

# NHLCA FEATURE DRILL

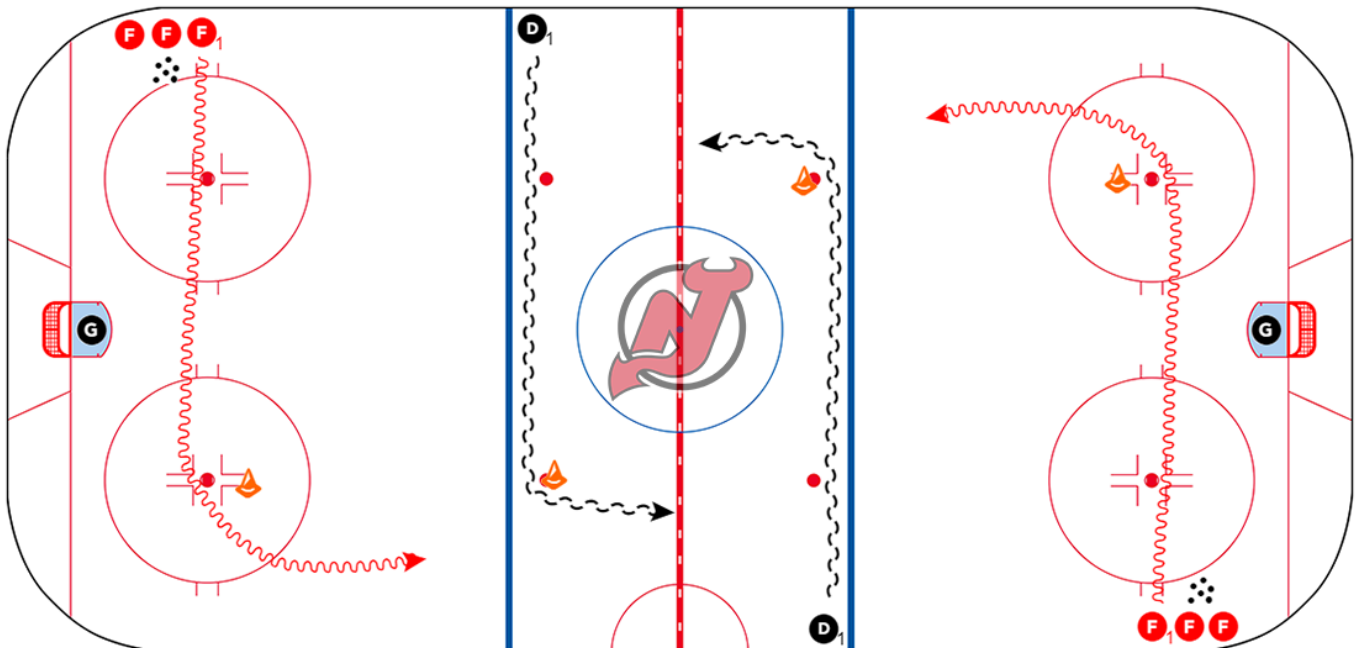
SEPTEMBER 1, 2024

## 1 VS 1 QUICK FEET

**Category:** 1 on 1's / 2 on 1's / 3 on 2 Drills

**Team:** New Jersey Devils

- Description:**
- **D1** start at opposite neutral zone dots
  - **F1s** start same side hash
  - On whistle all 4 players go
  - **D1** touch boards with stick and skate and skate backwards around cone
  - **F1** skates around cone and attacks **D1**, 1 vs 1



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