

# NHLCA FEATURE DRILL

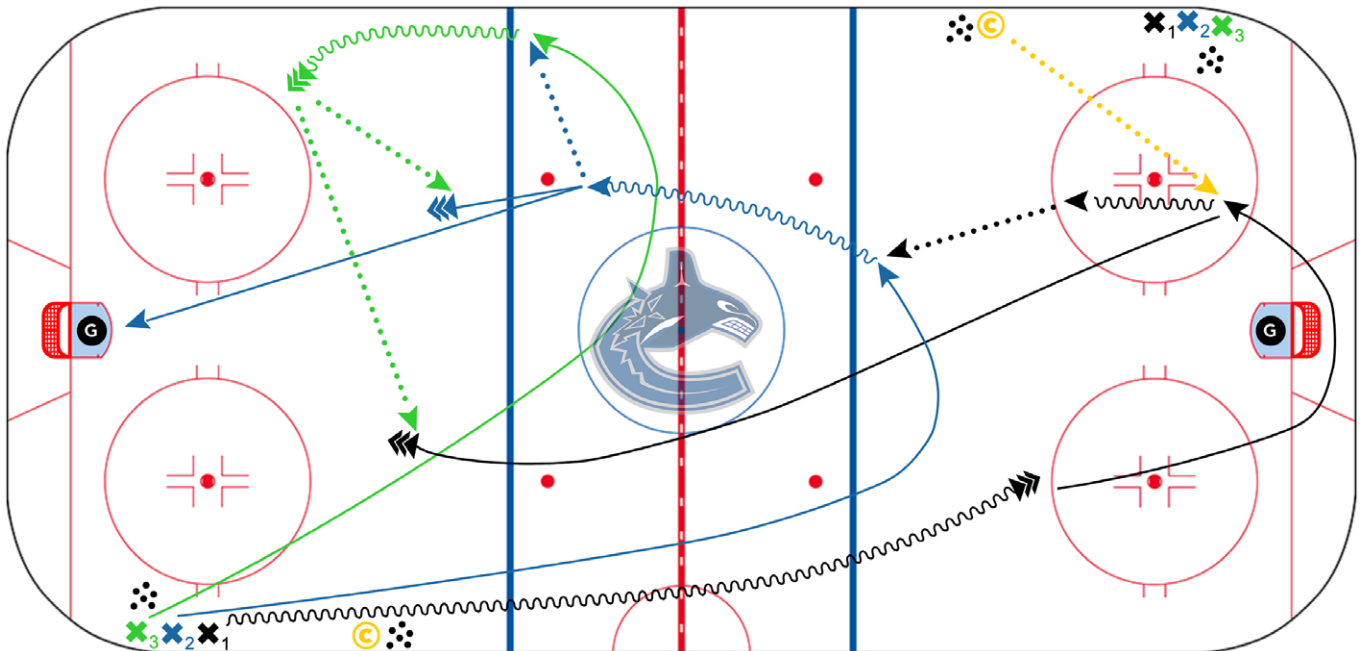
2022-23 NHL Season - #21

## 3 MAN

**Category:** Shooting

**Team:** Vancouver Canucks

- Description:**
- Both sides leave at the same time
  - **X1** skates with the puck down ice and shoots, skate behind the net and receive a pass from the coach
  - **X2** follows and delays timing so they can get a pass in middle from **X1**
  - **X3** also is timing their route across and check-up at the far blue line, **X2** carry the puck up the middle of ice and bumps out to **X3**
  - **X2** continues through with middle drive
  - **X3** has three options, shoot, or pass to **X2** or **X1**



© 2023 NHL Coaches' Association, Inc. The material may not be reproduced or distributed, in whole or in part, without the prior written permission of the NHLCA. Any other reproduction or distribution, in whatever form and by whatever media, is expressly prohibited without the prior written consent of the NHLCA. NHL and the NHL Shield are registered trademarks of the National Hockey League. All NHL logos and marks and NHL team logos and marks depicted herein are the property of the NHL and the respective teams and may not be reproduced without the prior written consent of NHL Enterprise, L.P. © NHL 2023. All Rights Reserved. Used with permission.