

NHLCA FEATURE DRILL

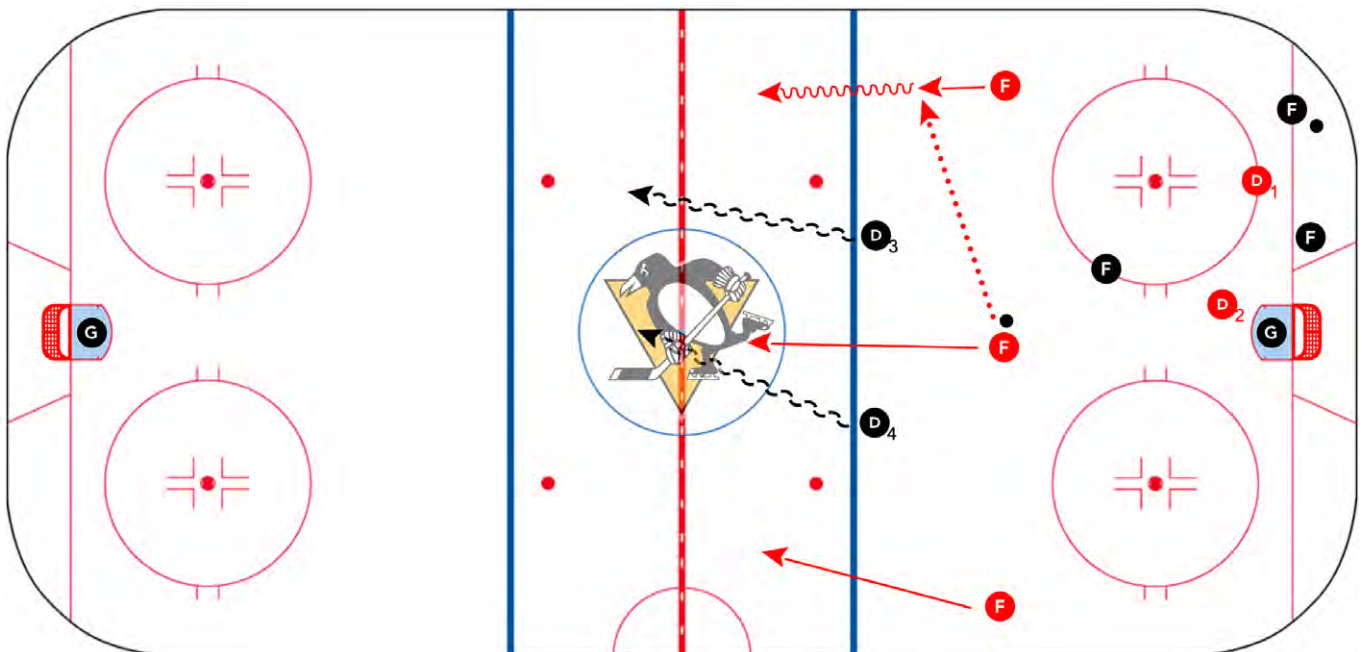
NOVEMBER 1, 2023

DZC 3 VS 2 HIGH LOW

Category: Defensive Zone Coverage

Team: Pittsburgh Penguins

- Description:**
- The drill starts with the 3 **F**s on offense playing against **D1** & **D2** down low
 - On the whistle, **F** line attacks **D3** & **D4** with the **F** line tracking back into D-Zone Coverage & **D1** & **D2** joining the rush
 - The drill continues into a 5 vs 5 scrimmage at the opposite end



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