NHLCA DRILL OF THE MONTH

SEPTEMBER 2022

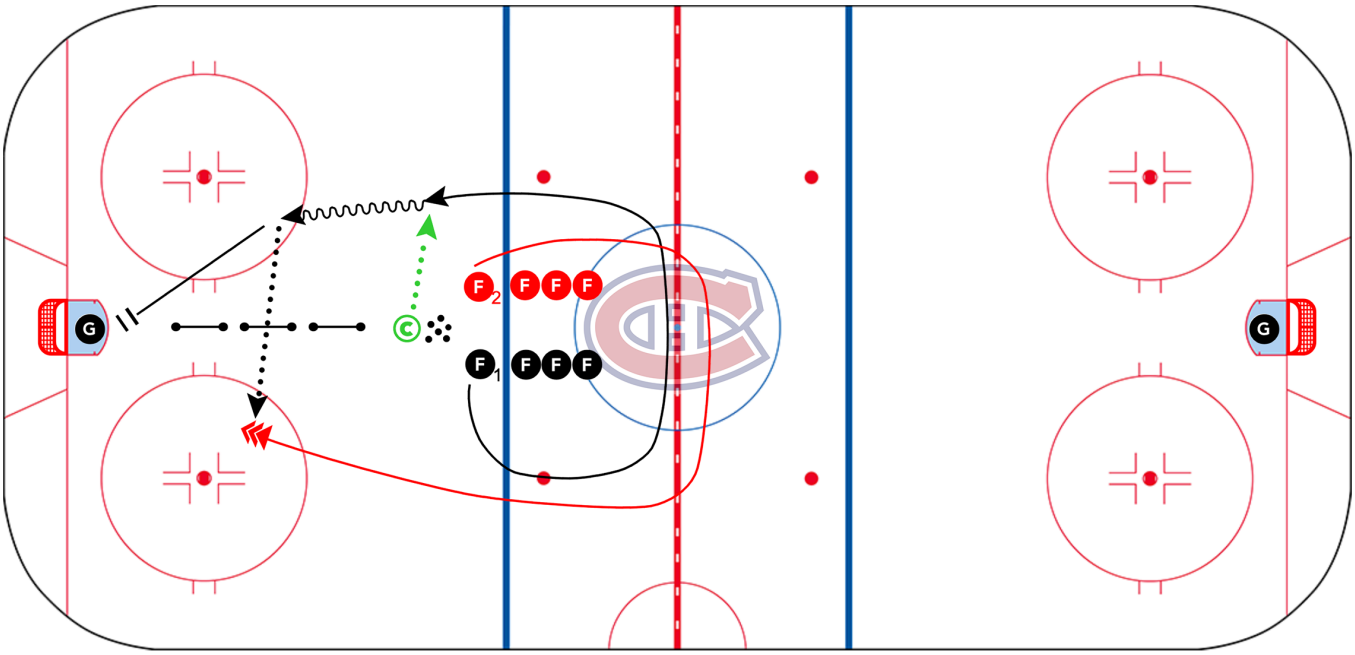
OVERSPEED SHOOTING

Category: Shooting

Team: Montreal Canadiens

Description:

- F1-F2 gather speed around forwards group, coach spots puck either side to speed Forward and F1 must execute a pass with F2 one timing the puck or with a catch & release shot.
- F1 needs to stop at the net for rebound and develop a good habit of stopping at the net.



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