

Title : Neutral Zone Stretch Passing**Category #1 :**

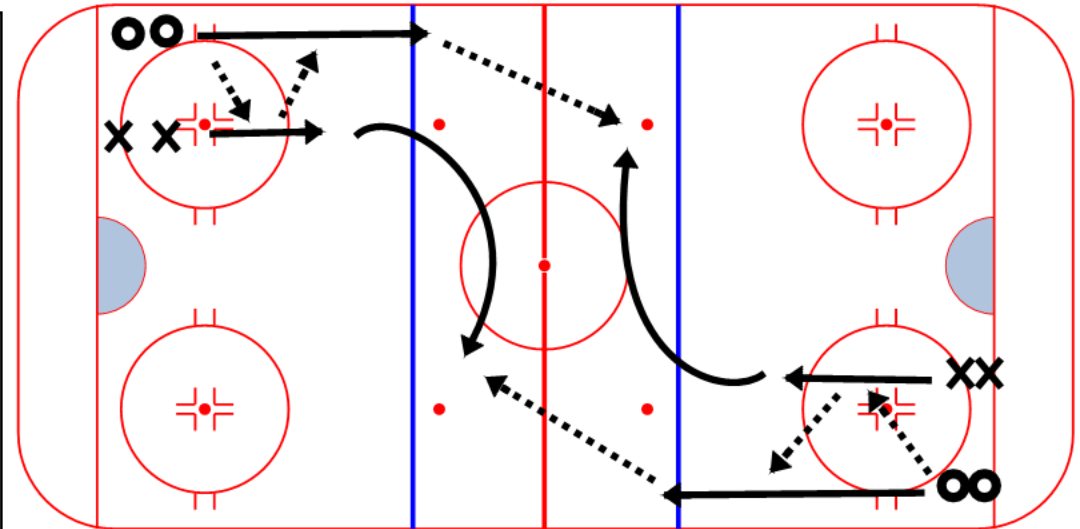
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Category #2 :

Stretch Pass

Description

1. O starts drill with pass to X
2. X returns pass to O
3. X enters neutral zone and cuts across blue line
4. O looks up to make stretch pass to X
5. X drives to net for quick shot
6. O follows up for rebound

**Key points :**

Timing

X stays on-side

Good passing angle

O follow for rebound