

T2 - Nzone Turnover-Breakout-Attack, Cycle-Point Shot x 2 - Pro

Key Points:

Simulate a neutral zone forecheck vs. the offense. Practice the middle drive attack, cycle then D to D and point shot. So this from both sides.

Description:

1. Three forwards skate and on turn-over the puck to the opposition D near the far blue line.
2. Five attackers break out vs. the 3 man forecheck and enter the offensive zone.
3. Attack with the middle drive.
4. Two forwards cycle and pass to the point who passes across D to D.
5. The forwards screen and tip.
6. Repeat in the other corner with a new puck.
7. The three forwards go the other way and turn-over a puck to the opposite D.
8. Repeat the drill with 5 new attackers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103085023104>

<https://youtu.be/NScQwlpzXGg>

