



Neutral Zone Circle Game - Coach Barry

Neutral Zone Circle Game develops D to D connection, cross ice passing, and defensive pressure. Use center circle as defending zone. Attacking team has four players outside circle, defenders have two inside. Attackers pass local or cross ice. Points scored for D to D pass followed by cross ice pass. If defenders recover puck, they protect and pass between each other. Player who lost puck must recover and return it to attackers. Runs 45 seconds. Reinforces puck movement, pressure response, support timing, and transition awareness under constraint.

Video walkthrough: <https://youtu.be/0mSaWa9mKd0>