



NEUTRAL ZONE COUNTER / TRANSITION DRILLS

LEGEND

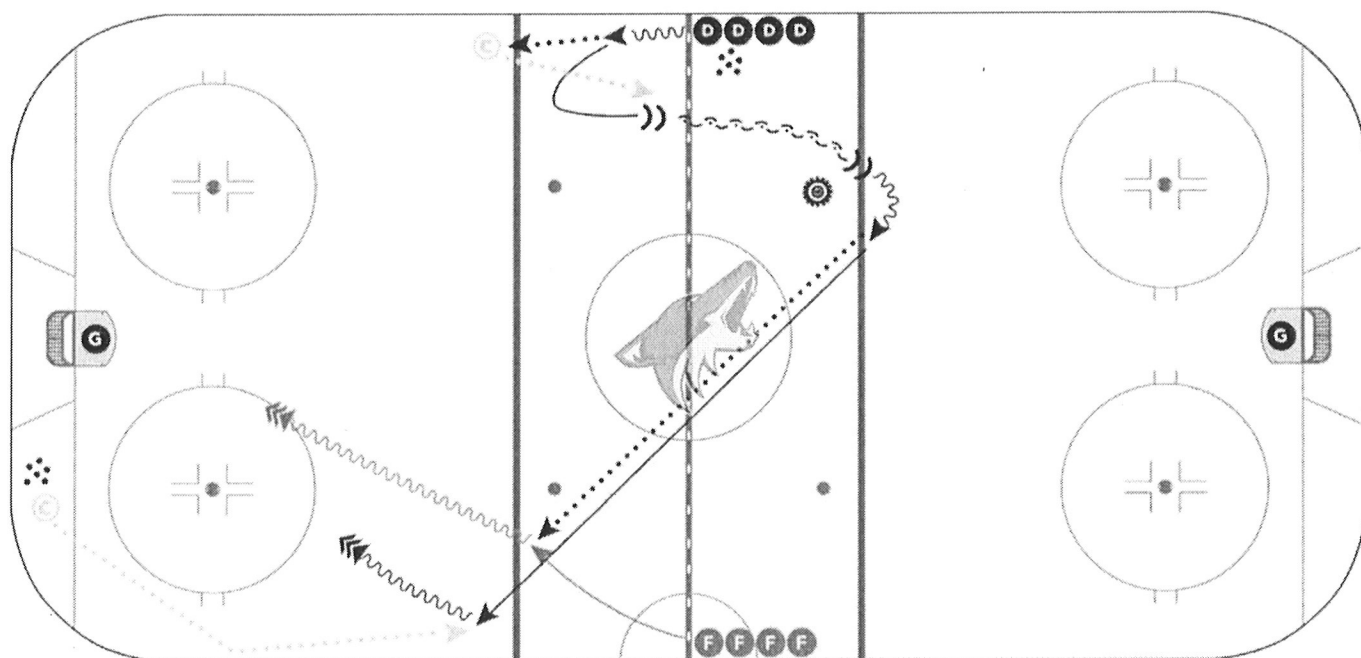
»» Shot	———— Skate
Stop	~~~~~ Skate With Puck
▶ Direction	•••• Pass
↘ No Arrowhead	~~~~~ Backwards Skating
)) Pivot	~~~~~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterflyslide

D QUICK COUNTER

Category: Neutral Zone Counter / Transition

Team: Arizona Coyotes

- Description:**
- **D** starts at red line, carries the puck 2-3 strides and passes to coach
 - **D** pivots backwards and receives a pass back from the coach
 - **D** carries puck backwards, pivots around the tire and makes a quick pass to a wide line **F**
 - **D** follows puck to blue line for a rim from low coach
 - Player must handle the rim, pull it off the wall and finish with a shot on goal
 - Switch sides once each **D** has gone a few times to work on pivoting both ways

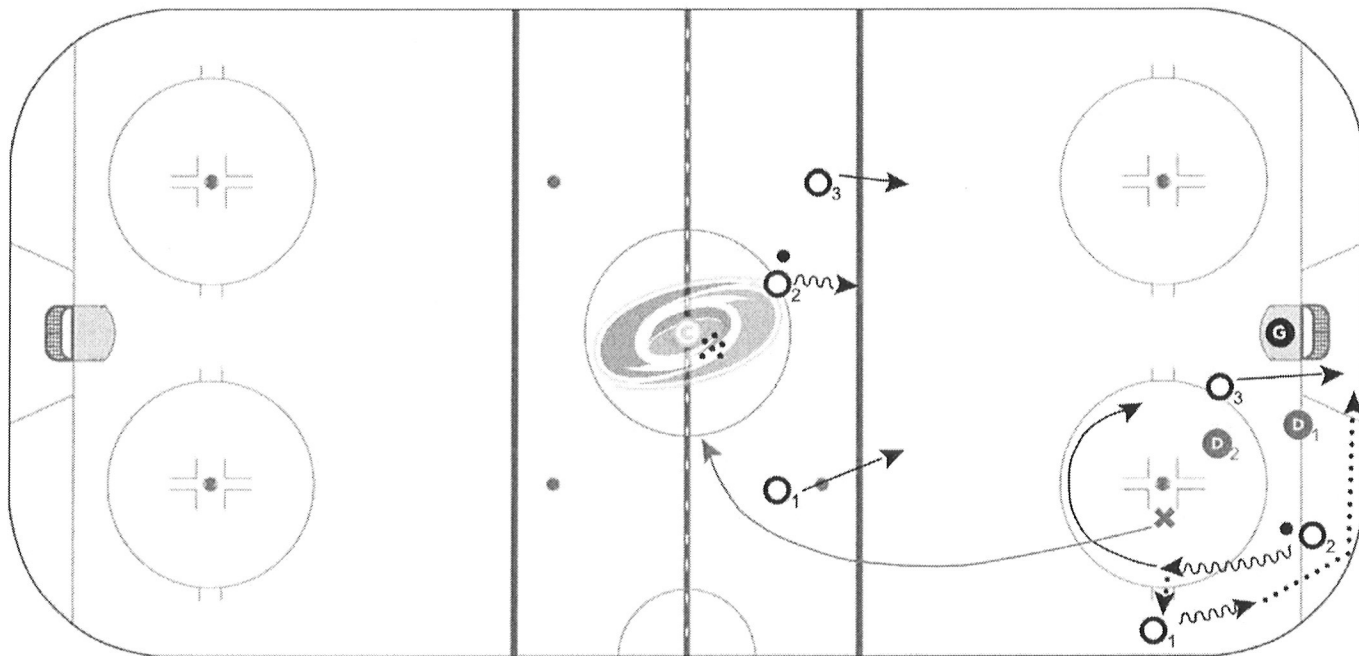


3 VS 3 LOW, 3 VS 2 HALF W/BC

Category: Neutral Zone Counter / Transition

Team: Carolina Hurricanes

- Description:**
- Drill starts with a low cycle and getting the puck to the back of the net, which activates the defending players **X**, **D1** & **2**
 - Play out a 3 vs 3 until the whistle
 - On whistle, all players leave puck, skate outside the zone and retrieve a new puck spotted by the coach
 - **O**s attack back against 2 **D**
 - **X** must skate to red line before they can attack the puck, so the play will be an abbreviated 3v2 with a BC

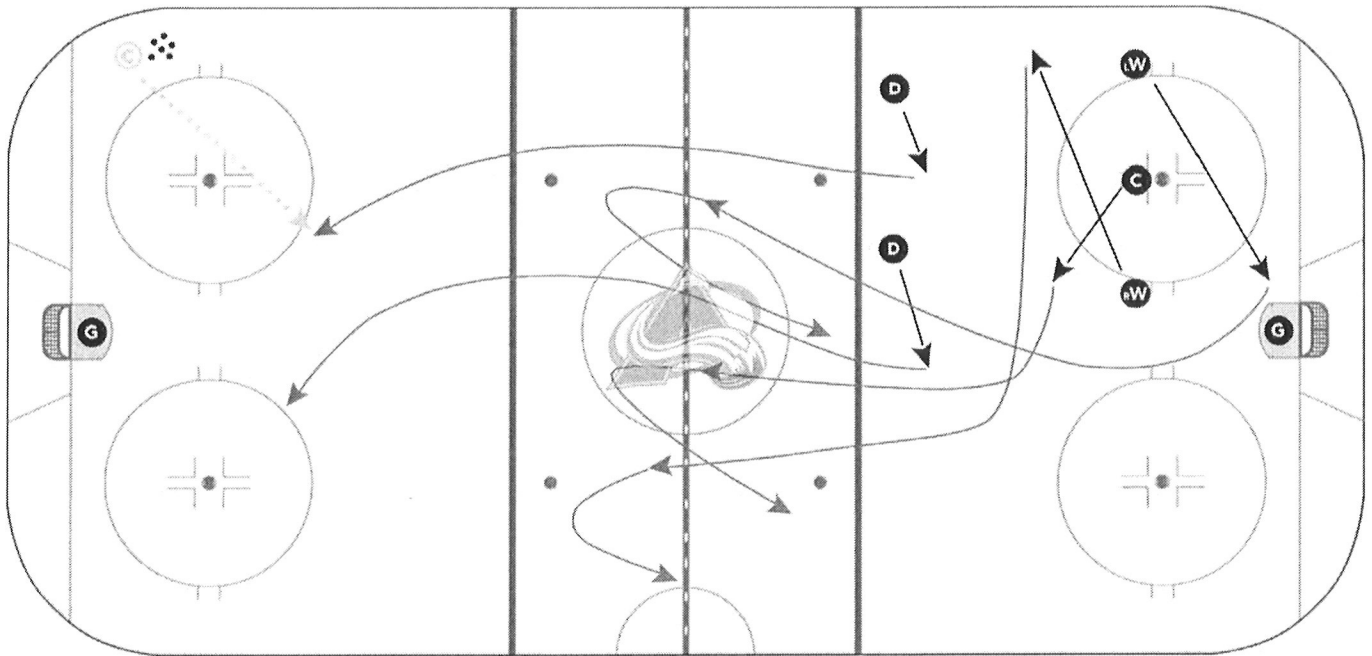


CALDER

Category: Neutral Zone Counter / Transition

Team: Colorado Avalanche

- Description:**
- Begin drill with a face-off option in the OZ. Recover to the NZ for a Neutral Zone Regroup
 - After attacking, continue with OZP option OZFO
1. W to wall — C pop
 2. X play NZR
 3. D-D and up
 4. D-D-D jumper-stretch OZ option
 5. F3-WSD
 6. Long cycle F3

