

NHLCA DRILL OF THE MONTH

DECEMBER 2021

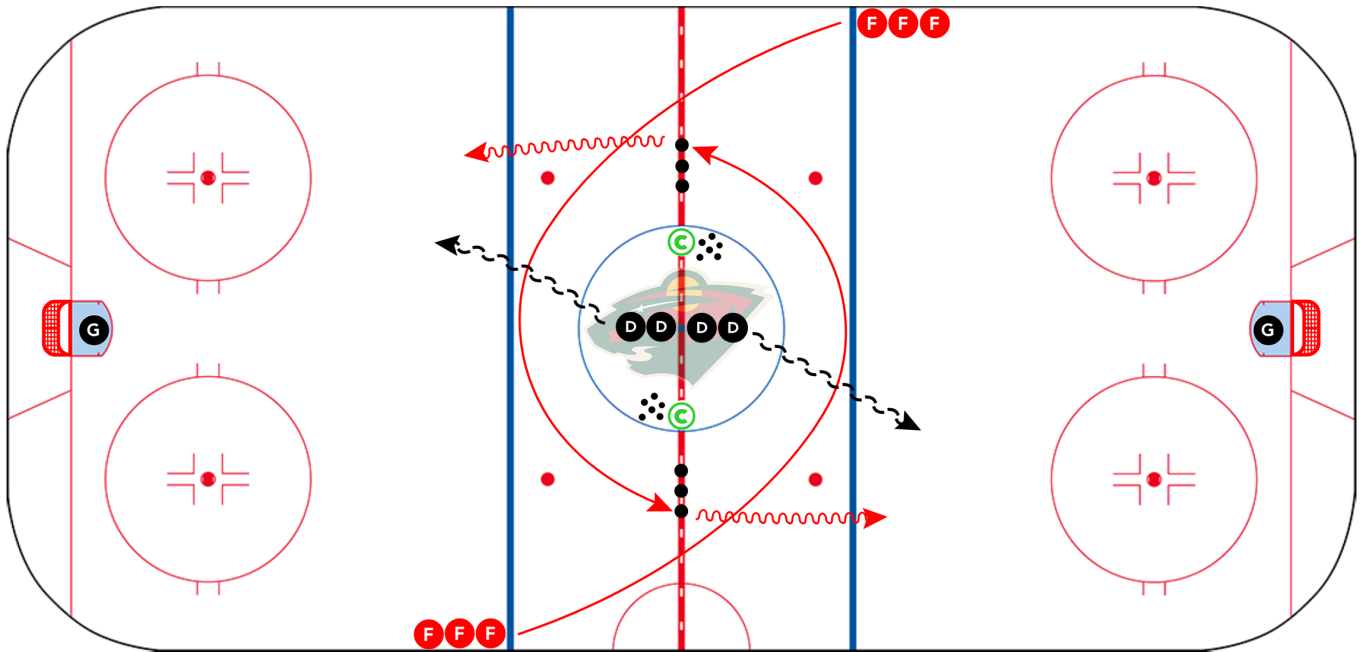
1 VS 1 QUICK FEET

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Minnesota Wild

Description:

- On whistle, both forwards leave, skate around **D** and pick up puck on red line that the coaches have spotted.
- **D** can't leave until the forwards touch the puck.
- **D** try to force a wide shot.



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