

NHLCA FEATURE DRILL

June 1, 2025

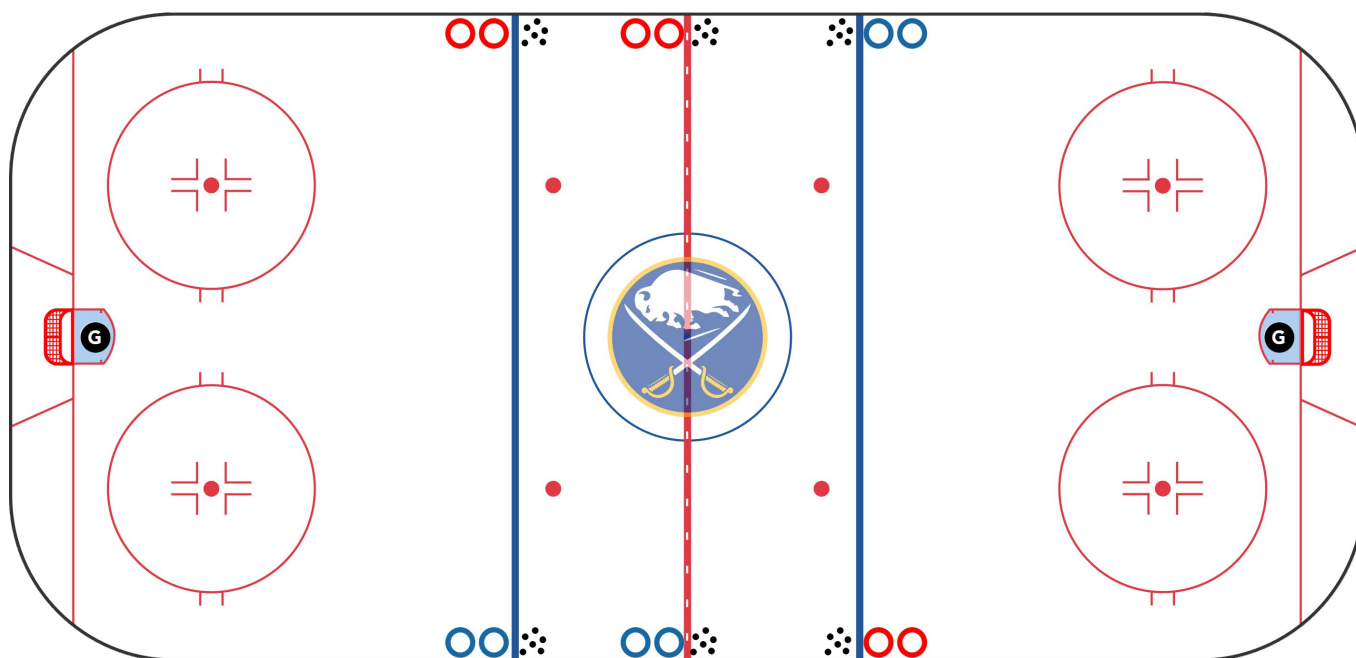
RED BULL NZ WARM UP

Category: Warm-Up

Team: Buffalo Sabres

Description:

- On whistle, the first player in each line enters the NZ with a puck.
- Players in the NZ handle puck, use edges and play catch with players waiting at the front of the line.
- On 2nd whistle, Players in the NZ take long shot on the Goalie and stagger 1 at a time.
- Next 6 players enter zone.
- Option: 3 lines.



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