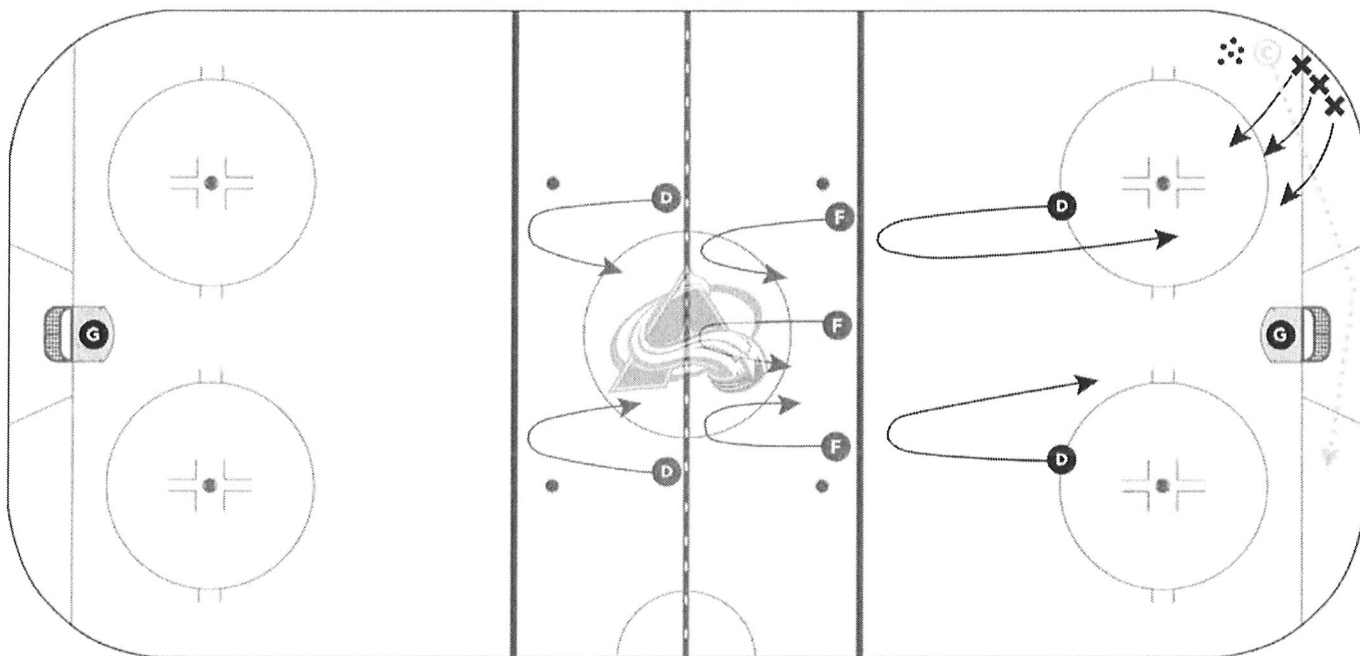


BUFFALO TRACKING

Category: Neutral Zone Counter / Transition

Team: Colorado Avalanche

- Description:**
- Drill works from one end of the ice. Two lines on, everyone else on benches
 - Offensive line tags lines and comes back for D over or D dink Bo
 - Coach sends tracker and defending forwards for full 5 vs 5 rush
 - Play continues in zone for 5 vs 5 play working on DZC / OZP
 - On whistle, coach has second puck in NZ for NZ regroup and NZC
 - Focus is on Track, DZC and NZC
 - System details

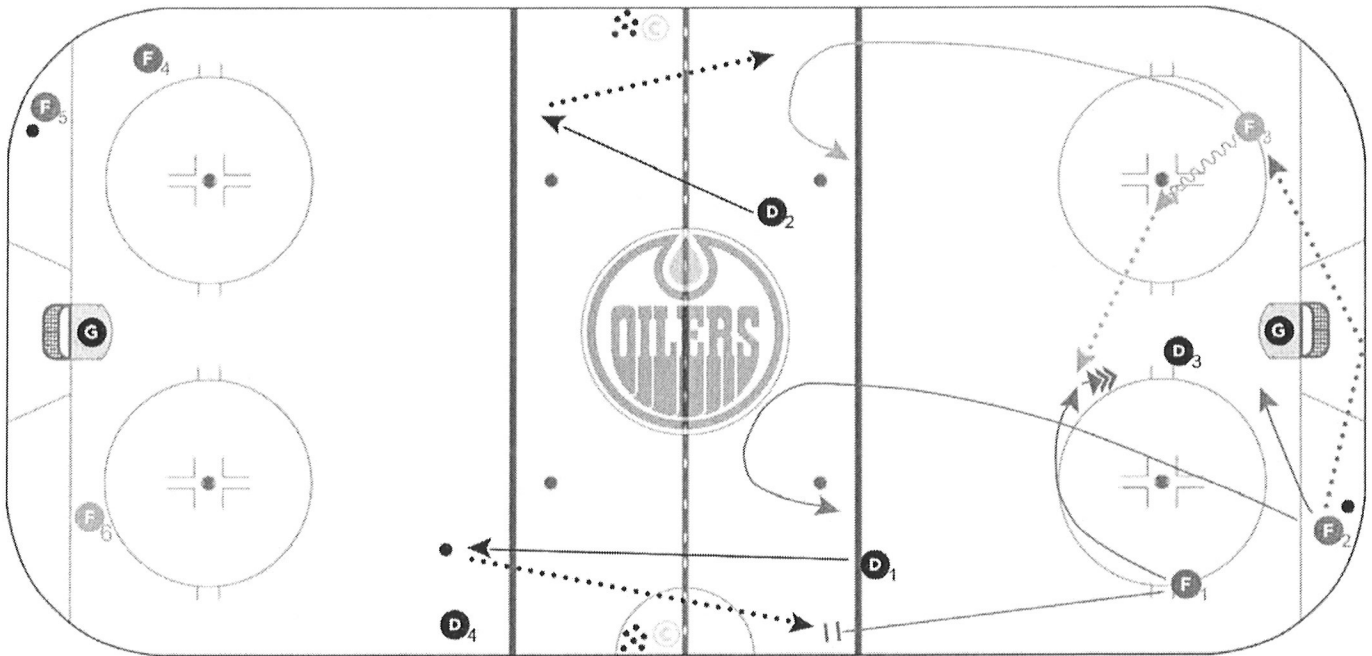


3 VS 1 TIMES 3

Category: Neutral Zone Counter / Transition

Team: Edmonton Oilers

- Description:**
- **F 1** **F 2** and **F 3** start with a bank pass down low and attack **D 3**, 3 vs 1
 - On whistle, **D 1** goes back and retrieves a puck, while F123 fill lanes and net drive attack, 3 vs 1
 - On second whistle, **D 2** gets a puck spotted to the far side for another NZ regroup and the third 3 vs 1
 - After play, F456 continue drill at other end with **D 4**

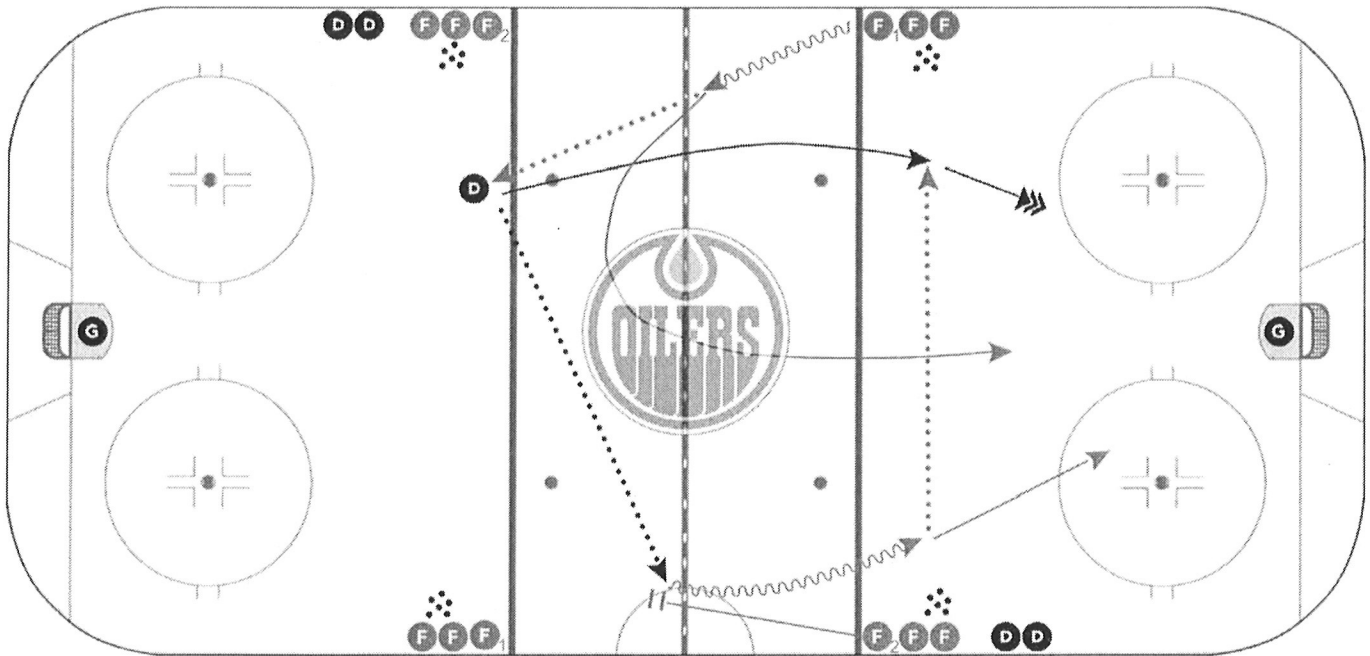


D INITIATE

Category: Neutral Zone Counter / Transition

Team: Edmonton Oilers

- Description:**
- **F 1** carries puck to red line and then passes to **D**
 - **D** passes to **F 2** who has opened up at opposite side of ice
 - **F 1** fights for the middle drive and **D** works up to fill wide line and receives the pass from **F 2**
 - No dusting for the **D** when passing
 - Pucks can be on all fours but just use opposite sides, then switch



