

NHLCA FEATURE DRILL

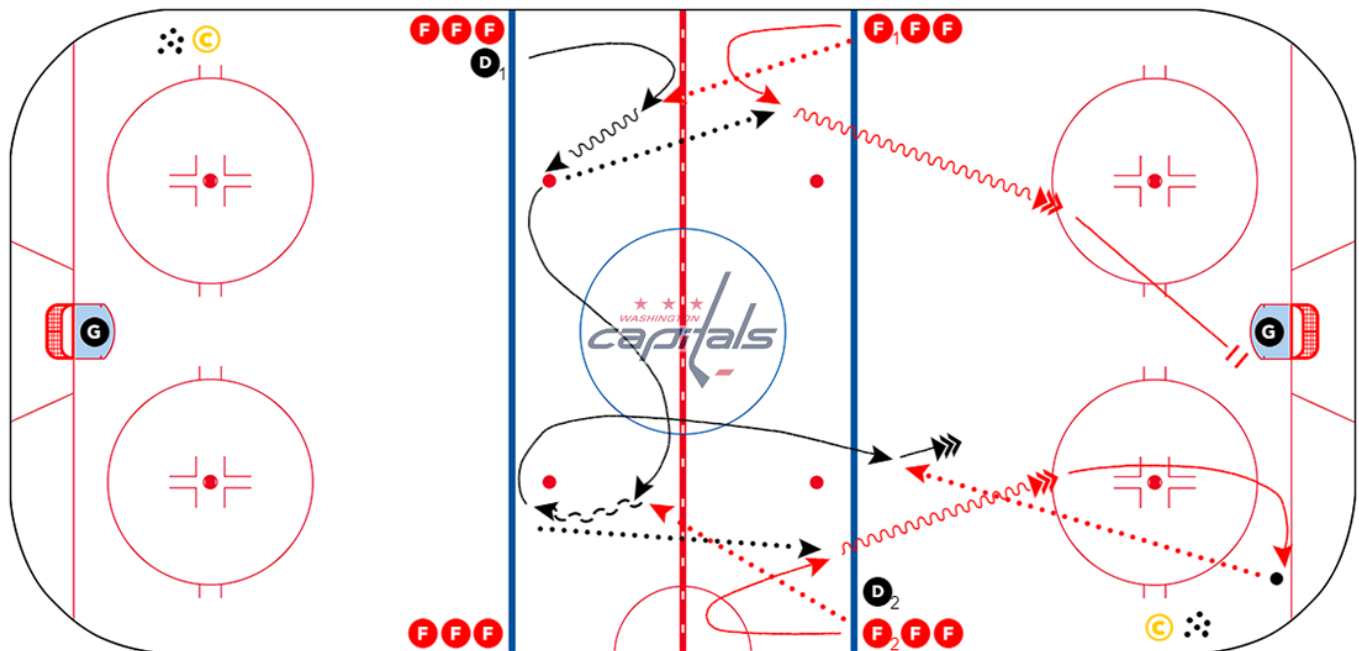
APRIL 15, 2024

DUCKS AGILITY

Category: Shooting Drills

Team: Washington Capitals

- Description:**
- **D** at diagonal blue lines, forwards at all four blue lines
 - Diagonal sides go at the same time
 - **D1** belly out and get a pass from **F1**, pivot and quick up back to **F1**
 - **D1** gaps up and moves lateral across the red line then receives a pass from **F2**
 - Pivot and quick up to **F2** going in for a shot with **D1** joining and then receiving a third puck for a lowtohigh shot
 - At halfway point of drill, **D** switch sides



© 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.