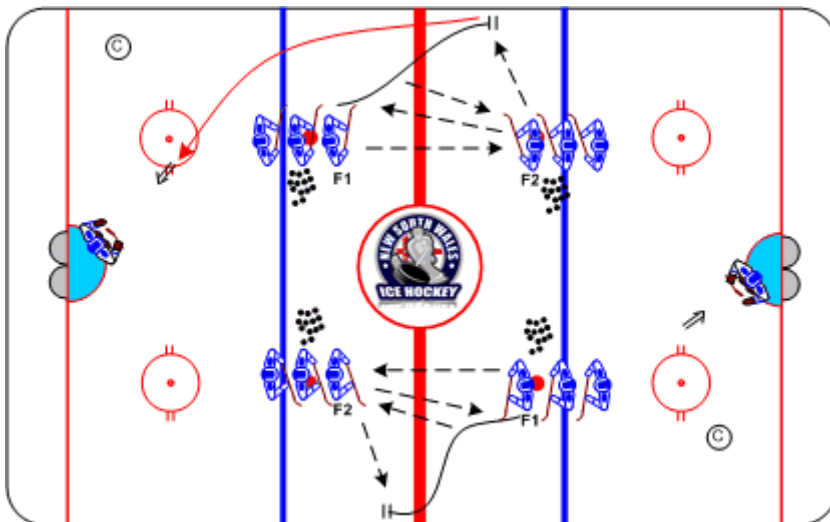




Neutral Zone Give-and-Go

Duration: 6 mins

- F1 passes to F2, F1 skates to receive return pass
- F1 touch passes, again to F2
- F1 open pivots to boards, receives pass from F2
- F2 repeats sequence



Coaching Tips

- Open pivot and accelerate
- Touch passing
- Drive skate toward net

Execution Tips

- Start on the whistle
- Progression: players start the drill without a whistle