

NHLCA FEATURE DRILL

JULY 1, 2025

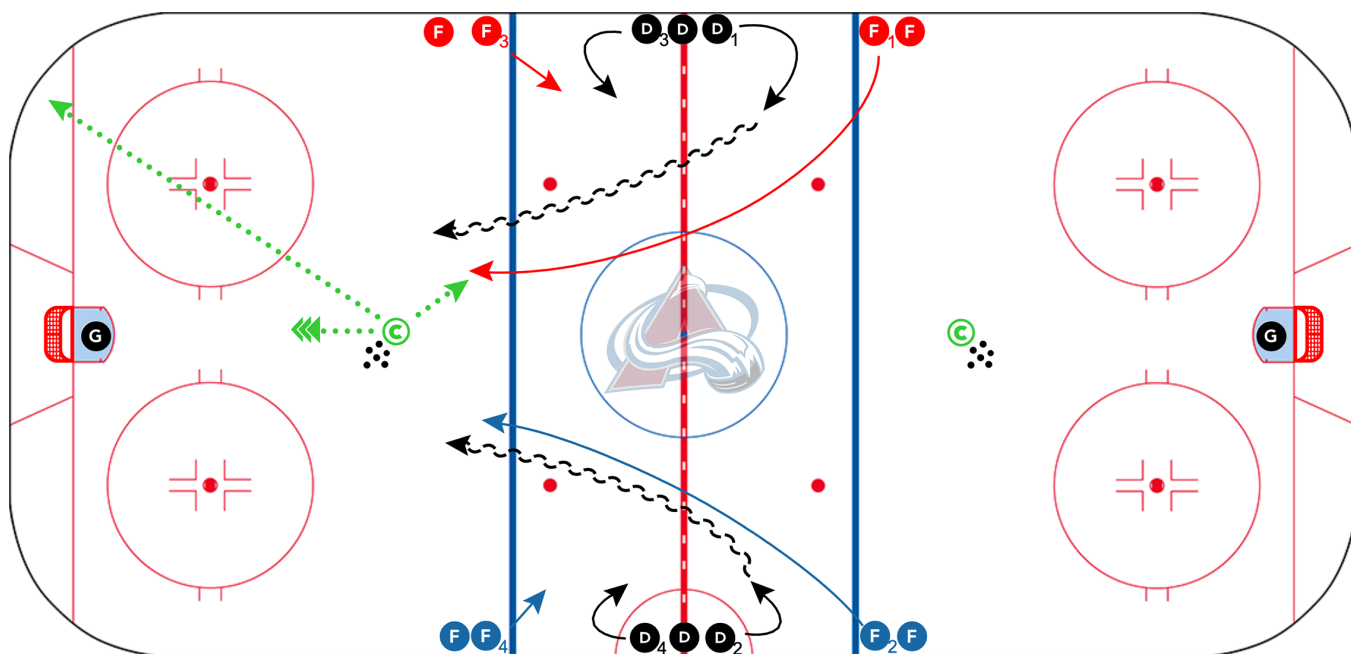
3 WHISTLE SEAL OUT

Category: Defensive Zone Coverage

Team: Colorado Avalanche

Description:

- Defence be physical, tight gap, seal out and keep inside position. Fs fight to get inside position and drive net.
- On whistle **F 1**, **F 2** skate hard towards coach, **D 1**, **D 2** skate backwards and stay in front of Fs.
- Coach will either pass to the Fs or dump the puck to the corner for 2 vs 2 battle.
- On 2nd whistle, Fs tag up to the side boards, and drive to net for coach's shot on goal rebounds.
- Play it out until 3rd whistle. D seal out Fs on rush, be physical and keep inside position.
- On 2nd puck coaches shot, seal out Fs coming to net. Play out until whistle.
- On 3rd whistle, **F 3**, **F 4** attack the opposite way, **D 3**, **D 4** defend. Continuous drill.



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