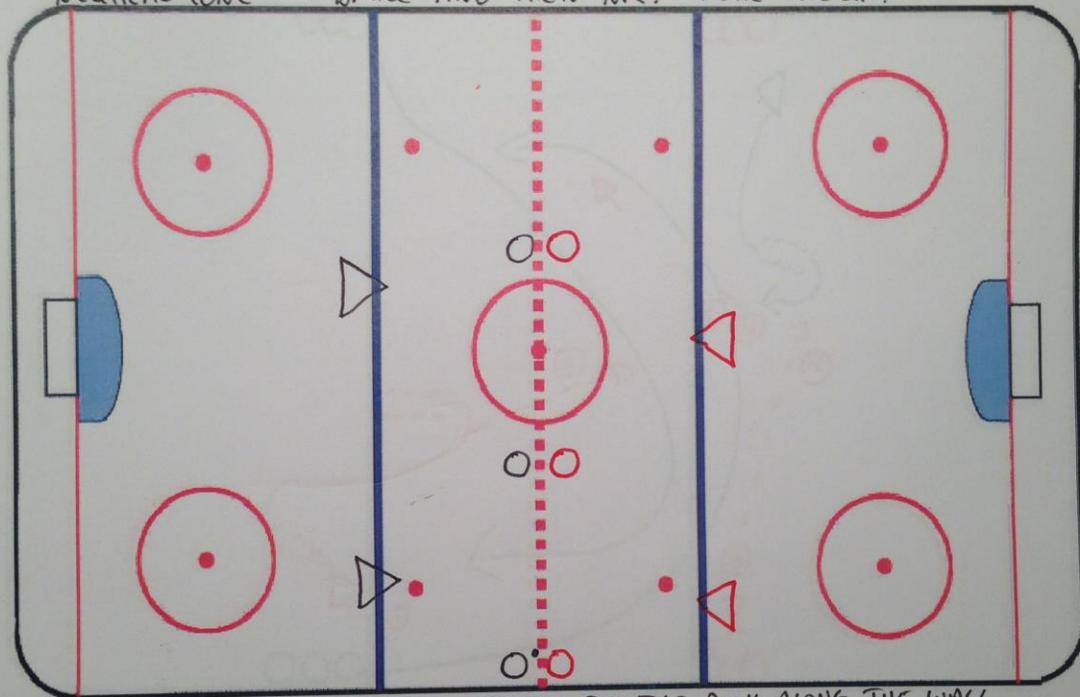


- ① 1 ON 1 BATTLE FOR 20 SECONDS
- ② ON THE WHISTE PLAYERS CLEAR THE ZONE . 2 ON 2 STARTS
- ③ NEW WHISTE 3 ON 3 IN ZONE
- ④ QUICK TRANSITION IS THE KEY TO THIS DRILL .



NEUTRAL ZONE    ○ BATTLE AND THEN N.Z.    ○ FORE-CHECK.



- ① 2-FORWARDS BATTLE FOR THE PUCK ALONG THE WALL
- ② WHAT EVER FORWARD WINS THE PUCK, THEN PASSES TO DEFENSE
- ③ OFFENSIVE TEAM WORKS ON N.Z. REGROUP
- ④ DEFENSIVE TEAM WORKS ON N.Z. FORE-CHECK.

