

NHLCA FEATURE DRILL

2022-23 NHL Season - #7

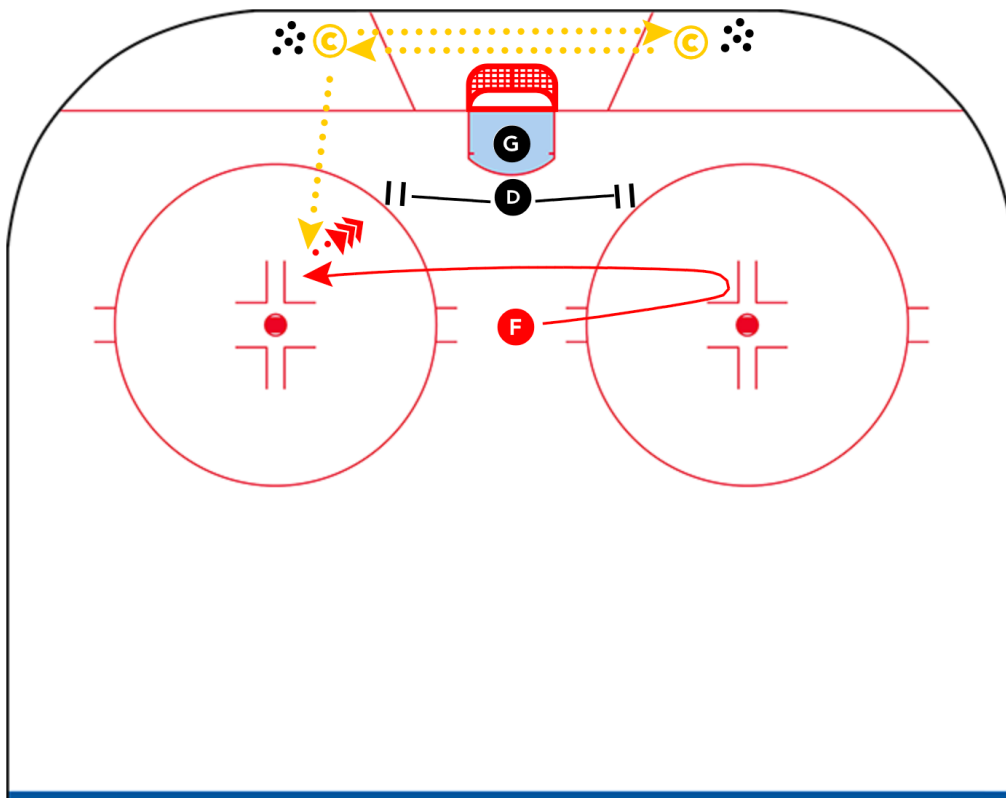
LOW 1 VS 1

Category: Shooting

Team: Boston Bruins

- Description:**
- Drill starts with 1 **D** and 1 **F** net-front
 - 2 coaches or 2 players behind net, 4-6 feet width outside each post
 - The two coaches remain stationary as they pass the puck back and forth
 - At their discretion, they will try to pass the puck to the **F** battling for position in the slot
 - **D** defends passes with focus on body positioning, facing the puck and good stick position

Note: Keep play below the face-off dots



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