BOARD JUMP

Category: Neutral Zone Counter / Transition

Team: Florida Panthers

Description:

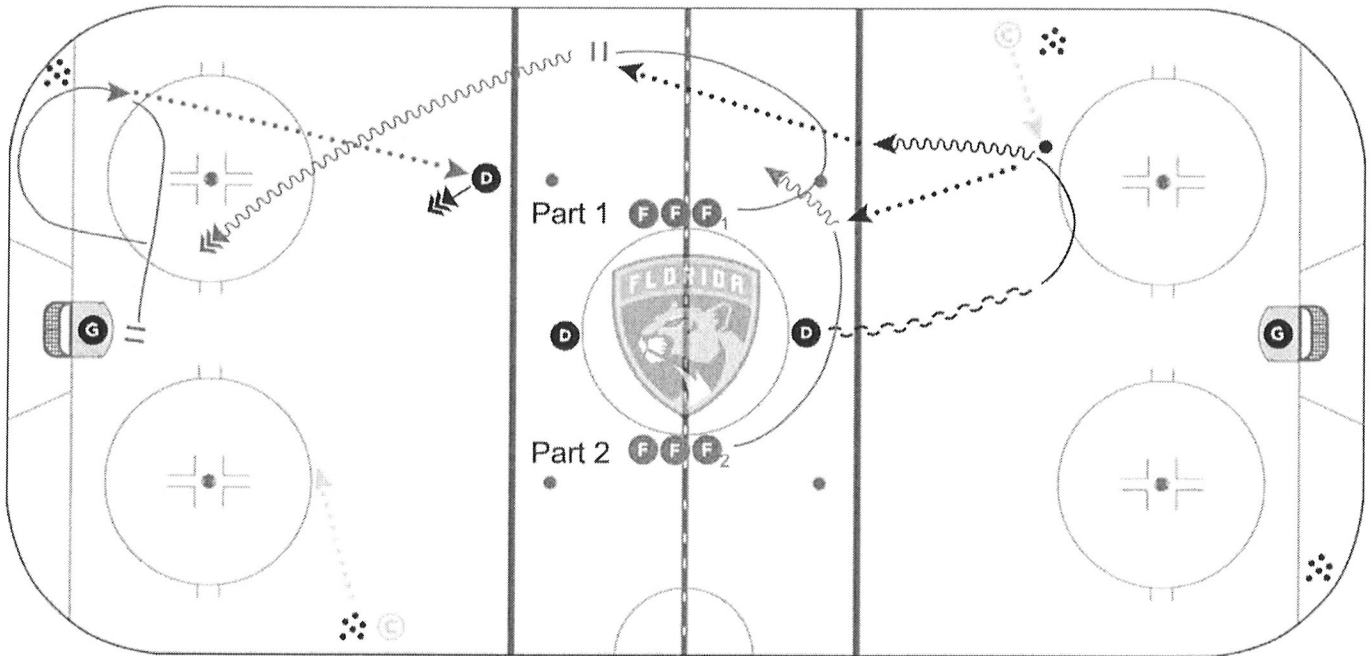
Part 1

- **D** skates backwards hard to inside blueline, pivots and receives pass from the coach
- **F 1** times it and posts up receives pass from **D** continues down for a shot on goal
- **F 1** goes to the corner after shot and picks up puck to pass to **D** that followed up play for a shot / tip / screen

Part 2

- **D** starts drill same way but passes puck to **F 2** in the middle who then continues with same drill

Run drill from both ends

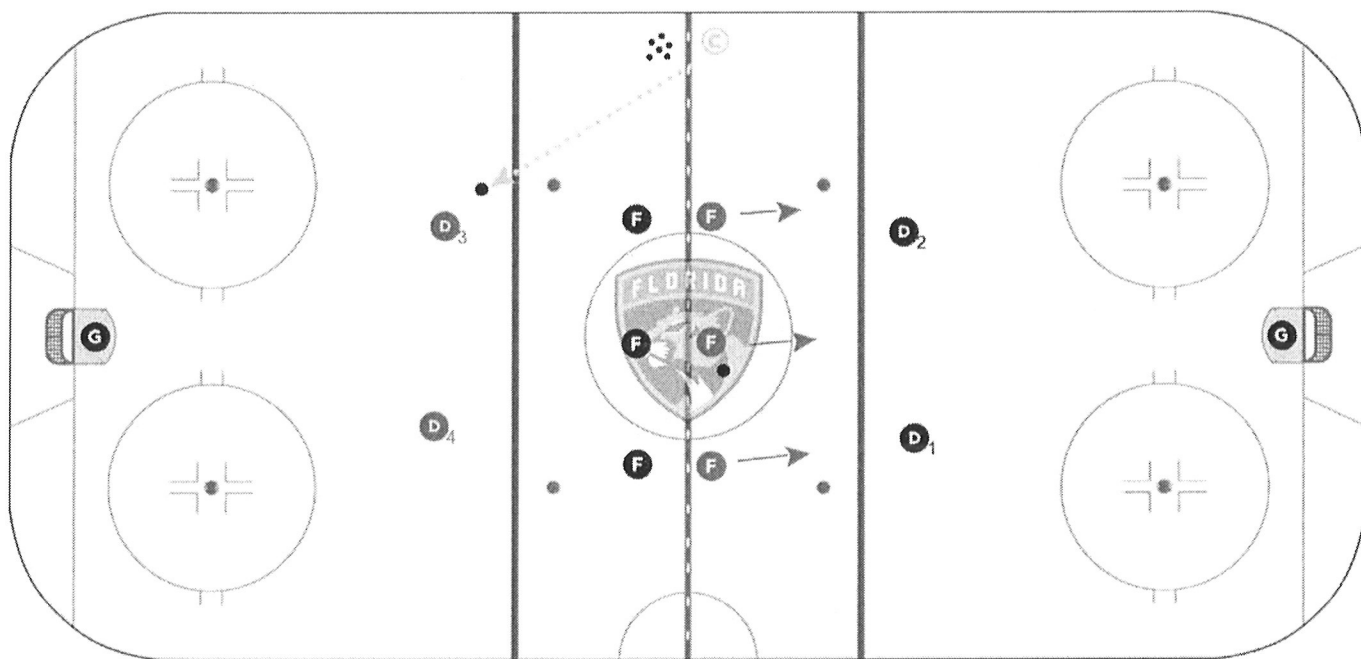


3 VS 2 NZ FORECHECK

Category: Neutral Zone Counter / Transition

Team: Florida Panthers

- Description:**
- **F** will go down 3 on 2 against **D1** and **D2** (other 5 players wait)
 - Whistle — coach spots puck to opposite **D** / now the **F** and the **D** will go into NZ forecheck
 - Whistle — now go the other way **F** go down 3 vs 2 against **D3** and **D4**

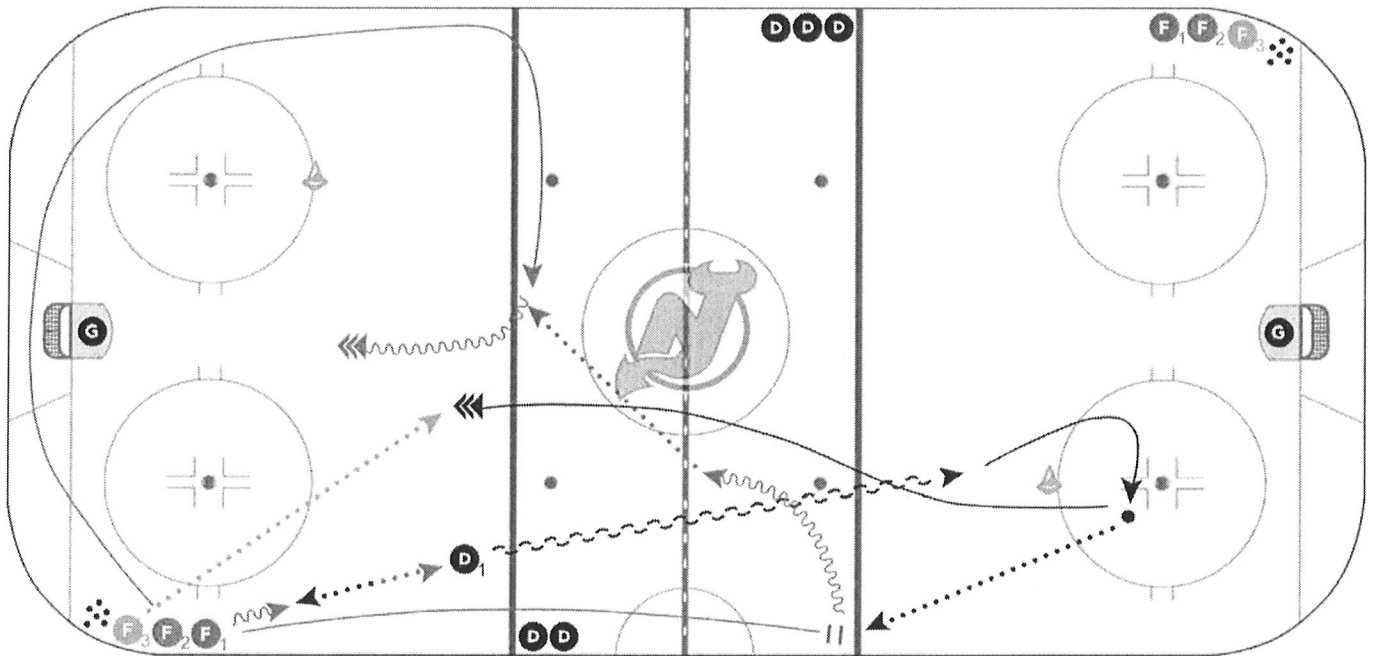


QUICK UP / STRETCH

Category: Neutral Zone Counter / Transition

Team: New Jersey Devils

- Description:**
- **F 1** & **D 1** play catch back to far blue
 - At pylon **D 1** keeps puck, escapes around cone & passes to **F 1** who is posted up on blue
 - **F 2** times skate around net & stretches across blue
 - **F 1** comes off wall & passes to **F 2** at far blue
 - **F 2** goes in & shoots with **F 1** following up for rebound
 - **D** sprints to blue & receives pass from **F 3** for point shot

