

NHLCA FEATURE DRILL

APRIL 1, 2024

3 VS 2 LOW BACKCHECK TO 5

Category: Defensive Zone Coverage

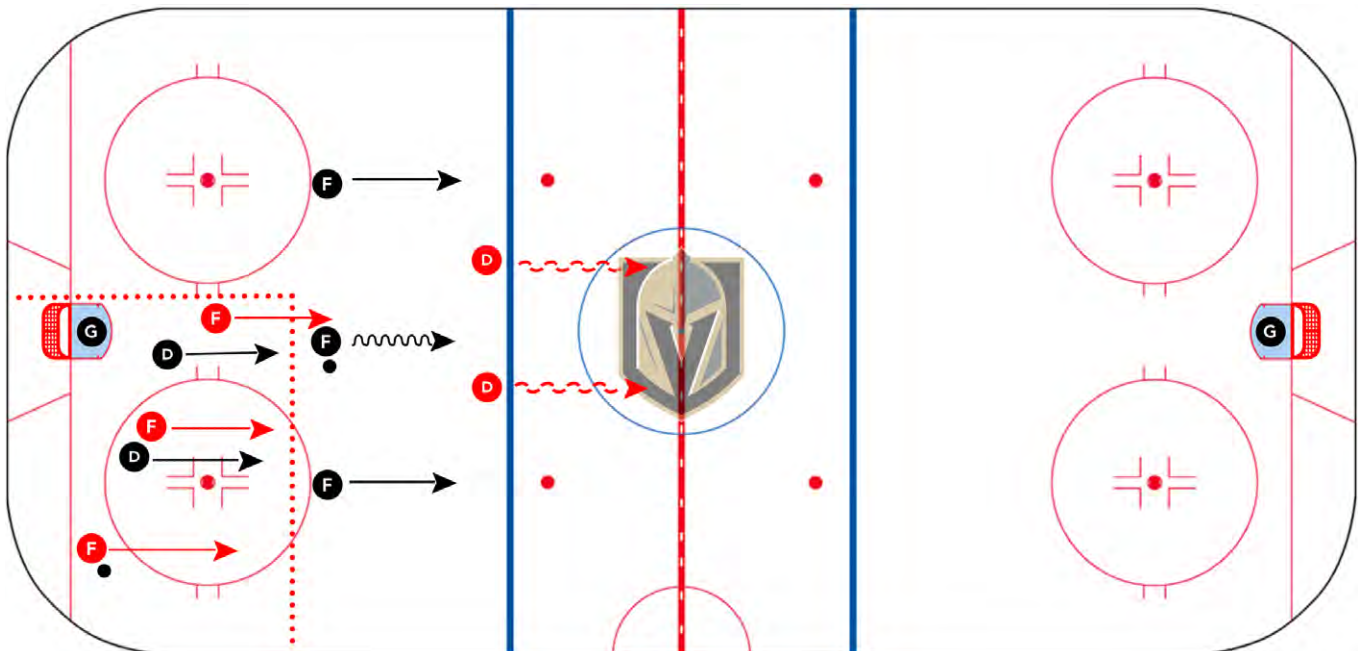
Team: Vegas Golden Knights

Description:

- Drill starts with 3 vs 2 below top of circles
- On whistle 3 **F**s with puck positioned above top of circles attack 2 **D**
- 3 original offensive **F**s backcheck to DZC while original defending **D** skate up ice to join play

OPTIONAL

- After 5 vs 5 DZC have defenders get into NZ FC vs regroup



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