



*“Stay in your lanes, make contact, don’t let them get their speed up”*

## **NEUTRAL ZONE – 10 LITTLE THINGS**

1. No more than 30 seconds to 1 minute or so on the ice, all out and off – if you are not tired, you are not skating or fighting for the puck hard enough – finish the check
2. Be first along the boards, win the puck one-on-one everywhere, do not hesitate
3. If they use D to D passing all the time cover both their D immediately when one of their D has the puck and use our remaining forward and our 2 D to cover their forwards so they are not open for a pass
4. Forwards don’t let their player get by you with the puck, run into him and lift his stick off the ice
5. Wingers go to the open spaces either in the middle or up ice wide for a pass when we have the puck coming out of our zone
6. Forwards, stickhandle by their player one on one if no one is open, or pass back to defence to start over again
7. Make a good pass to our open player ahead of you if he is wide open, but don’t pass if you are open and can carry the puck. Draw their player to you and then pass to our open player
8. Shoot the puck into their zone when there is no play to make at their blue line or when you are slowed down so you cannot make an individual or team play
9. Forwards, don’t lunge at, or sweep check their player, angle him to the side boards and finish the check
10. Defencemen, don’t come across our blue line and body check their player taking yourself out of the play even if you can make a great hit, especially when a 3 on 2 is developing and no forward is coming back