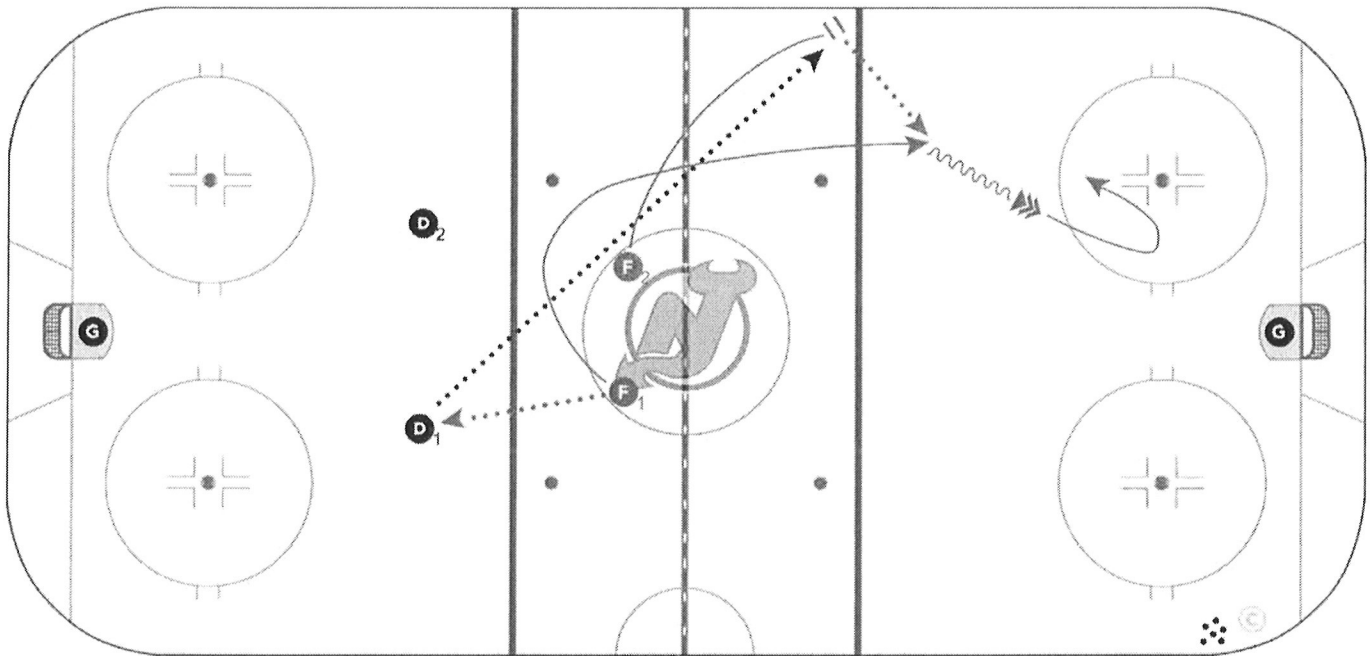


BOSTON NZ TRANSITION — PART 1

Category: Neutral Zone Counter / Transition

Team: New Jersey Devils

- Description:**
- **D** start inside blue — Fs start at bottom of faceoff circle
 - All non active players wait in center circle
 - Drill done at both ends simultaneously
 - On whistle **F 1** passes to **D 1**
 - **F 2** stretches & posts at far blue
 - **F 2** passes to **F 1** who shoots on net



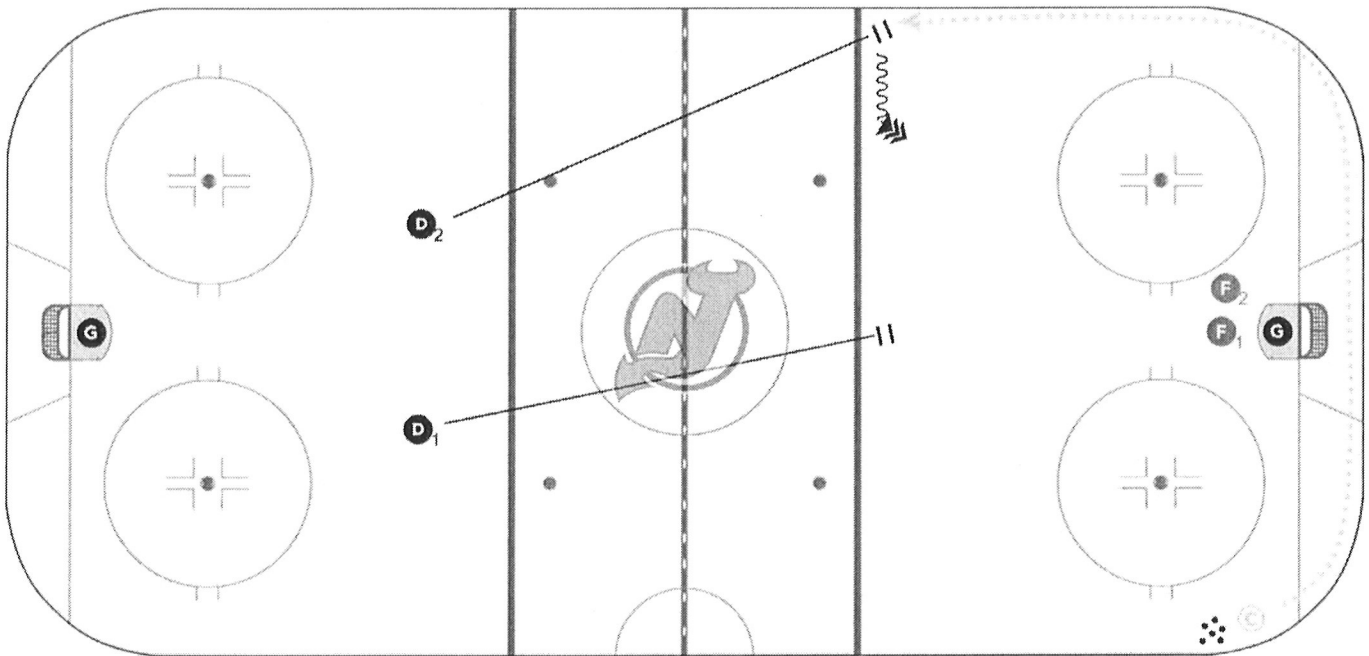
BOSTON NZ TRANSITION — PART 3

Category: Neutral Zone Counter / Transition

Team: New Jersey Devils

Description:

- After **F 2** shot, coach rims puck to **D 2** who has followed the play up ice
- **D 2** shoots with **F 1** & **F 2** at net front



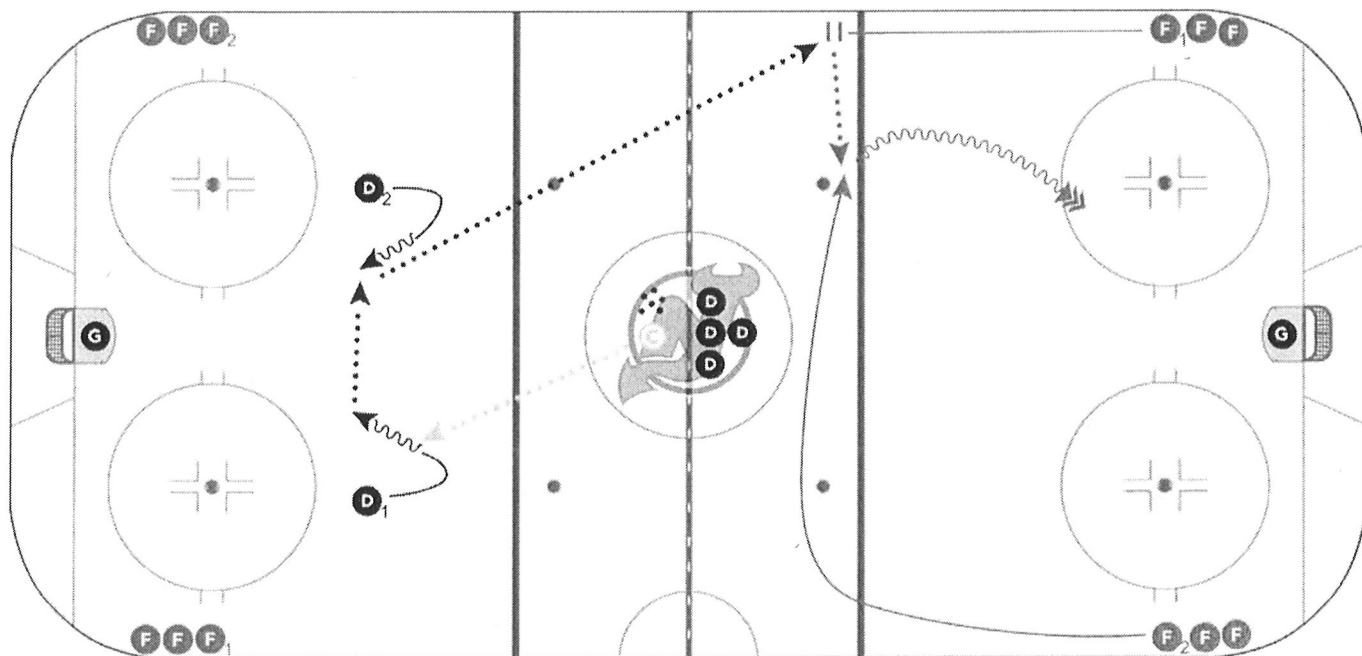
D UP TO POST & STRETCH — PART 1

Category: Neutral Zone Counter / Transition

Team: New Jersey Devils

- Description:**
- One end at a time
 - **D1** receives pass from coach & moves puck to **D2**
 - **D2** passes to **F1** who has sprinted to blue & post up
 - **F1** passes to **F2** who has sprinted up to blue & across to support **F1**
 - **F2** goes in for shot

