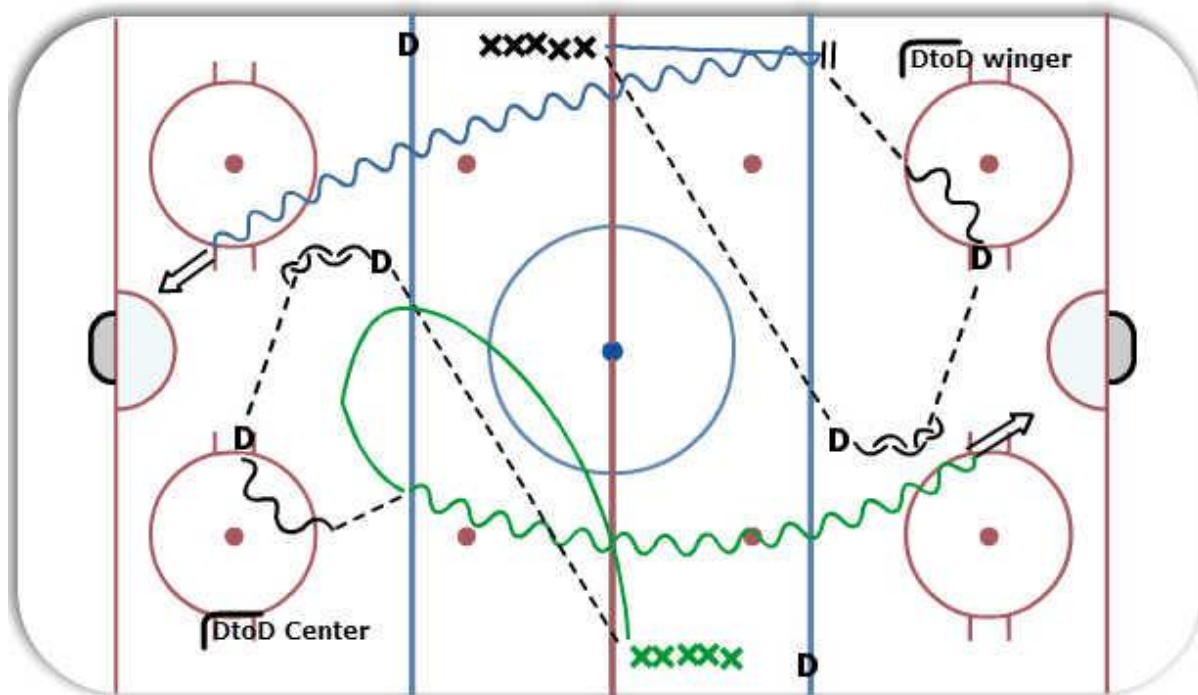


NZ Transition Drill1 Pee wee/Bantam/Midget



Description

Both sides leave at same time.

1. Fwd leaves with puck and passes to far D and skate to blue line open up for pass. D pass D to D then back to fwd. Fwd attacks wide lane for shot on net.
2. Same sequence except Fwd takes center swing.
3. Add both fwds for center swing and winger support for 2 on 0's.

Key Points: D support, Winger support, Center support, Speed through NZ