

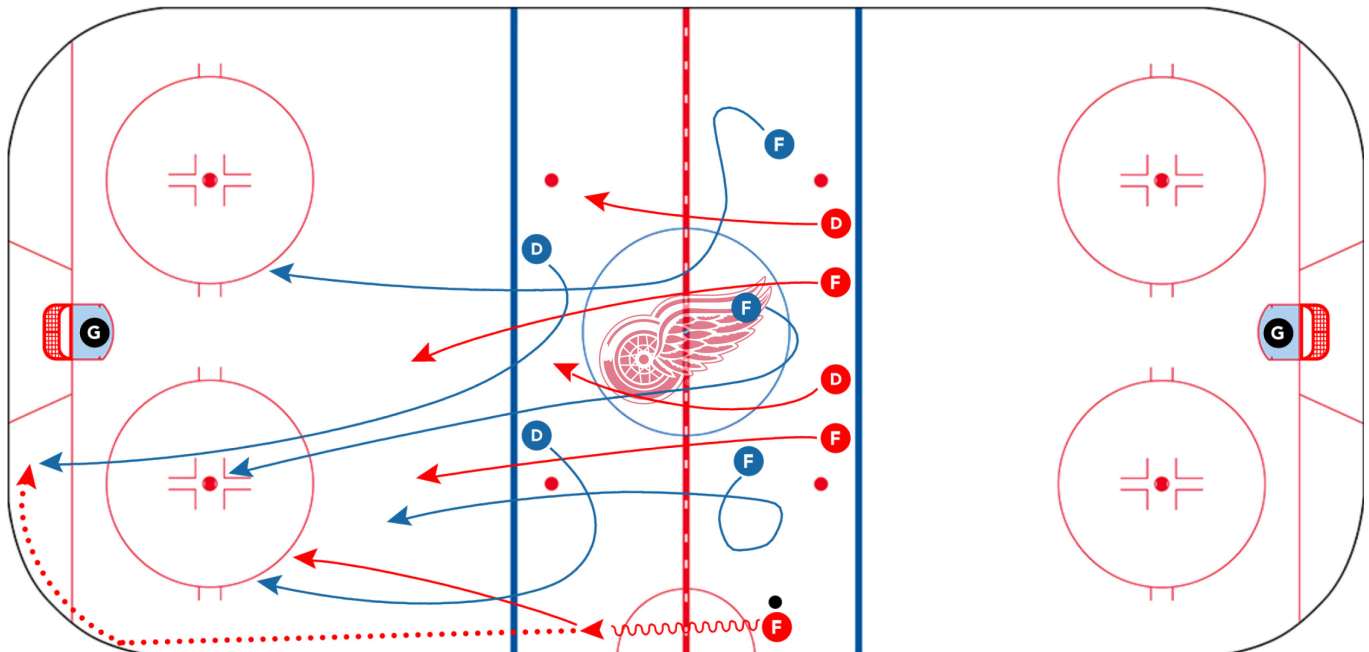
# NHLCA FEATURE DRILL

MAY 1, 2024

## PRETZEL FC / BO

**Category:** Forecheck  
**Team:** Detroit Red Wings  
**Description:** Drill starts as shown.

- An offensive **F** starts with the puck near the red line and the rest line up on the blue line.
- The defensive **F**'s will start skating on command and the defensive **D** will be on the far blue line.
- On the whistle, **F** takes off with the puck and the **D** lateral gap on him forcing a dump.
- Defensive group enters the zone and works to break out against the offensive group.
- Drill is played out live and ends on a whistle.



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