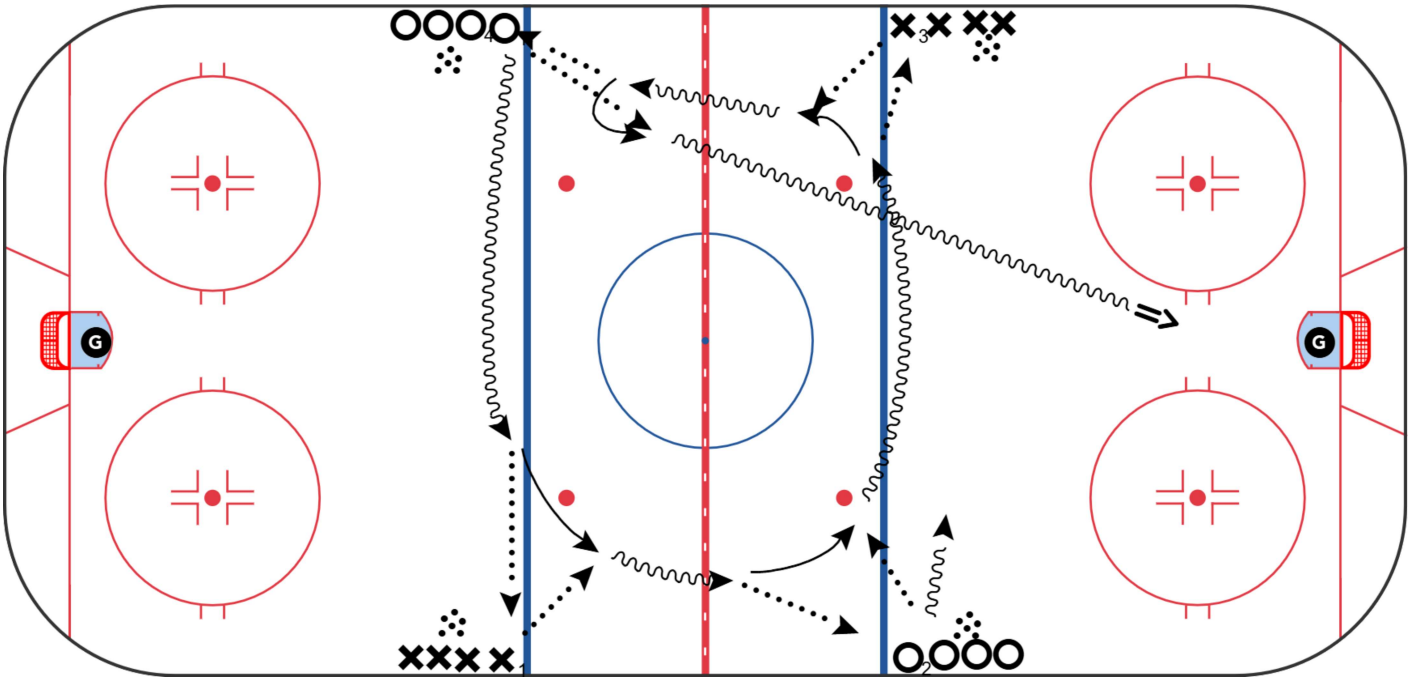
10-10

Duration: 60 mins

*Detroit - Thunder Warm Up — 10 mins

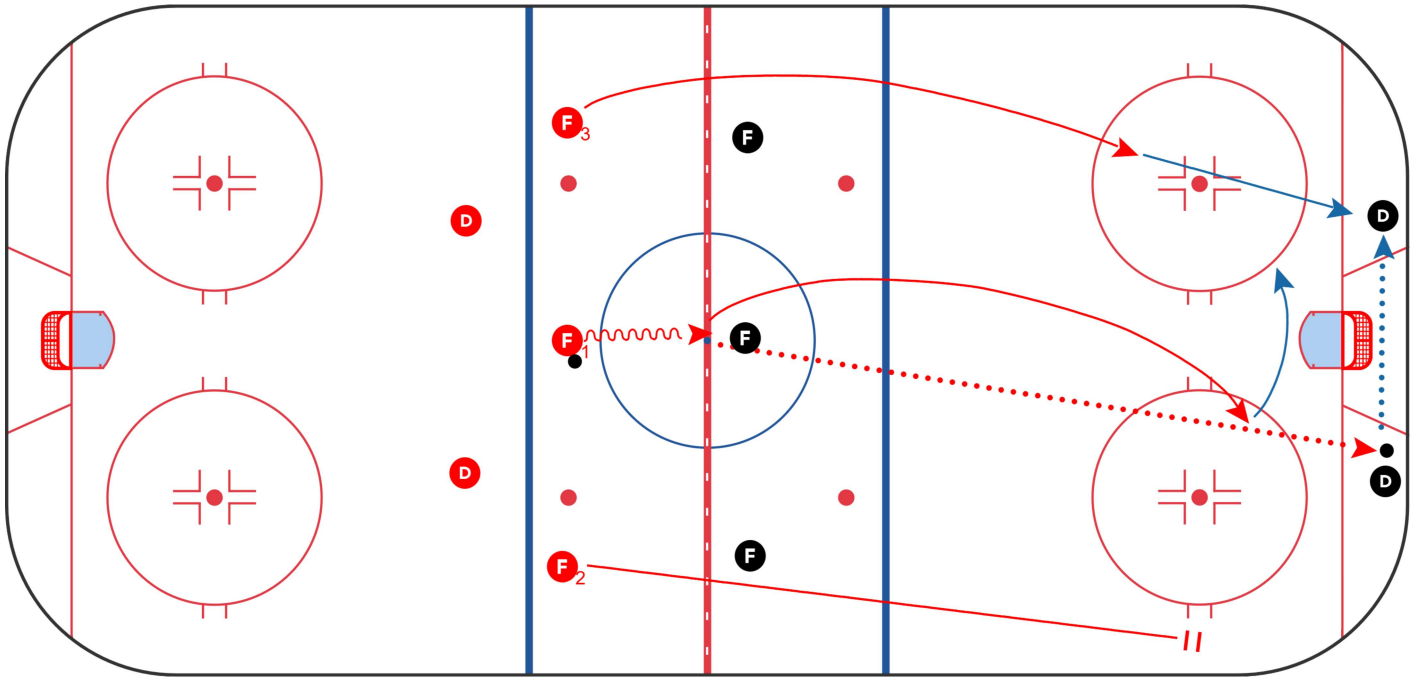


Description

- 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

Continuous 2v2	10 mins
D Zone Walkthrough	15 mins
Forecheck walkthrough	15 mins
Kings 5 Player Forecheck	10 mins



Description

- Red team is forechecking Black team while they try to break the puck out
- F 1 skates with puck through neutral zone and dumps puck into end. Black team retreats into zone and attempts to break out
- F 1 takes center lane and tries to force play to the outside
- F 2 holds a strong board position and to prevent play up the half wall
- F 3 cuts in to top of circle on the weak side. If the play goes D to D behind the net, F 3 jumps on puck with F 1 coming in for support (Blue)

Featured from *The Coaches Site* Chalk Talk Series. Drill by Los Angeles Kings Assistant Coach, Marco Sturm.