

NHLCA FEATURE DRILL

MAY 1, 2025

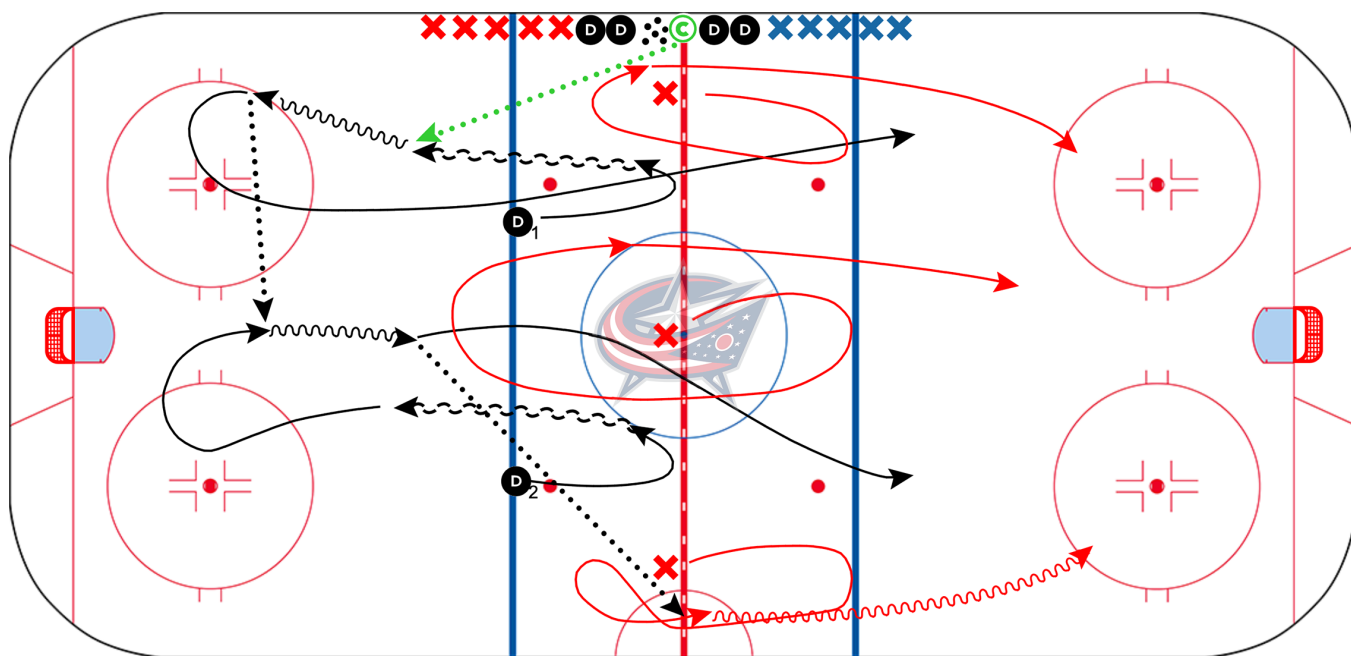
NZ SEQUENCE

Category: NZ Counter / Transition

Team: Columbus Blue Jackets

Description:

- Whistle start, 3 Fs tag up at the far blue and 2 D tag up to the center red line. All 5 retreat and get spotted puck from coach. They run the appropriate routes with good timing and attack 5 vs 0. As soon as the puck crosses the red line, the next 3 Fs line up on the center red and the next 2 Ds line up on the defensive blue line.
- On the next whistle, the first 5 hustle out of the attacking zone while the 5 players in the NZ are skating hard to tag-up and find the next puck spotted from the coach. They execute the same Neutral Zone Transition and attack 5 vs 0. Repeat.
- Once all players have gone one way, the 1st 5 line up and execute the same NZTR going towards the opposite end. This way, the players get to execute through each NZTR going each way.
- Endless options here: (1) D-D-C (2) D to Strong Side W to Weak Side D to C (3) D-D Inside Hinge (shown above) where D1 elongates the zone and the D2 sets up a route to skate by the opposition F1 as they receive the pass. They then have all 3 Fs as options for the attack



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