



## Description

Drill to emphasize movement through the neutral zone during a regroup / transition. Illustration depicts a face-off win to the LD.

### Forwards:

1. Line up the faceoff as normal. Center should direct the puck to one of the two D's to start.
2. As illustrated, if C directs puck to LD,
  1. C drops to enter the loop toward receiving D, enters loop.
  2. LW approaches the near sideboard and follows the loop as depicted.
  3. RW transitions to enter the loop as depicted.
3. Once all are in the loop pattern, skaters should skate with transitions to face the defenders. Forward skaters shall repeat the pattern until the whistle.
4. On Whistle, D makes pass to an available F, remaining F's enter as 5v0.

### Defense:

1. Defender receiving will start and continue D-D passing while forwards are skating their pattern.
2. On Whistle, the D passes to a forward, and the forwards enter the zone for a 5v0. Skaters go until whistle.

### Options:

- Include opposite D to enter the play on the 2nd Whistle while entering zone.
- D-D movements could incorporate a Defensive Escape move along with the D-D passes.

## Key Points

Continuous Movement, Awareness, Passing / Puck Movement