

NHLCA DRILL OF THE MONTH

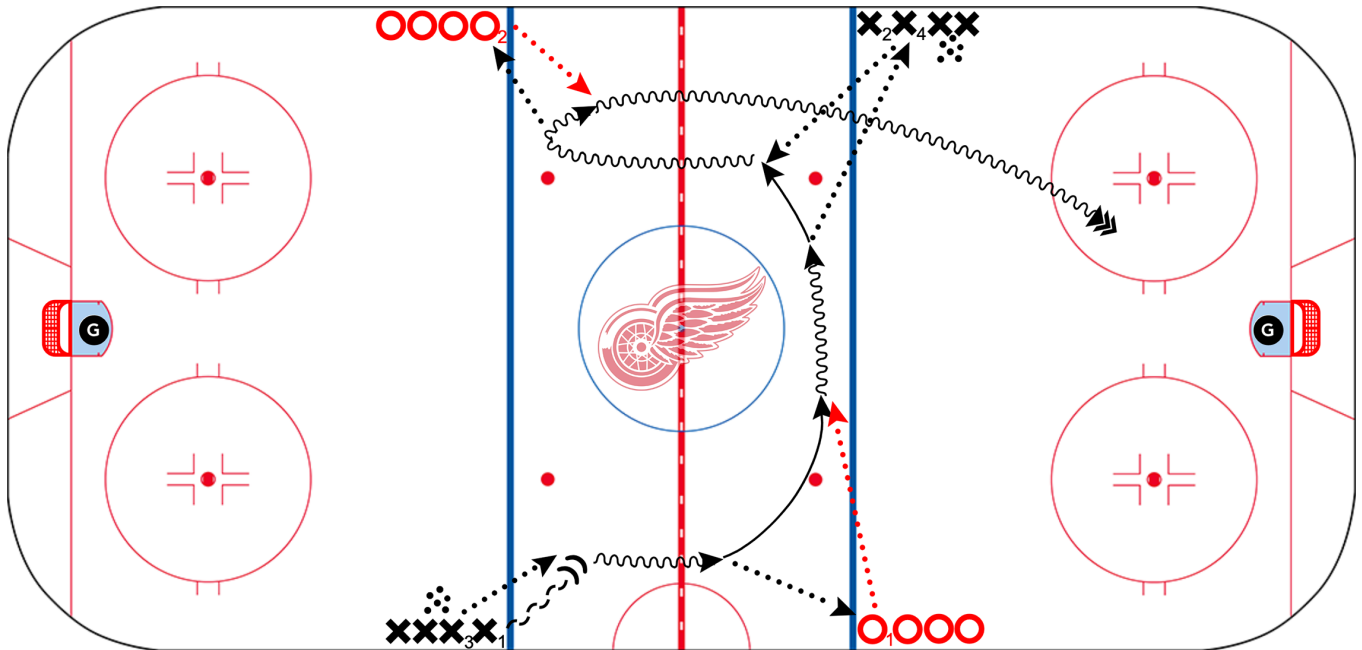
NOVEMBER 2021

THUNDER WARM UP

Category: Warm Up

Team: Detroit Red Wings

- Description:**
- Drill starts as shown. Opposite lines go at the same time and will mirror one another.
 - **X1** backskates and gets a pass from **X3**. **X1** then pivots and passes to **O1** and gets a pass back. **X1** then passes to **X4** and gets a pass back.
 - **X1** then passes to **O2** and opens up for a pass at the red line and gets the puck back. Goes down for a shot in the opposite end they started in.
 - After **X1** and **X2** cross the blue line, **O1** and **O2** step out and go.



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