

NHLCA DRILL OF THE MONTH

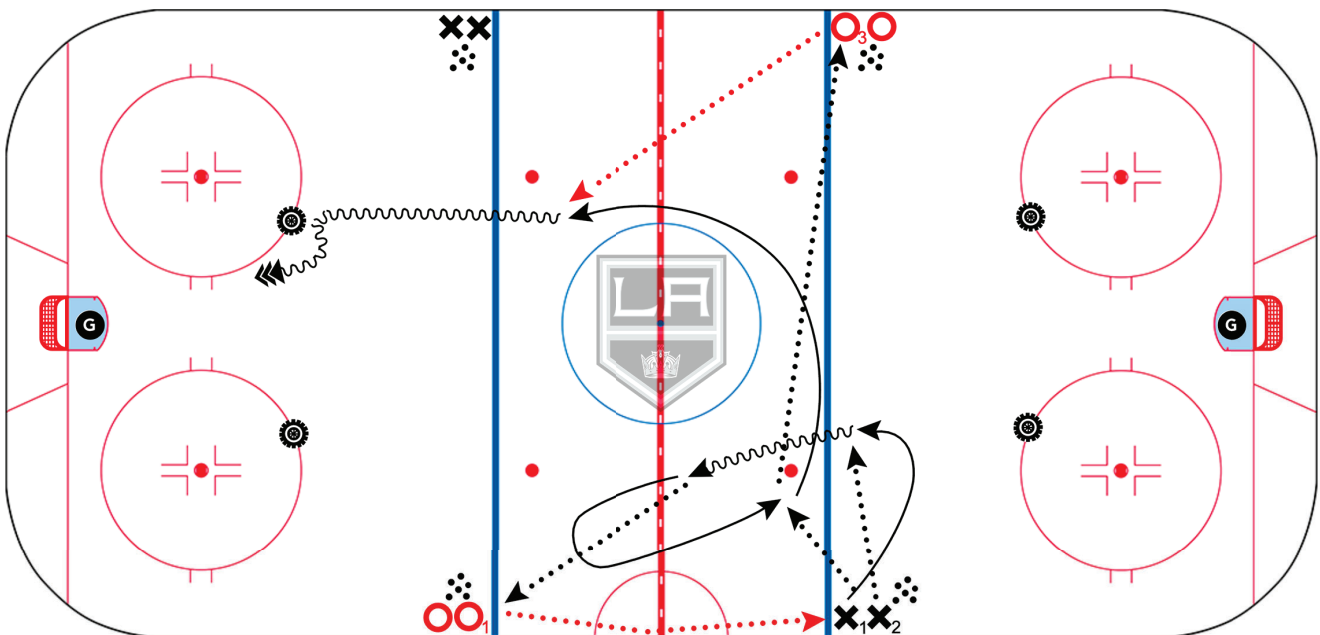
APRIL 2022

NZ SPEED

Category: Warm-Up

Team: LA Kings

- Description:**
- Opposite sides go together.
 - **X1** belly out, pass from **X2**. **X1** passes to **O1** in the opposite line.
 - **O1** indirect pass to **X2** in starting line. **X2** bump back to **X1** in the center of the ice.
 - **X1** gets puck back and passes across to **O3**.
 - **O3** passes back to **X1**, who drives the middle with speed for a shot on goal.
 - Use tire to make shooter change the angle of shot.



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