NHLCA FEATURE DRILL

JUNE 1, 2024

NET WHEEL TO 1 VS 1

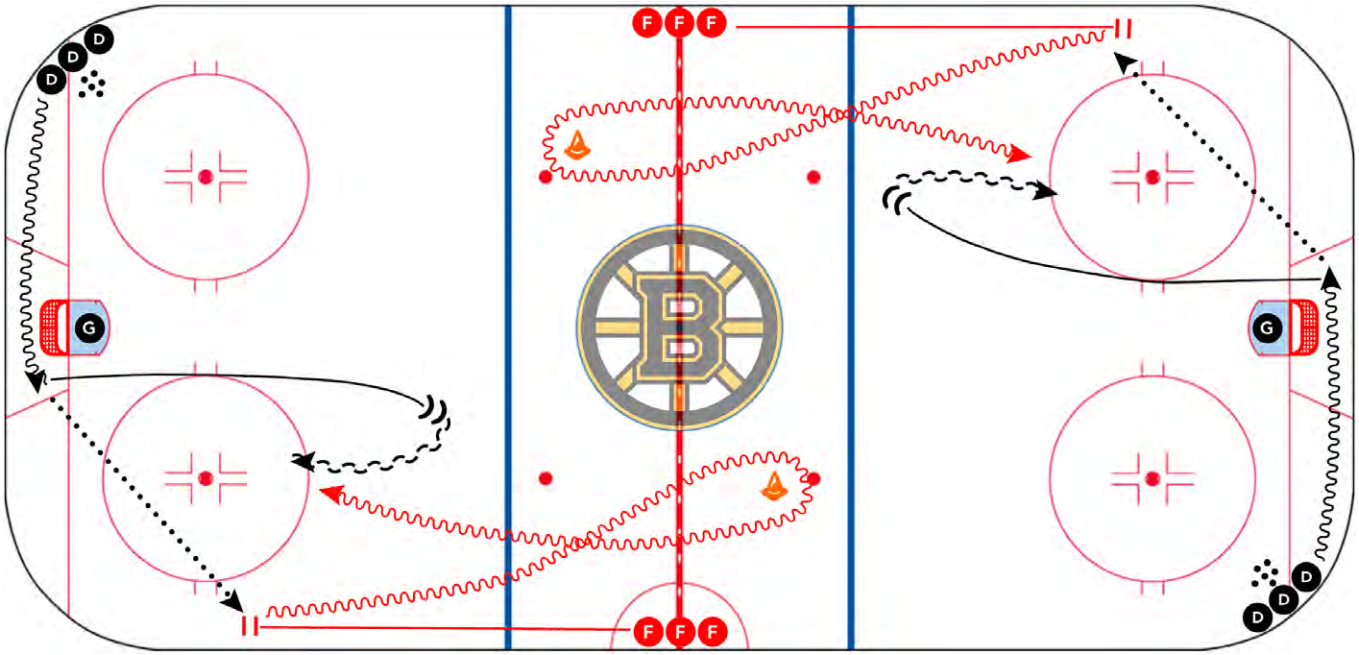
Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Boston Bruins

Description:

- D starts in corner, wheels around net and passes to F that started at red and works to position as winger in defensive zone
- F continues down ice and goes inside, out around pylon, to attack the same end they broke out of
- D gaps up and defends the rush
- Switch position of cones as the drill progresses to force D to adjust their gap

Note: After D passes, they execute a quick pivot of 360 degrees, always facing up ice



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