

NEUTRAL ZONE TIPS INDEX

Defence

- Forwards - Divide the Zone Into 3 Parts
- Finish the Check
- Prevent Odd Man Rushes
- The 1 - 2 - 2 Neutral Zone Trap
- The 2 - 3 Trap
- Penalty Killing
- Defending the Regroup
- Defending the Double Stretch Breakout
- Changes On The Fly

Offence

- Go To The Open Ice
- 5 Regroup/Counterattack Plays

Faceoffs

- Face Offs
- Face Offs Techniques

10 Little Things