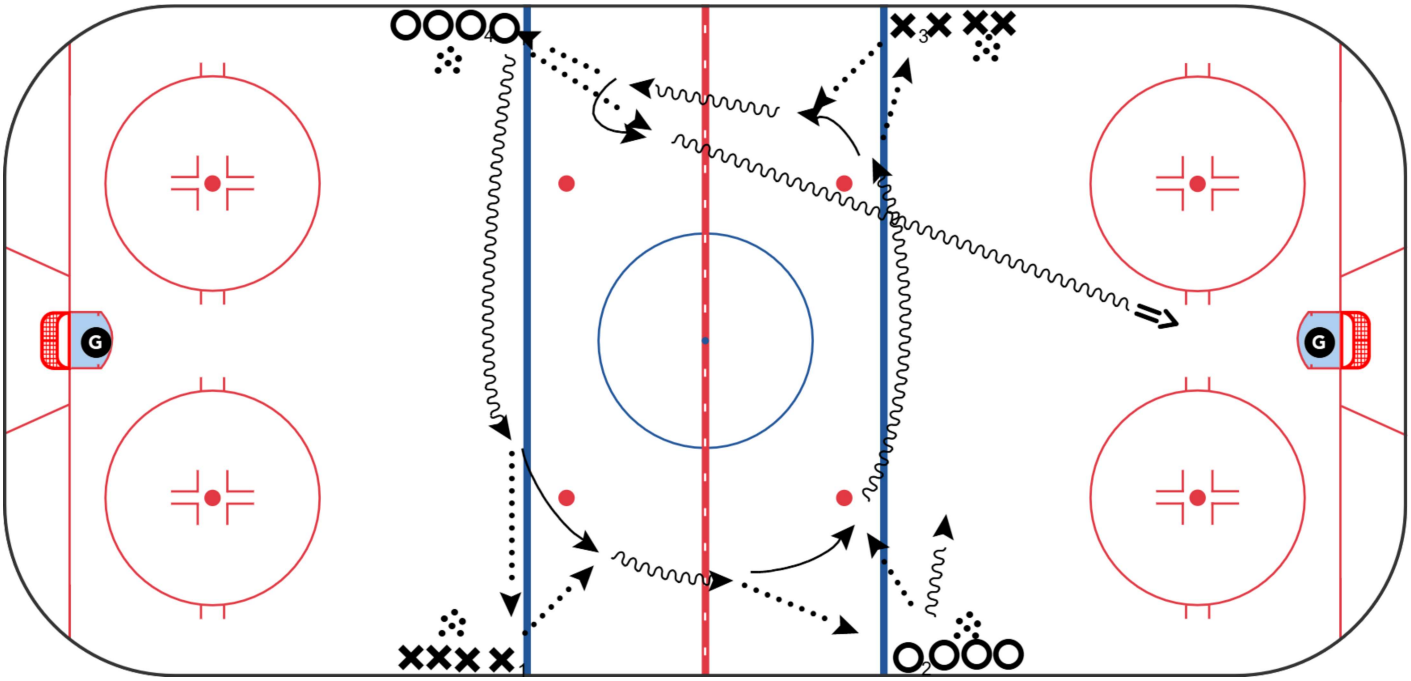
10-17

Duration: 65 mins

*Detroit - Thunder Warm Up — 10 mins



Description

- Drill starts as shown. Opposite lines go at the same time and will mirror one another.
- ✖ 1 skates backwards and gets a pass from ✖ 3. ✖ 1 then pivots and passes to ○ 1 and gets a pass back. ✖ 1 then passes to ✖ 4 and gets a pass back.
- ✖ 1 then passes to ○ 2 and opens up for a pass at the red line and gets the puck back. Goes down for a shot in the opposite end they started in.
- After ✖ 1 and ✖ 2 cross the blue line, ○ 1 and ○ 2 step out and go.

NHLCA DRILL OF THE MONTH
November 2021 - Detroit Red Wings

or 15 in 10	10 mins
Powerplay and PK	15 mins
faceoff work	15 mins
3v2 powerplay game	15 mins
White: Colton Tyler Bobby Tony Will	0 mins
Black: Madden Parker Mason Landon Bryson Peyton	0 mins