NHLCA FEATURE DRILL

2022-23 NHL Season - #20

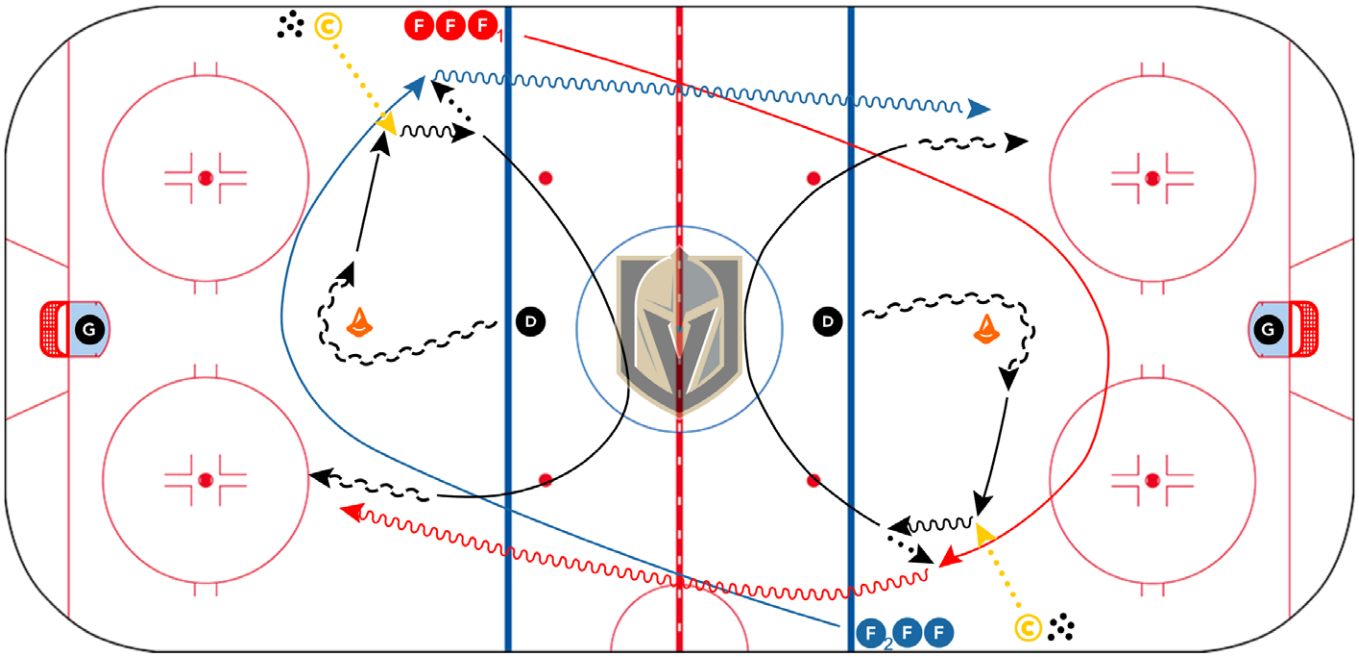
1 VS 1 SHARPIE

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

Team: Vegas Golden Knights

Description:

- D starts facing up ice at bottom of the center circle
- On whistle, skate backward around pylon then forward to retrieve puck from coach then drop in NZ to F1
- D defends F2 from other end by defending skating forward



© 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.