

# NHLCA FEATURE DRILL

SEPTEMBER 15, 2025

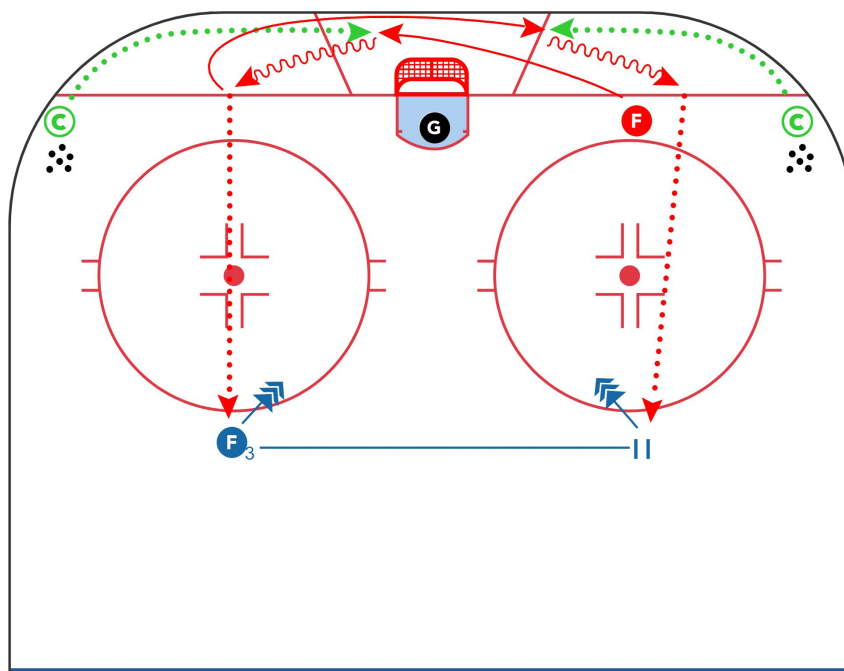
## BACKBOARD RIMS

**Category:** Goaltending

**Team:** Washington Capitals

**Description:**

- 2 **Coaches** with pucks.
- 2 players.
- 1 player skating and working the backboard.
- 1 player in the **F3** position.
- Backboard player skates into the **Coaches** rimmed pucks with speed for coming off the yellow or adding a cut back to find the **F3**. The pass and shot are to be quickly executed.
- Repeat the other side with the **F3** shifting over for 4 pucks total back and forth.



© 2025 NHL Coaches' Association, Inc. The material may not be reproduced or distributed, in whole or in part, without the prior written permission of the NHLCA. Any other reproduction or distribution, in whatever form and by whatever media, is expressly prohibited without the prior written consent of the NHLCA. NHL and the NHL Shield are registered trademarks of the National Hockey League. All NHL logos and marks and NHL team logos and marks depicted herein are the property of the NHL and the respective teams and may not be reproduced without the prior written consent of NHL Enterprise, L.P. © NHL 2025. All Rights Reserved. Used with permission.