

# Nutral Zone and Dzone Cov Practice Plan

Generated on Jan 5, 2020 by Hockey ClipPad.

**Duration: 6 minutes**

## Wings Right Up

Four lines of forwards on the blue

D at center ice

Coaches inside blue with pucks

On whistle, D gap up and back off blue, coach places a puck to their right, Forward from right side (far blue) comes back hard

D pivots, gets puck, and finds forward who presents himself

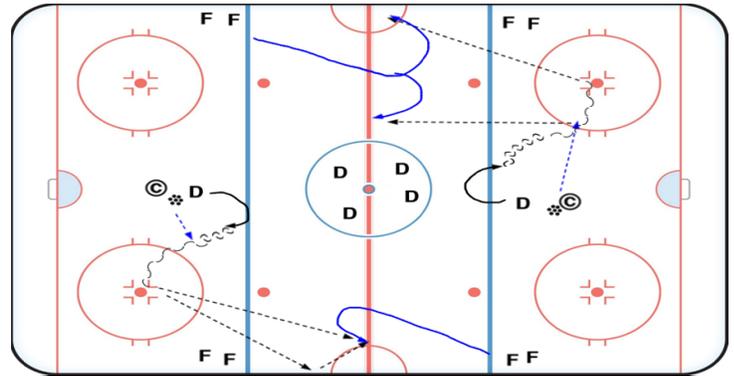
D gaps up for second puck to left, forward does same...

D takes ice, gets puck at opposite blue, drag, shot, screen, tip

### Notes

Change it to Weakside right up after a few reps...

Move forwards inside blue for tracking to turnover...



**Duration: 6 minutes**

## 2x2/3x2 Squeeze Drill

Forward down one end on opposite sides

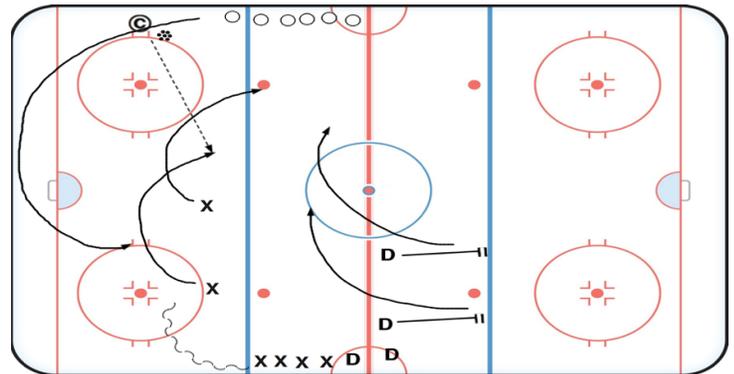
2D start at red line

On whistle-D skate to far blue and retake as much ice as possible

Forward on same side curl to top of circles and get a pass from coach & attack 2x2

Second whistle-D gal back up

Third forward carries puck from tops of circle and attack 3-2 as opposing forward skates around net and back checks...



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**Duration: 5 minutes**

## 3v2 OZone Transition

5 Blue/Two red D

1st puck-back to blue D for quick up, either right up or Weakside and up

\*Want puck to go to winger, so D can slide and stay up

Forwards gain zone and chip puck deep, then get it to the Weakside.

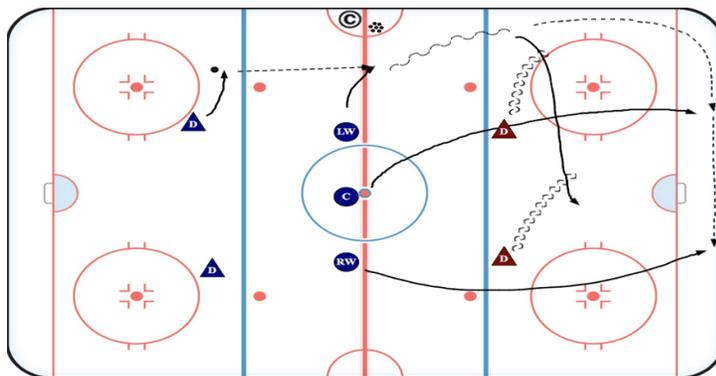
Offensive Team runs an offensive play

2nd puck

Quick counter attack 3v2 with D activate

### Notes

Dictating where puck goes on initial allows D to work on sliding and stalling...



**Duration: 10 minutes**

## 5x5 To NZone

Begins 5x5 in a zone

-Drill begins with a quick cycle into corner, the released to Netfront Weakside

-5x5 in zone for 8-10 seconds

-Second puck is placed at opposite top of circle

-Defensive team reaction varies

>NZone 4check

>Change

\*You can also change the offensive players

