

NHLCA DRILL OF THE MONTH

MAY 2022

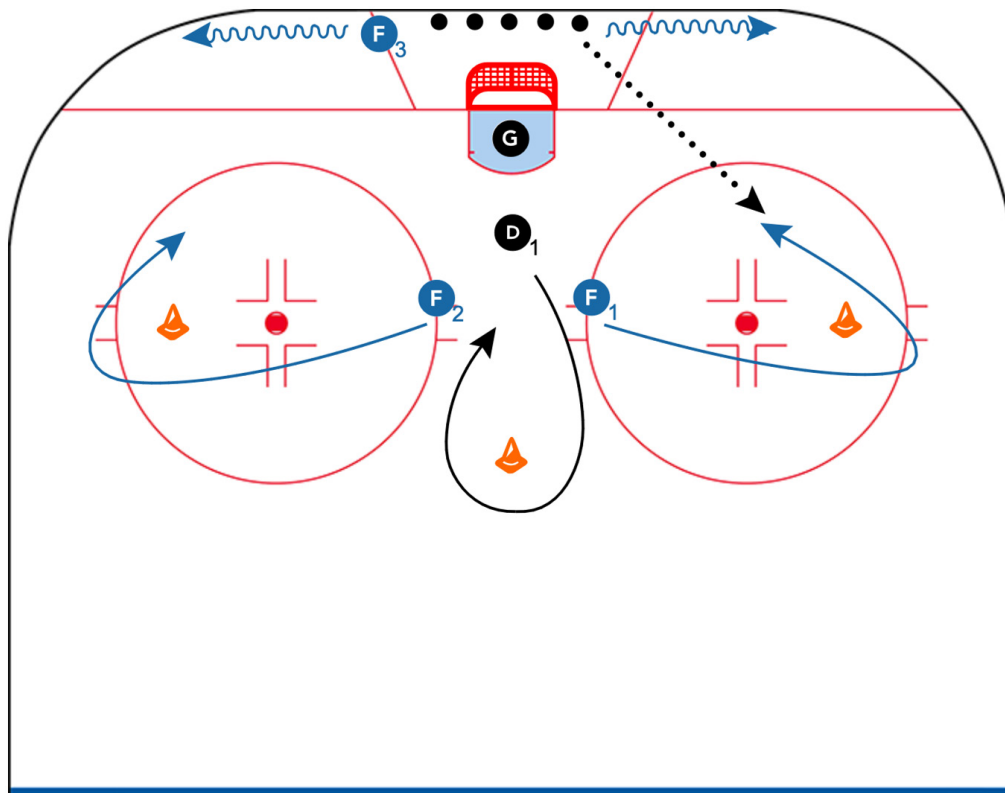
ARRIVE IN DZONE

Category: Defensive Zone Coverage

Team: Edmonton Oilers

- Description:**
- 5 pucks — **F 3** stays below the goal line and looks to feed **F 1** and **F 2** for a shot (2 vs 1 net front).
 - After the first puck or whistle from coach, **F 1 & 2** around dot cones, **D** around the middle cones.
 - **F 3** moves below goal line looking for the forwards with second puck. This continues for pucks 3/4/5.

*Progression — 2 vs 2 situations or the forwards around middle cone, **D** around the dot cone.



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