



“The neutral zone is often forgotten as a key defensive zone when we do not have the puck. If forwards back check hard “in their lanes”, we may get the puck back and catch the other team off guard in the transition from defence to offence”

NEUTRAL ZONE – LANES

It is very important not to allow the other team the time and space in the neutral zone to move freely with the puck, to get open or to pick up speed going into our zone. They will be trying to play wide and to cross into open spaces in the middle for passes. If we go at them in a pack of 3 fairly close together we are playing into their hands because they will just pass off to one of their open players. So, if you are a winger, think about the responsibilities of your position on your half of the ice.

DON'T ALLOW LARGE OPEN GAPS OF ICE IN THE NEUTRAL ZONE LIKE THE GRAY AREA BELOW CAUSED BY OUR LEFT-WINGER GETTING OUT OF HIS LANES ON HIS SIDE OF THE ICE



