

# NHLCA FEATURE DRILL

JANUARY 15, 2025

## CONTINUOUS DZC

**Category:** Defensive Zone Coverage

**Team:** Dallas Stars

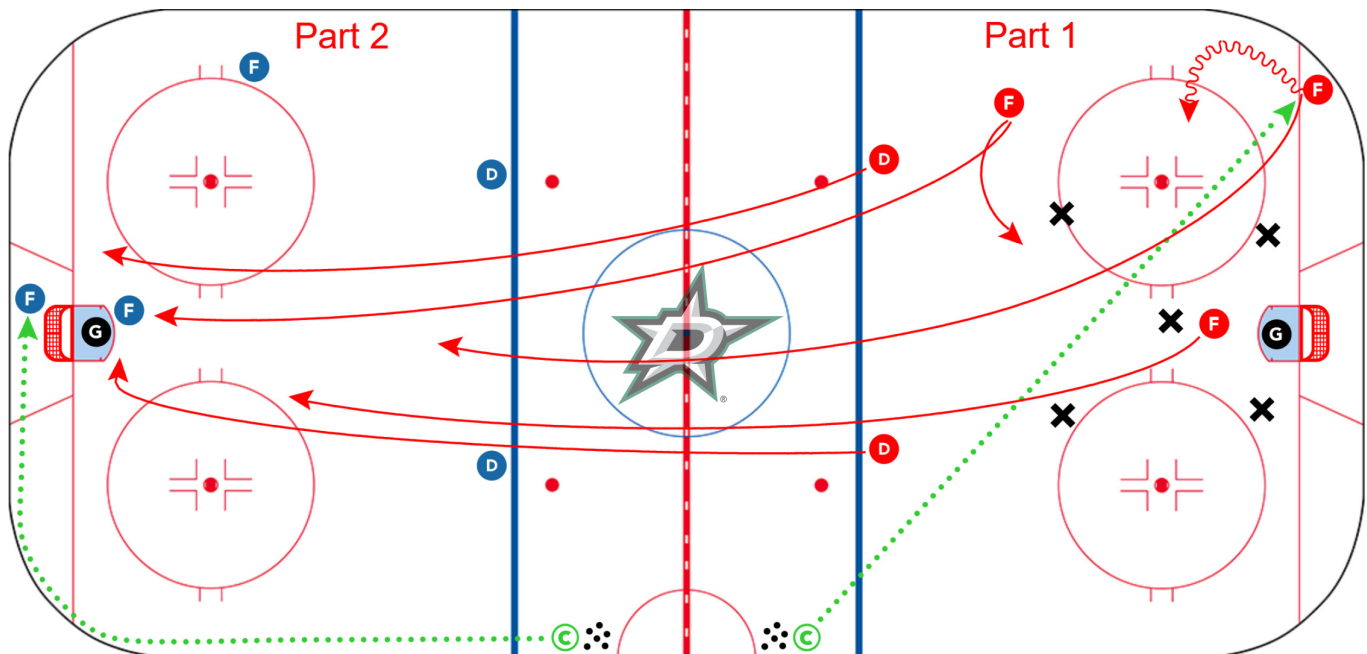
**Description:** **Part 1**

- **Coach** passes puck to offensive group set up in the offensive zone — can be high, low or rim to BON.
- Play it out in-zone 5 vs 5 until whistle.

**Part 2**

- Offensive group back checks to the house in the other end with the new offensive group waiting in zone.
- Once all 5 player stop in the house, **Coach** passes puck to OZ group and they play it out 5 vs 5.
- \* Next group filters into the zone at Part 1 end.

Next group filters into the zone at Part 1 end. Rotation: Off-Def-Out.



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