Continued on Part 2



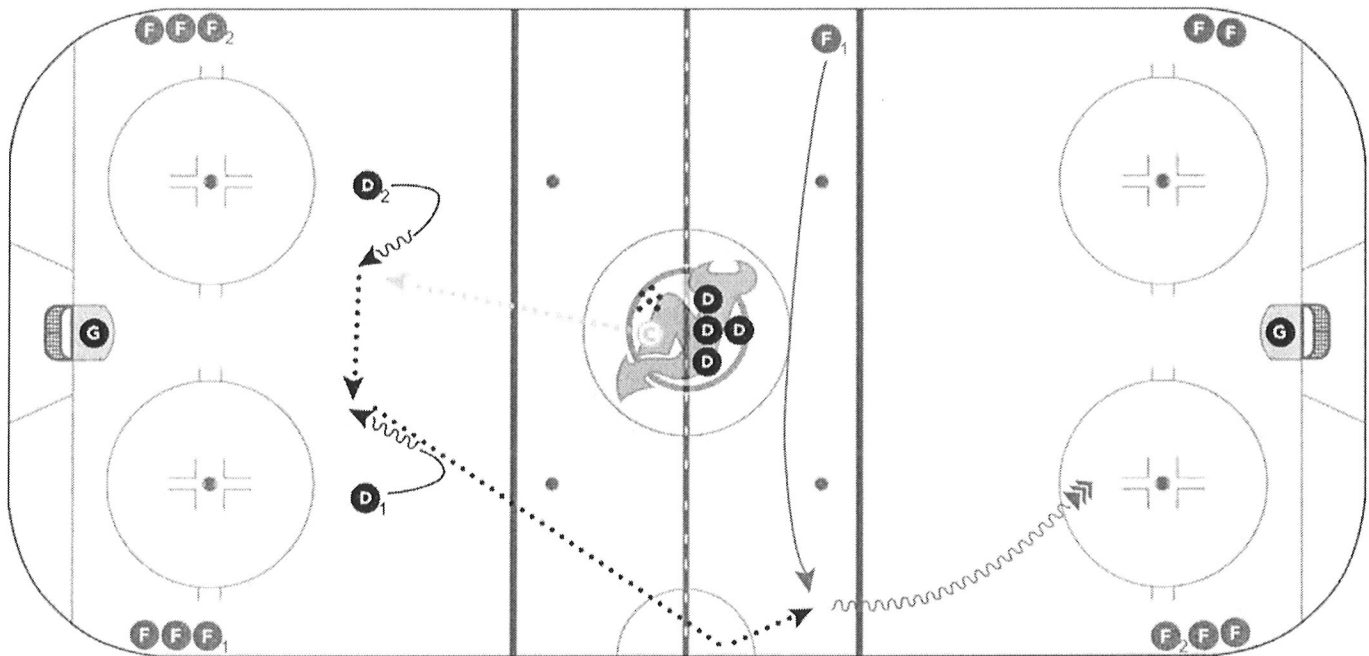
D UP TO POST & STRETCH — PART 2

Category: Neutral Zone Counter / Transition

Team: New Jersey Devils

Description: Continued from Part 1

- **D** regap with coach and passes to **D2** who moves puck to **D1**
- **D1** makes indirect pass to **F1** who has timed their stretch across blue & goes in for shot

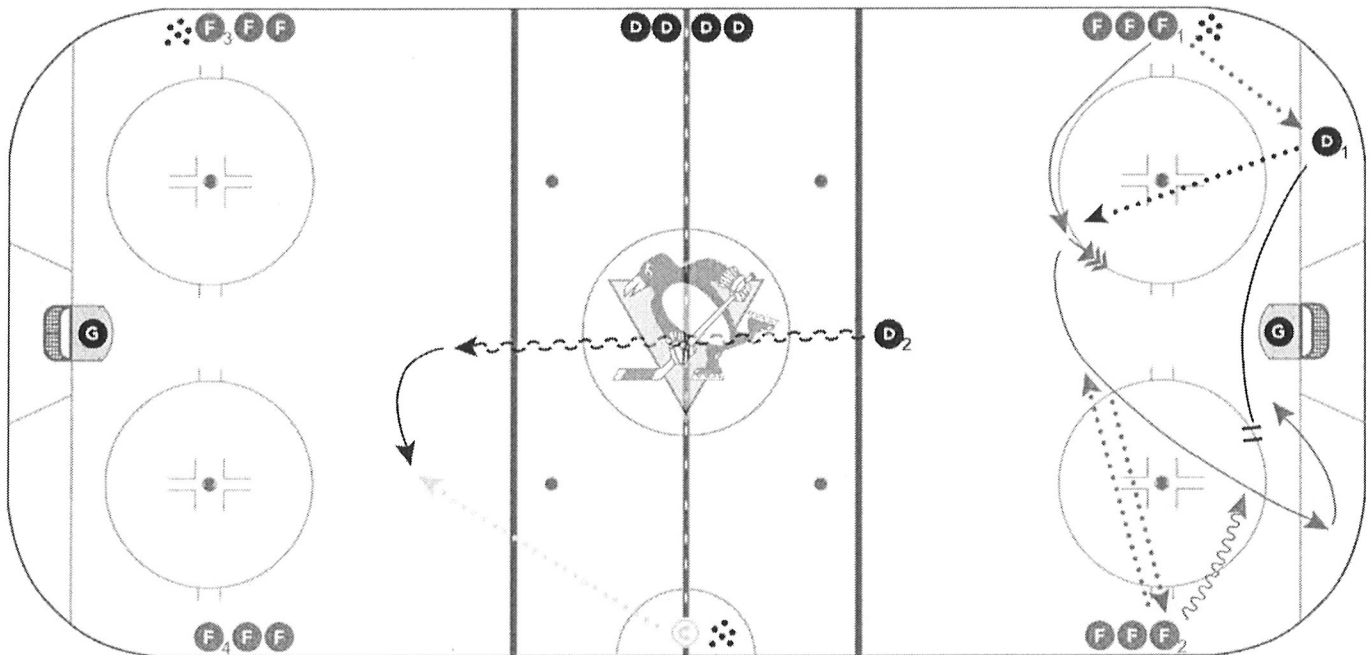


2 VS 1 — 2 WAYS

Category: Neutral Zone Counter / Transition

Team: Pittsburgh Penguins

- Description:**
- The drill is continuous
 - **F 1** passes to **D 1** in corner, skates around circle and receives pass back for a quick catch and release shot
 - After the shot, **F 1** receives a pass from **F 2**, 1-touches it back and skates to corner
 - **F 1 & F 2** play 2 vs 1 against **D 1** in the low ice
 - On the whistle, next **F** in line passes to **D 2** who shoots from the point with **D 1** boxing out in front
 - On the whistle, coach spots a puck for an N-Zone counter. **D 2** counters **F 1 & F 2**
 - **D 1** gaps up and plays the 2 vs 1 rush
 - Right after **D 2** makes the counter pass, they become the **D** in front at the opposite end
 - **F 3 & F 4** begin the same sequence in opposite end with a new **D** jumping out on blueline

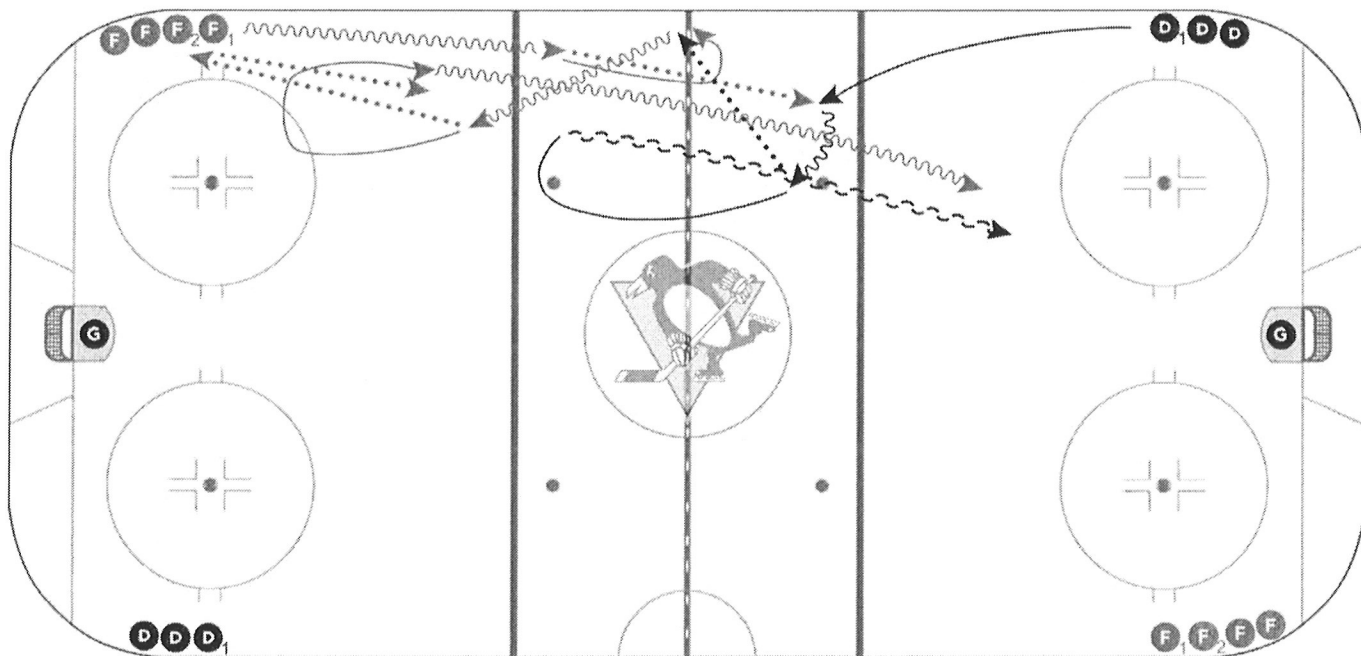


GAP SERIES — 1 VS 1

Category: Neutral Zone Counter / Transition

Team: Pittsburgh Penguins

- Description:**
- **F 1** carries puck to blue and passes to **D 1** at opposite blue
 - **F 1** skate to red and opens up for pass back from **D 1**
 - **F 1** carries puck and passes to **F 2** in line and opens up for pass back
 - **D 1** skates to blueline, gaps up, and plays 1 vs 1 vs **F 1**
 - Drill runs from both ends at the same time

