

NHLCA FEATURE DRILL

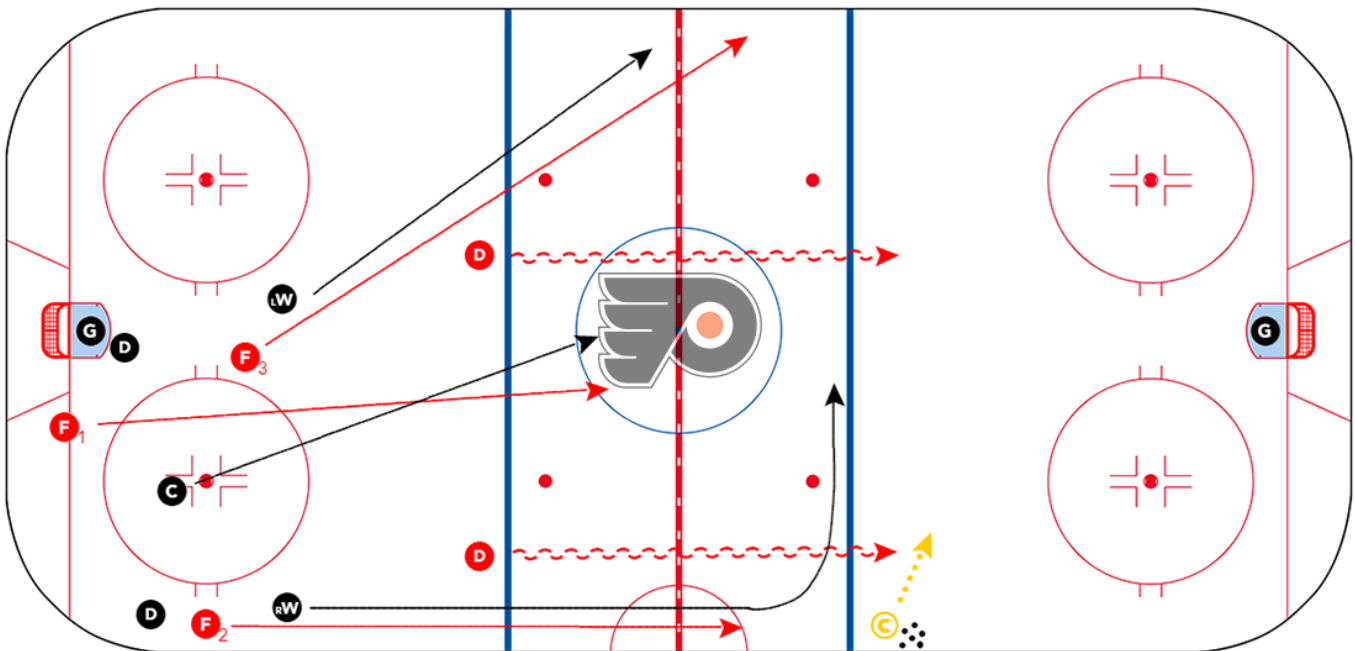
FEBRUARY 15, 2024

NEUTRAL ZONE FORECHECK FROM D ZONE COVERAGE

Category: NZ Counter / Transition Drills

Team: Philadelphia Flyers

- Description:**
- Starts with an offensive zone cycle / quick attack
 - On whistle, coach chips a puck to the far blue line
 - Offensive team quick regroup / transition
 - Defensive teamwork on Neutral Zone Forecheck [1-2-2, 1-1-3, 1-3-1]
 - Play in zone until coach blows the whistle



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