

## **10+ B5 Drills from the Neutral Zone:**

### **B5 1-0 Outside-Middle Shots- Czech U17**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6272&topic=6272#6272>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

### **B5 2-0 Shot - Rebound – Shot**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6477&topic=6477#6477>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20121108160612789>

### **B5 Jursi 2-0 with Regroup - U20**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150102235237642>

### **B5 - 2-0 Shoot to Far Pad - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140623100009587>

### **B5 Regroup 2-0 x 2-Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5903&topic=5903#5903>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101907662>

### **B5 Regroup - Attack 2-0 - Cycle - Pass to Point - Screen; Finnish U17**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4622&topic=4622#4622>

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B5%20Regroup%20Options%20and%20Shots%20Finnish%20U17.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B5%20Regroup%20Options%20and%20Shots%20Finnish%20U17.3gp)

### **B5 3-0 Breakout-Shoot-Cycle-F or D Shot-Finnish U17**

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=91>

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp)

### **B5 - 3-0 Middle Drive - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2014062310072386>

### **B5 Regroup 3-0, Middle Drive-Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6041&topic=6041#6041>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012100209041983>

## **B5 - Scoring On Rebounds - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140625102408180>

## **B5 - Agility Skate and Triple Threat Passes - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140528165050996>

## **B5 Shooting Warm up**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080722235630474>

## **B5 Pass and Shoot Warm-up Russian Women National Team**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=3736&topic=3736#3736>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111214162836291>

## **B5 Shooting on 4 Nets - HC Dukla HS, Czech Republic**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=710&topic=710#710>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100818155314680>

## **B5 Overspeed Skate-Pass-Shoot**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1307&topic=1307#1307>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090805115344598>

## **B5 and B6 Pass and Replace**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=913&topic=913#913>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090728110101526>

## **B5 Czech Stretch Pass**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=910&topic=910#910>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090208152001852>

## **B5 Driving the Net from the Corner**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=463&topic=463#463>

## **B5-6 Pass x 3 Shoot-Rebound U17-U20**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6372&topic=6372#6372>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2013032310062819>

## **B5 - 3 Give and Go x 3 Shoot - Rebound**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=796&topic=796#796>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100820101216223>

## **B5 Options Using One Quarter Ice**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=471&topic=471#471>

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100818155314680>

## **B5 - Defense Skills - Go with Tight Turn - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140528164436936>

## **B5 - Defense Skills - Wheel Breakout x 4 - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140528164132363>

## **B5 - Defense Skills - Quick Up to Wing - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140528163835926>

## **B5 - Defense Skills - Over D to D - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140528163532270>

## **B5 - Defense Skills - D to D Reverse x 4 - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140528163227701>

## **B5 Three Lane Shots**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6670&topic=6670#6670>

## **B5 Middle Drive and Cycle - 10 Seconds to Score**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6517&topic=6517#6517>

## **B5 Circle and Shoot**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080722235629823>

## **B5 Cross and Drop Sequence**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=404&topic=404#404>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154512198>

## **B5 Double Cross-Drop-Pass-Shoot Options**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=3395&topic=3395#3395>

## **B5 Cross and Drop**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720203336657>

## **B5 Double Cross and Drop - HC Dukla Jihlava U20**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6390&topic=6390#6390>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100830110413207>

## **B5 Scoring Drill**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090812164226965>

## **B5 - 1 on 1 Drive the Net and Backcheck - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140623095453104>

## **B5 Reijo 1-0, Shoot, 2-1 - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=980&topic=980#980>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812173644915>

## **B5-6, 1-1 x 2 From Blue Line and Corner - Sweden**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4918&topic=4918#4918>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417102942736>

## **B5-B600 Quick ups x 2 - Latvia U20**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20121204145927172>

## **B5-B6 Breakout 3 Shot Czech - U17**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012123122211727>

## **B5 5-0 Breakout Options**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20121101085219680>

## **B5 Breakout 5-0 with Pont Shot**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=347&topic=347#347>

## **B5 Breakout Options 5-0**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=283&topic=283#283>

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>

## **B5 Murdoch Breakout Routine E and F**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=278&topic=278#278>

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>

## **Murdoch Breakout Routine C and D**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=275&topic=275#275>

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>

## **B5 Murdoch Breakout Routine A and B**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=274&topic=274#274>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

## **B5 Breakouts With 2 D and Point Shot**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=968&topic=968#968>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200746400>

## **B5 Full Ice Breakout-One D**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=963&topic=963#963>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200745971>

## **B5 - Breakout x 2 Regroup - 3 Shots - Pro**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20141016091352784>

## **B5-B6 Breakout 3 Shot Czech - U17**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6271&topic=6271#6271>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>

## **B5 - Breakout x 2 Regroup - 3 Shots - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7005&topic=7005#7005>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141016091352784>

## **B5 - Breakout Pass to Wing - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140625103048567>

## **B5 - Wing Chip Puck Out - Sw**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140625101826471>

## **B5 Forecheck Skills Deflect-Steer-Angle-Finish Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=981&topic=981#981>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

## **B5 Straight on Angling**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005152254430>

## **B5 Angling**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=410&topic=410#410>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080719114133299>

## **B5 - Angling Along the Boards – Sw**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6937&topic=6937#6937>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>

## **B5 - Neutral zone Angling - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6610&topic=6610#6610>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2014032014381730>

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<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100818155314680>

## **B5 Regroup Options and Shots Finnish U17**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4622&topic=4622#4622>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120418105909346>