

NHLCA FEATURE DRILL

MARCH 1, 2024

1 PLAYER

Category: Shooting

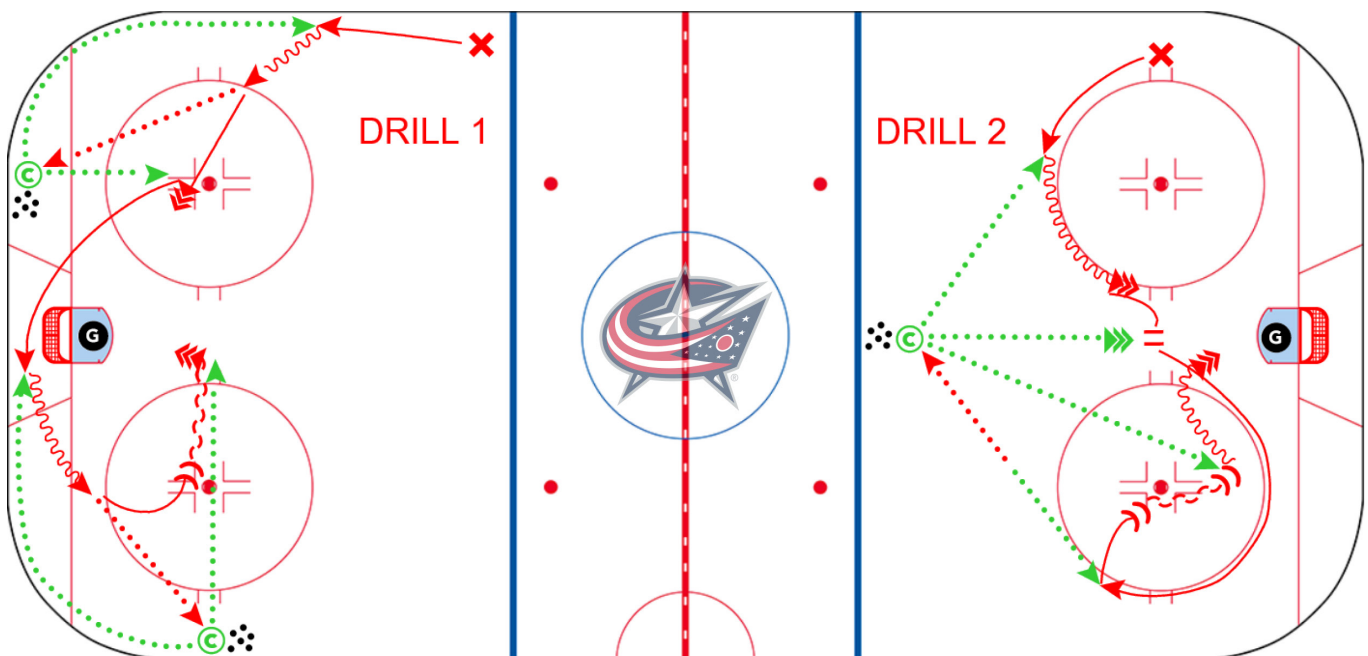
Team: Columbus Blue Jackets

Description: **Drill 1**

- **Coach** rims — Low to High with **X** pulling it off the wall for a give and go with **Coach** for a shot.
- Puck 2 is rimmed from 1/2 wall **Coach** behind the net.
- **X** retrieves passes back to 1/2 wall **Coach** and gets to the slot backward facing the 1/2 wall **Coach** for a pass and shot.

Drill 2

- Puck 1 — **Coach** passes to 1/2 wall **X** climbing and getting to the inside for a shot.
- Puck 2 — Shot from **Coach** with a net-front tip.
- Puck 3 — Net **X** releases and skates around the circle. Receives a pass and gives it back to **Coach** and transitions to the goal line and receives it and pops off the goal line and takes it to the net.



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