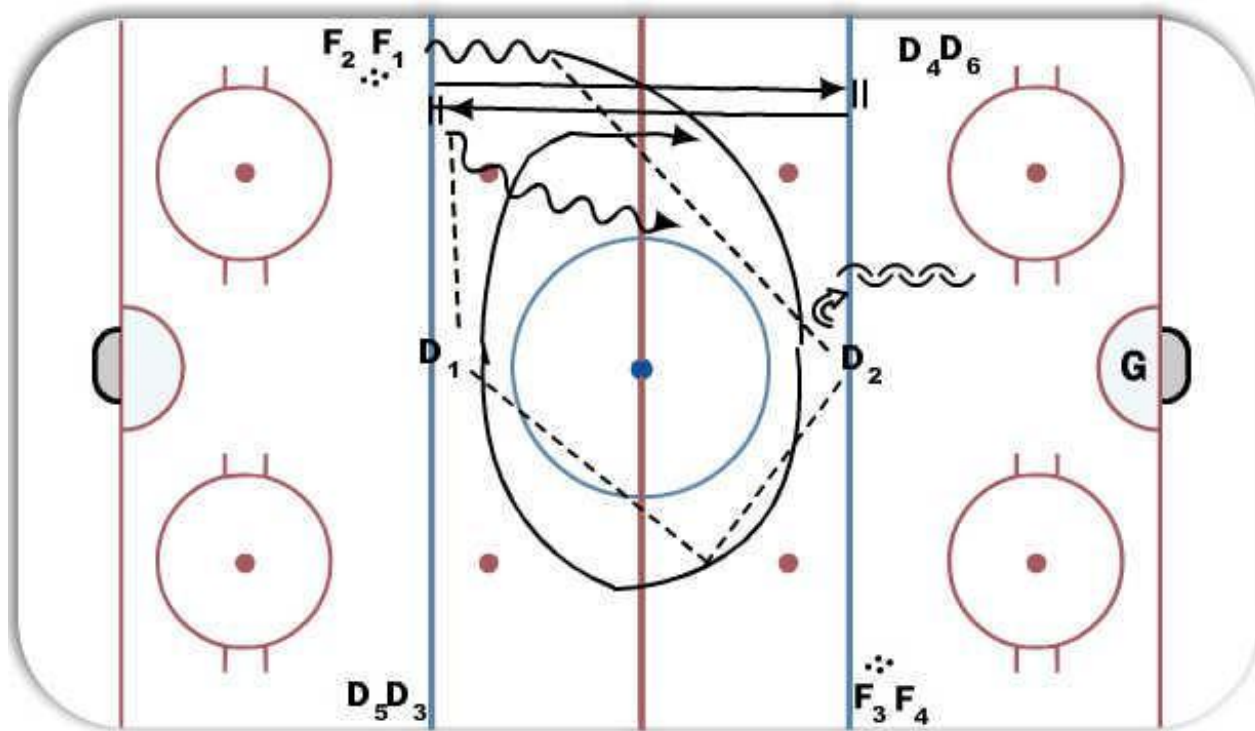


1 vs 1, 2 vs 1 Neutral Zone Regroup



Description

F1 and F2 take off at same time. F1 does loop through the neutral zone as shown. F2 goes blue line to blue line as shown.

Drill can be done on both sides simultaneously. As soon as D makes final pass they immediately get ready to defend 2 on 1.

Notes: To increase difficulty can have D utilize either forward for neutral zone pass, so F2 must be aware.

Tags: Quick Transition for both F and D.