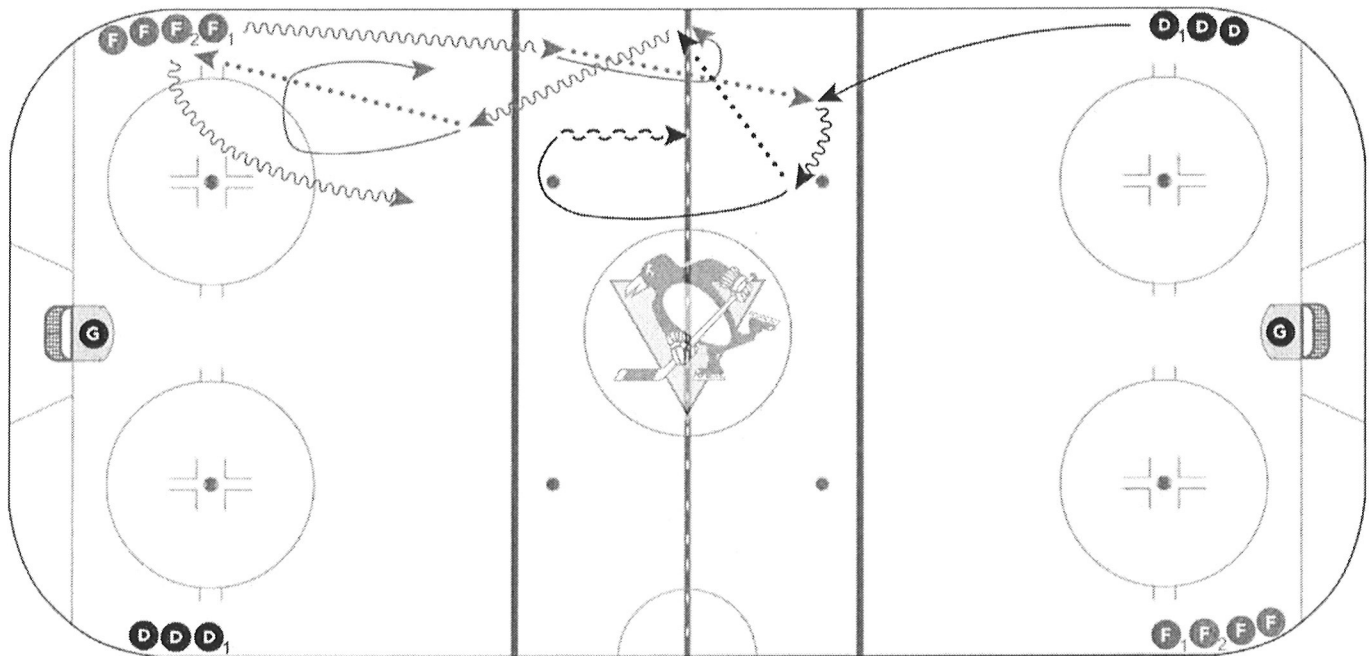


GAP SERIES — 2 VS 1

Category: Neutral Zone Counter / Transition

Team: Pittsburgh Penguins

- Description:**
- **F 1** carries puck to blue and passes to **D 1** at opposite blue
 - **F 1** skate to red and opens up for pass back from **D 1**
 - **F 1** carries puck and passes to **F 2** in line and opens up
 - **D 1** skates to blueline, gaps up, and plays 2 vs 1 vs **F 1** & **F 2**
 - Drill runs from both ends at the same time

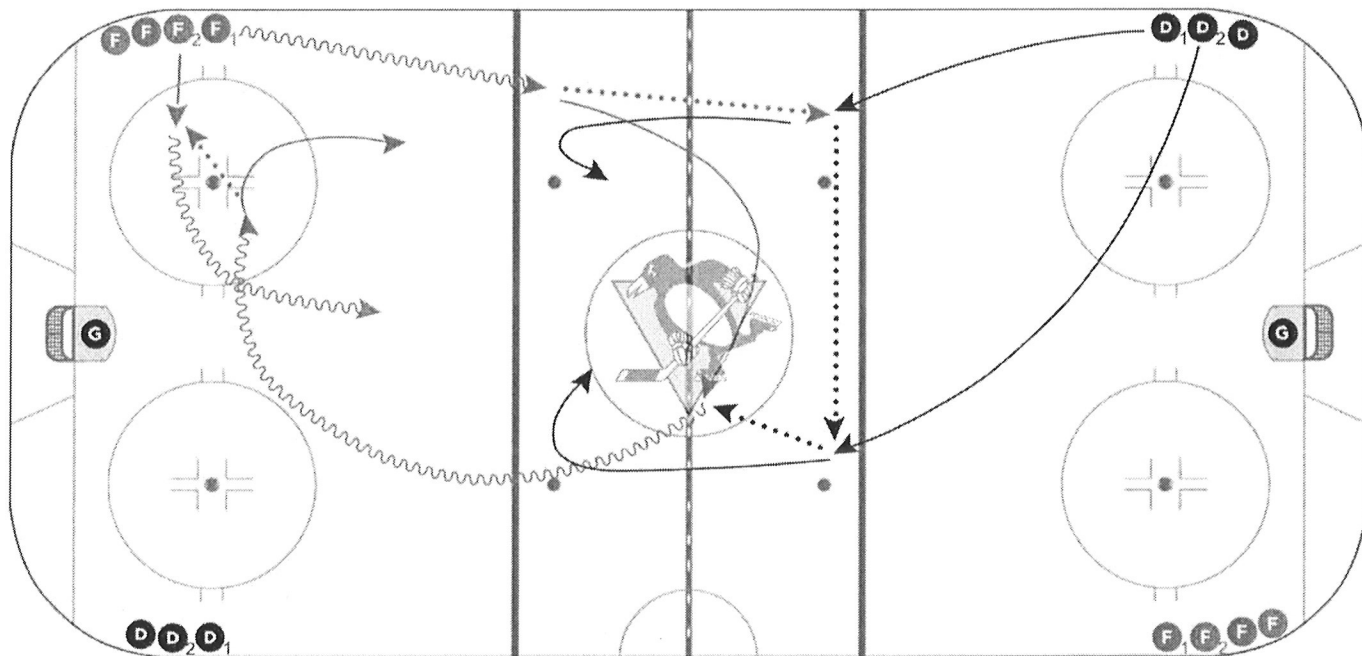


GAP SERIES — 2 VS 2

Category: Neutral Zone Counter / Transition

Team: Pittsburgh Penguins

- Description:**
- **F 1** carries puck to blue and passes to **D 1** at opposite blue
 - **D 1** makes **D** to **D** pass to **D 2** then passes to **F 1** who skates puck back into zone and picks up **F 2**
 - **D 1** and **D 2** gap up and play 2 vs 2 versus **F 1** and **F 2**
 - Once they reach the far blue line the opposite side goes

