

NHLCA FEATURE DRILL

AUGUST 1, 2025

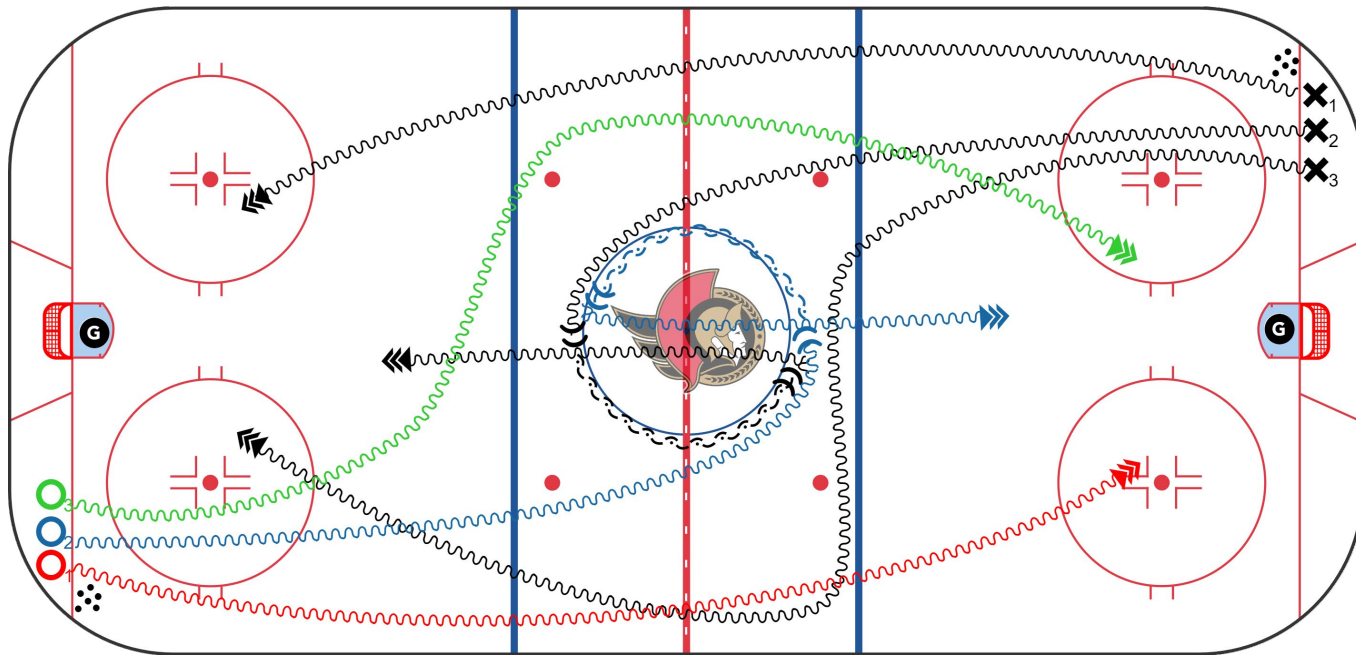
PHILLY PHANTOM 3 LANE SHOOTING

Category: Shooting Drills

Team: Ottawa Senators

Description:

- Opposite Corners both ends with Pucks.
- **X1** and **O1** leave together for straight down wide lane shot.
- **X3** and **O3** leave together, forward skate to middle circle around, pivot backwards around the circle, pivot forwards at mid point and skate forwards for a middle lane shot (Timing will make this the 3rd Shot.
- **X2** and **O2** leave right after **X3** and **O3**, skate to blue line cut across wide to far dot and turn up ice for a wide lane shot.



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