

NHLCA FEATURE DRILL

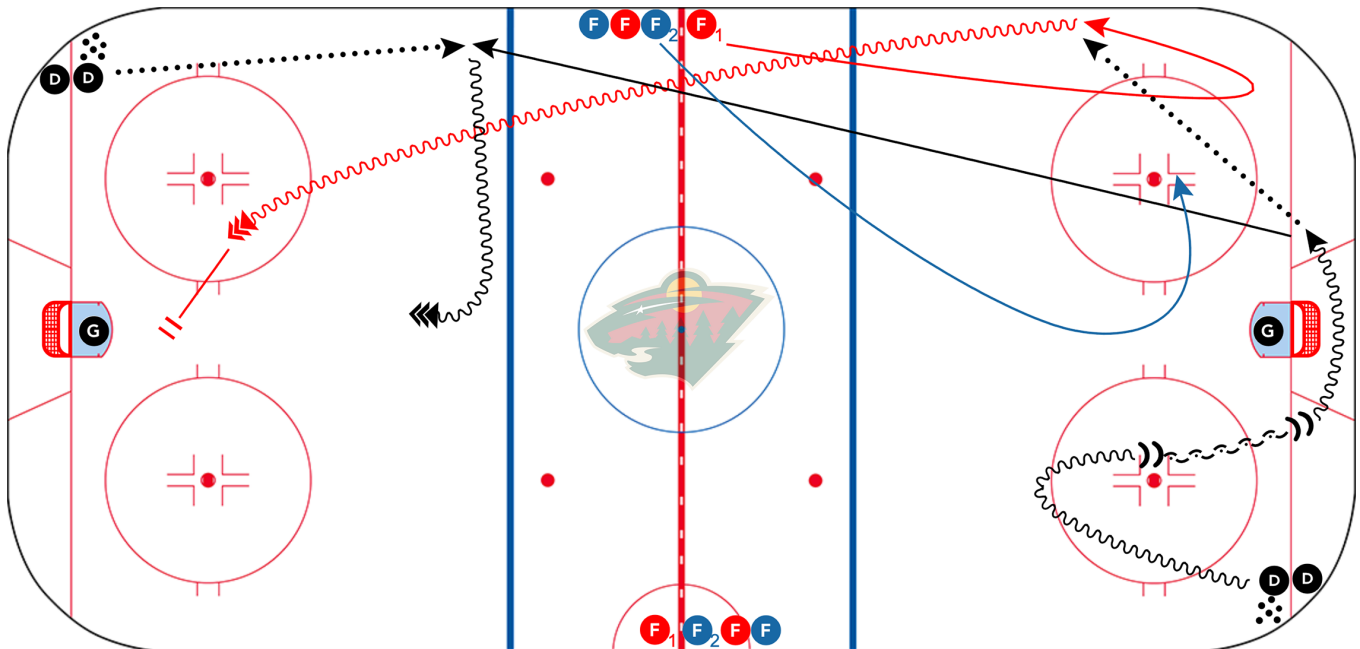
OCTOBER 1, 2024

1-2-3 PROGRESSION

Category: Warm-Up

Team: Minnesota Wild

- Description:**
- **D** in opposite corners with pucks.
 - **D** curl around the dot, get to the net and breakout with **F** who goes down for a shot.
 - **D** follow up the play and get pass from the **D** in corner for a shot with **F** at net for tip.
 - Progress to 2 forwards on breakout
 - Chip
 - Bump to low C
 - 3 widen out — D joining rush with the forwards.



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