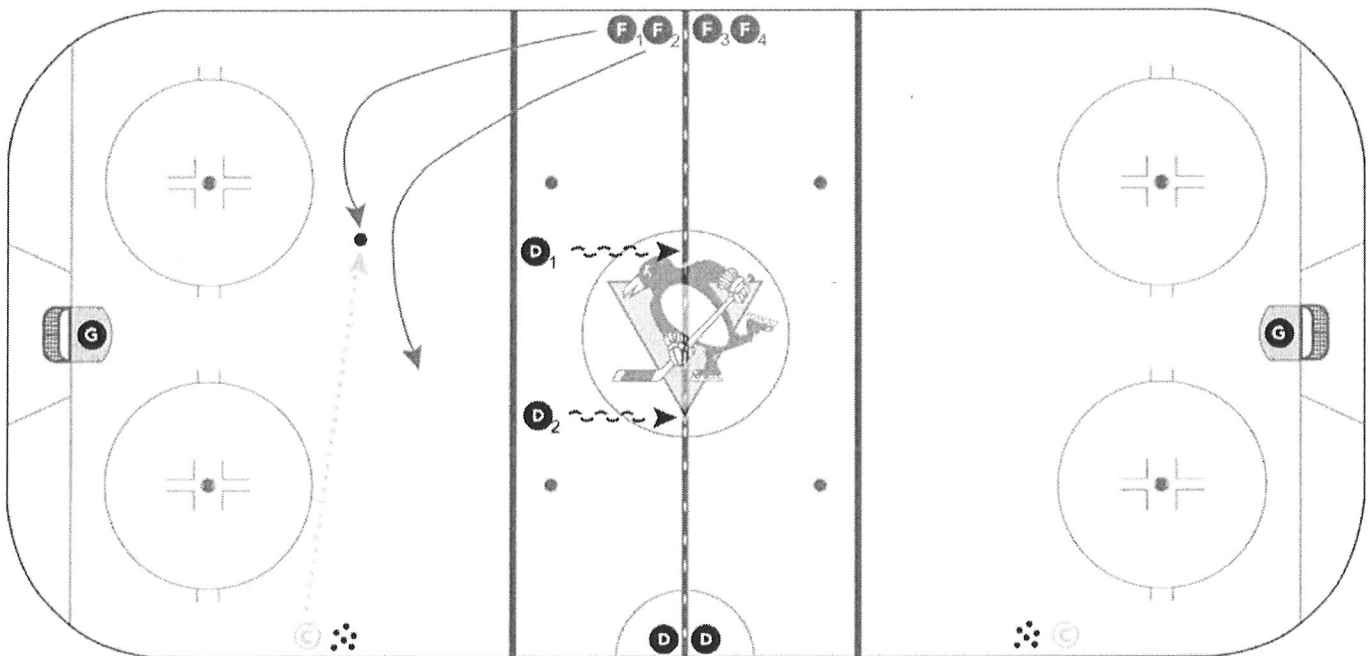


RUSH COVERAGE 2 VS 2 STAGGER

Category: Neutral Zone Counter / Transition

Team: Pittsburgh Penguins

- Description:**
- The drill starts with **F 1** & **F 2** receiving a pass and attacking **D 1** & **D 2** 2 vs 2
 - On the whistle, coach spots a puck in the corner
 - The closest offensive player to the puck (**F 1** or **F 2**) skates to the puck and passes to the new **D** pair that jumps out to the offensive blue line when the rush goes by **D 1** & **D 2** try to box out **F 1** & **F 2** when the point shot is taken
 - On the next whistle, 2 **F** players jump out of the line and receive a pass from the coach & attack the new **D** pair 2 vs 2
 - The drill is continuous

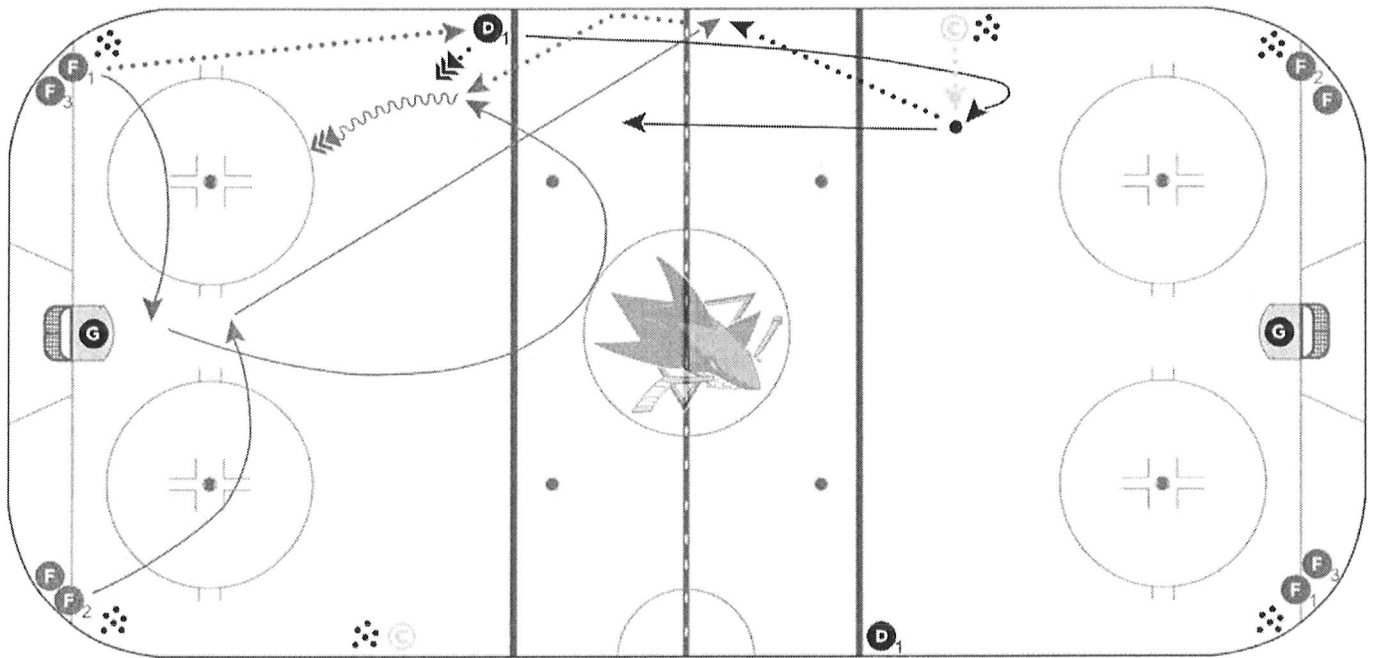


SJ QUICK UP

Category: Neutral Zone Counter / Transition

Team: San Jose Sharks

- Description:**
- Pucks in opposite corners & tops of the circles, Fs in all 4 corners
 - **D 1** at opposite blue lines (same as forwards pucks)
 - Both ends going at the same time (stay on your half)
 - 1st whistle, **F 1** in the corner makes a pass to point and **F 1** & **F 2** work to the net for a point shot
 - 2nd whistle, **D 1** sprints back to pick up a spotted puck from the coach
 - **D 1** surrounds puck and makes quick-up pass:
 - OPTION 1: Posted **F 2** on wall
 - OPTION 2: Middle **F 2** cutting across the blue line. **F 2** support chip on wall or cut and drop and enter for a shot
 - 3rd whistle, **D 1** follow up for the 2nd point shot with pass from **F 3** in line
 - **F 1** & **F 2** stop at the net for tip and traffic

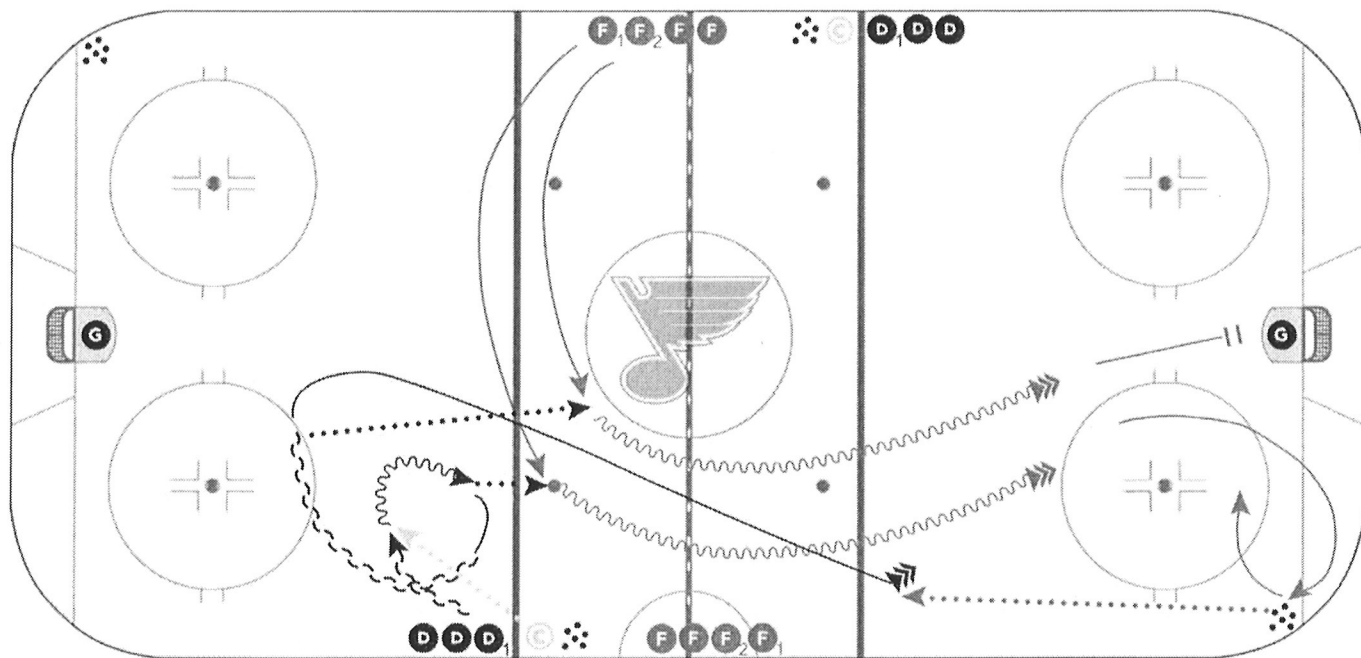


NZ D DOUBLE UP

Category: Neutral Zone Counter / Transition

Team: St. Louis Blues

- Description:**
- Both sides go at the same time
 - **D** run the pattern twice, making hard quick NZ plays, then will follow up for a point shot with the net from traffic
 - Fs time accordingly for your puck from **D1**, **F1** collect the second puck in the corner and hit **D1** from low to high
 - **F2** should be a net-front screen



