NHLCA FEATURE DRILL

JANUARY 1, 2024

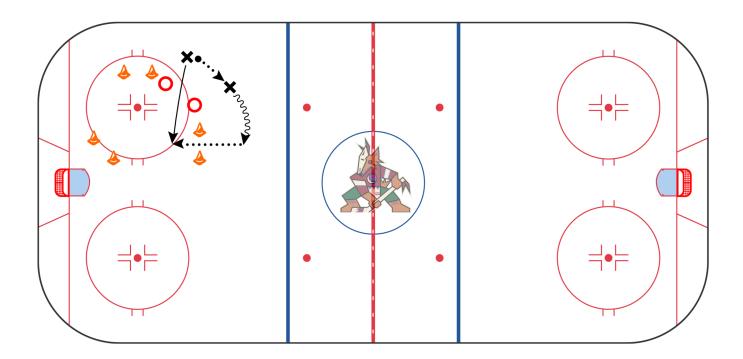
GATES

Category: Small Area Drills & Games

Team: Arizona Coyotes

Description: – X vs O.

- Team score by making clean, crisp, undeflected, tape-to-tape passes to teammate through a "gate" set of cones.
- Players can score as many times as possible by simply passing back and forth.
- Any team can score between any gate.
- Support and pressure are keys to this game.
- Teammates must skate away from pressure and support each other to score 30-40 seconds or until goal.





© 2024 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 2024. All Rights Reserved. Used with permission.