

NHLCA FEATURE DRILL

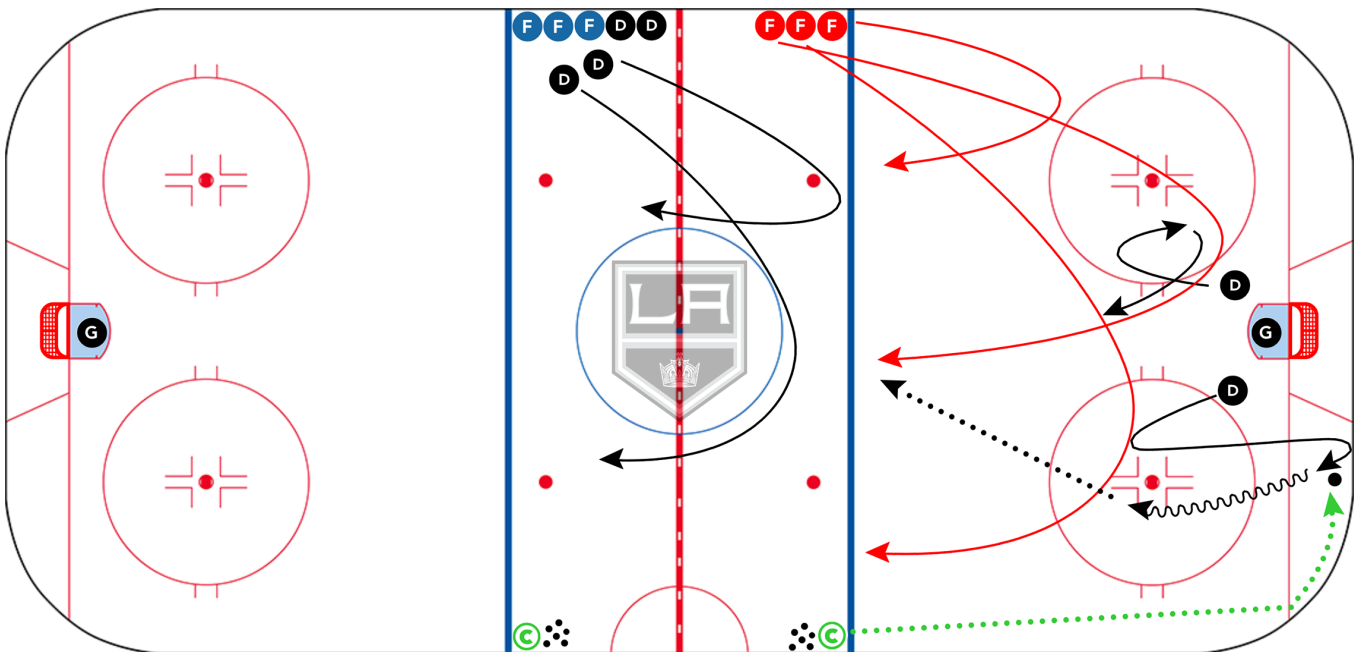
2022-23 NHL Season - #16

DEF TRANS — 4TH MAN GO!! 5 VS 2

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

Team: LA Kings

- Description:**
- **D** in zone gap up to hash marks on whistle and retrieve puck spotted by the coach.
 - **F**s will work off wall back into zone for break out from **D**.
 - Defending **D** will gap up off wall and take on rush. Attack 5 vs 2 up ice.
 - Middle lane drive.
 - 4th INRUSH
 - RELAY PLAYS
 - Whistle — Defending **D** gap to hash marks to break out play going opposite direction with 3 new **F**s and 2 new defending **D**.
 - Offensive players are out on whistle.



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