NZ WIDE/MIDDLE

Category: Neutral Zone Counter / Transition

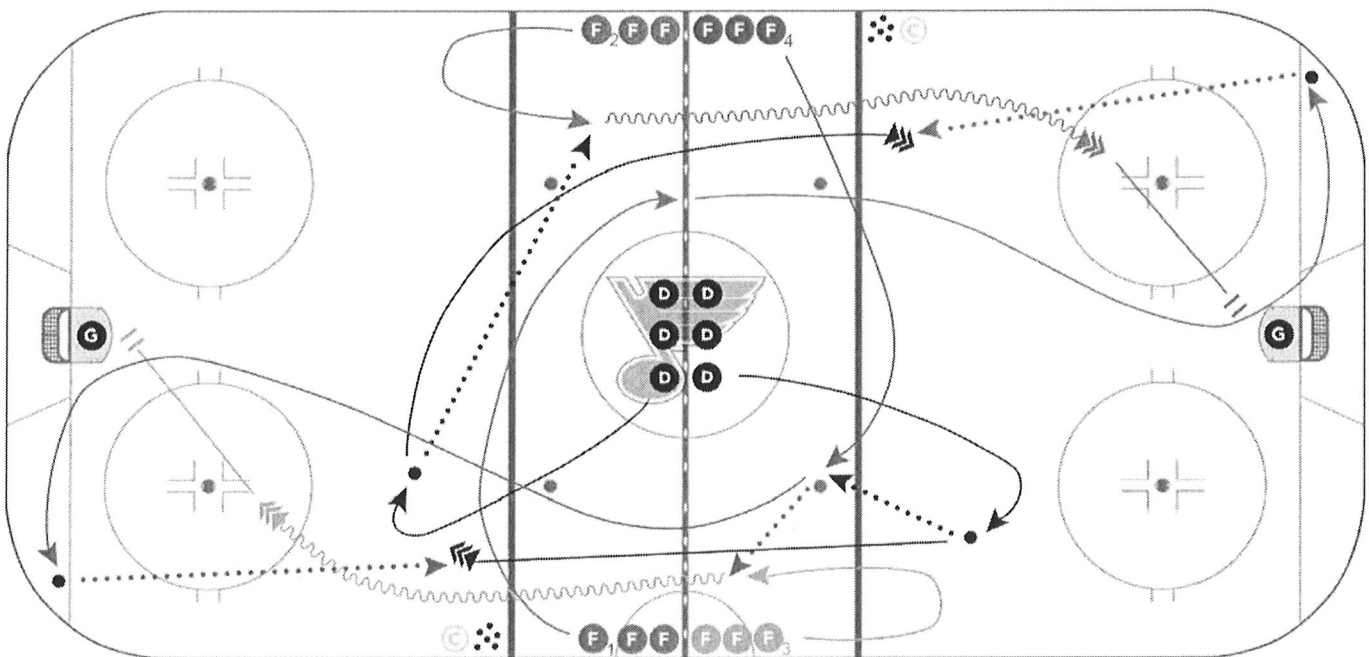
Team: St. Louis Blues

Description: **Part 1**

- Both sides at the same time
- Coach spots puck for **D**, **F 1** supports by slashing across, while **F 2** swings low for a cross ice pass from **D**
- **D** make quick pass to wide **F 2** & follows up for low to high shot
- **F 1** & **F 2** go on a 2 vs 0 shot. After shot one, one F retrieves the puck from the corner for second shot with other **F** net-front screen

Part 2

- Both sides at the same time, **F 3** and **F 4**
- Coach spots puck for **D**, **D** quick pass to slashing **F 4** and follow the 2 vs 0 up for a second low to high shot

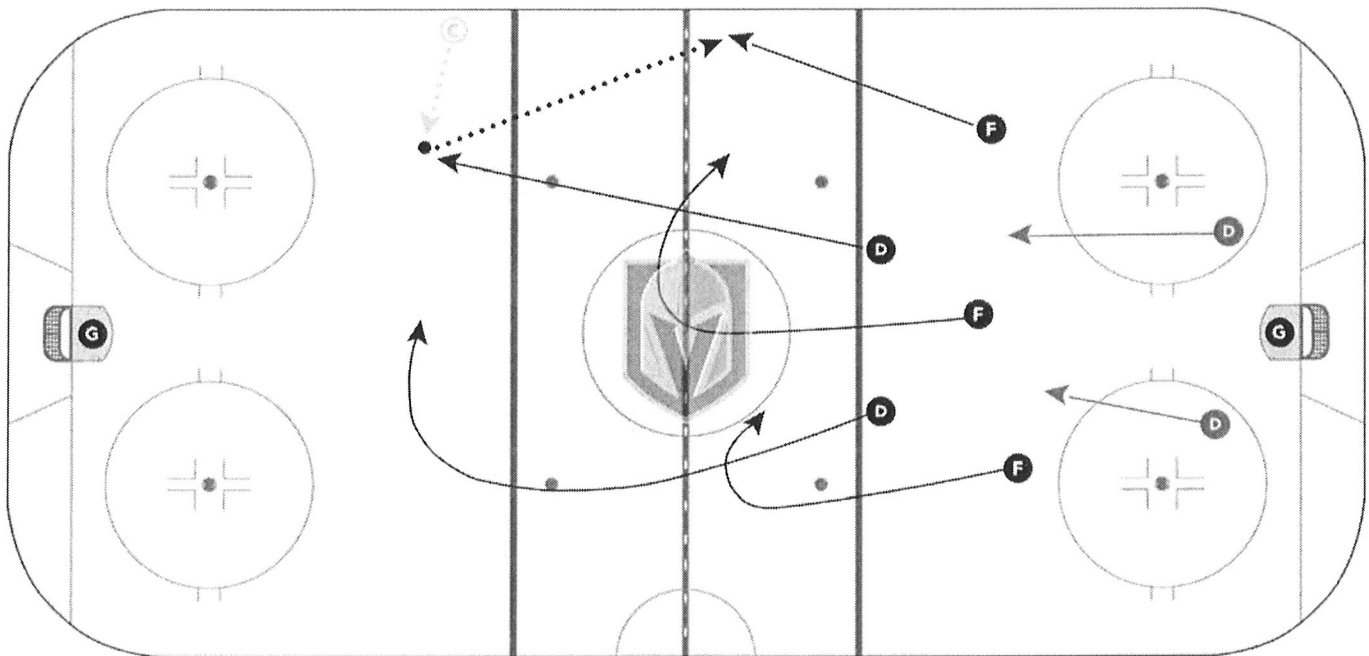


3 VS 2 LOW HIGH

Category: Neutral Zone Counter / Transition

Team: Vegas Golden Knights

- Description:**
- Low attack 3 vs 2. Can set up the initial attack by automatic to point or NZ faceoff rim over-under
 - On whistle coach a second spots puck in NZ & **F**'s must get to spots for quick transition & 3 vs 2 attack
 - Can run drill as 2 vs 1 going both ways



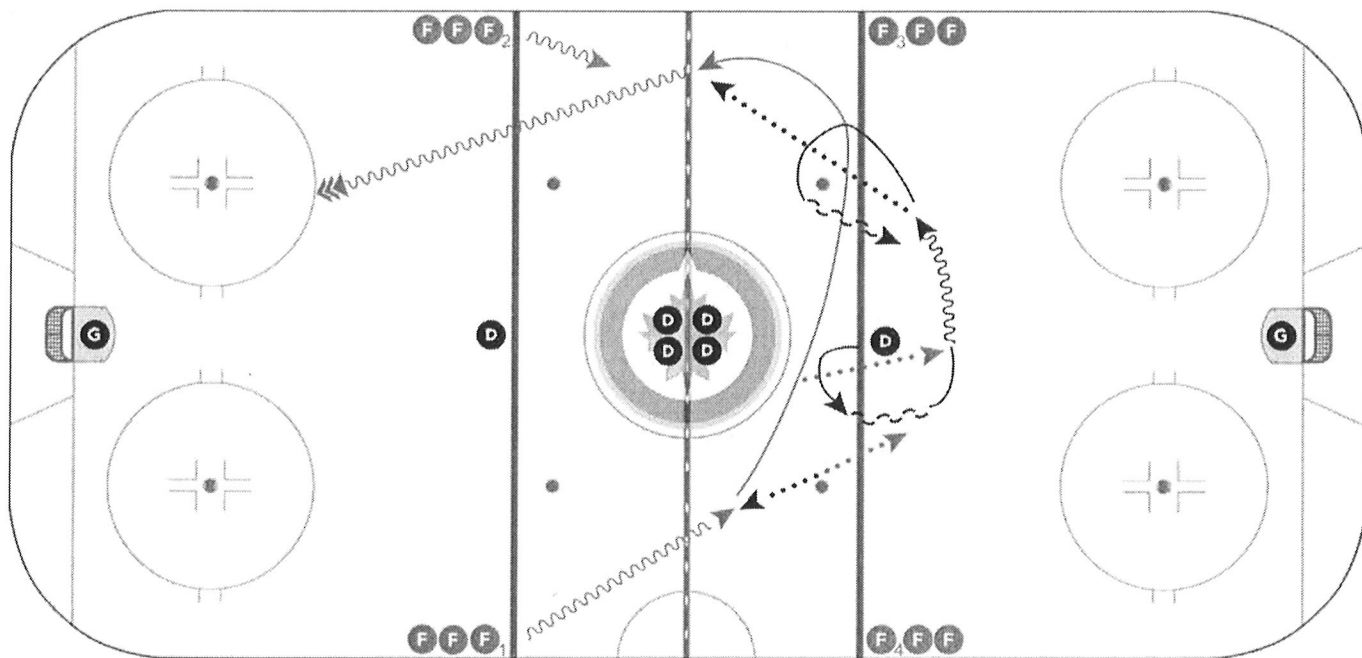
4 BLUE — 2 D — PART 1

Category: Neutral Zone Counter / Transition

Team: Winnipeg Jets

- Description:**
- **D** rotate in every 4 to 6 reps depending on your numbers, both sides go at the same time
 - **D** start at the blue line, skate forward a couple of strides and pivot backwards (motion)
 - At the same time **F 1** skates with the puck to redline and passes to **D** who gives back to **F 1** who then moves back to **D** skating backwards
 - **F 1** opens up on the opposite side, **D** skates forward and passes
 - **D** then pivots backwards and receives a pass from **F 2** on the opposite side to start the sequence again

Continued on 4 Blue — 2 D Part 2



4 BLUE — 2 D — PART 2

Category: Neutral Zone Counter / Transition

Team: Winnipeg Jets

Description: Continued from 4 Blue — 2 D — Part 1

- **D** start at the blue line, skate forward a couple of strides and pivot backwards (motion)
- At the same time **F 1** skates with the puck to red line and passes to **D** who gives back to **F 1** who then moves back to **D** skating backwards
- **F 1** opens up on same side, **D** skates forward and passes
- **D** then skates to opposite side & pivots backwards to receive a pass from **F 2** to start the sequence again

Continued on 4 Blue — 2 D — Part 3

