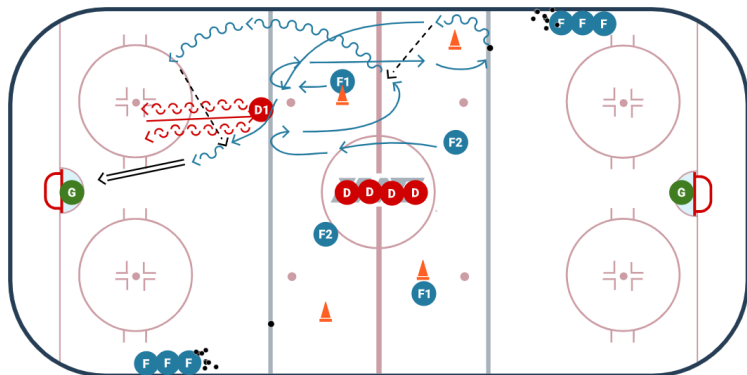


Neutral Zone Support 2 on 1



Notes / Coaching Points



Description

The two forwards in this drill start by sprinting up to the blue line, making a tight control turn towards the outside, then skating back to their respective cone and making another tight control turn. Player 1 picks up the puck as they turn around the cone to the outside. Player 2 supports player 1 with good timing and space and receives either a direct pass or a chip off the wall. The forwards then attack the defense in a 2 on 1 situation.

The defense start on the blue line and explode backwards to the dot. At the dot they skate forwards to the blue line, transition to the inside, then play the 2 on 1 back towards the net.