



*“Anticipate their double stretch neutral zone play and plug the middle of the ice and their passing lanes”*

## NEUTRAL ZONE – DEFENDING THE DOUBLE STRETCH BREAKOUT

- They are yellow , we are blue
- On a failed aggressive forecheck or our cycle, their D gets 100% possession low around the bottom of their faceoff circle
- Their 2 wingers fly the zone pushing our D back to our blueline
- Their centre skates to the red line dot
- Their D wants to try a pass to their centre
- Our F3 must read their D’s time and space and immediately and lock with their centre as he skates to the red line in the Nzone
- Our LW caught low gets in the passing lane of their D to their centre as he is challenging him
- Our RW back checks hard down the strong side boards to cover a pass to their winger along the boards and being aware that their winger may try to pass back to their centre coming hard up the middle

