

NHLCA FEATURE DRILL

2022-23 NHL Season #4

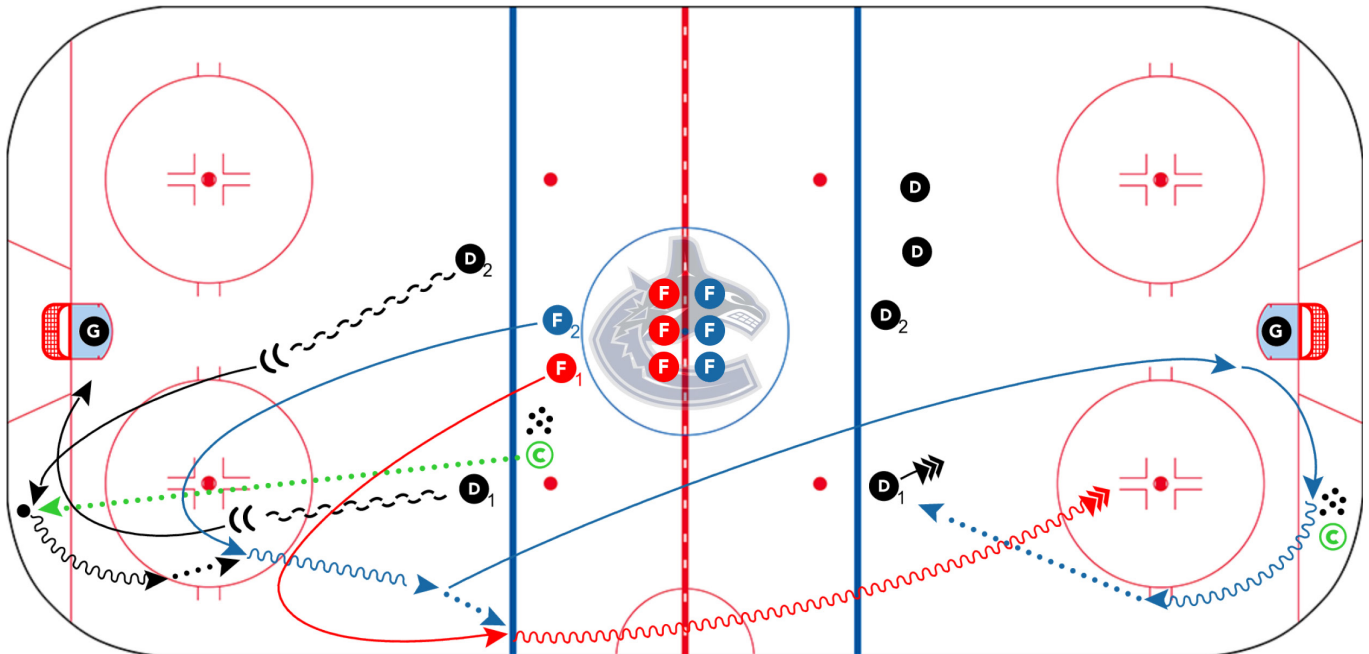
SYRACUSE B/O'S

Category: Breakout

Team: Vancouver Canucks

Description:

- Drill begins with a **Coach** dump, **D**'s go backward dink wall/dink net.
- **D** pass it to Forwards and go down for a shot.
- 2nd puck, Low to High **D** Shot.
- 3rd puck Delay, Low to High, pass to high Forward shot.
- DINK Definition: Bumping it either up wall or net.



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