

# NHLCA FEATURE DRILL

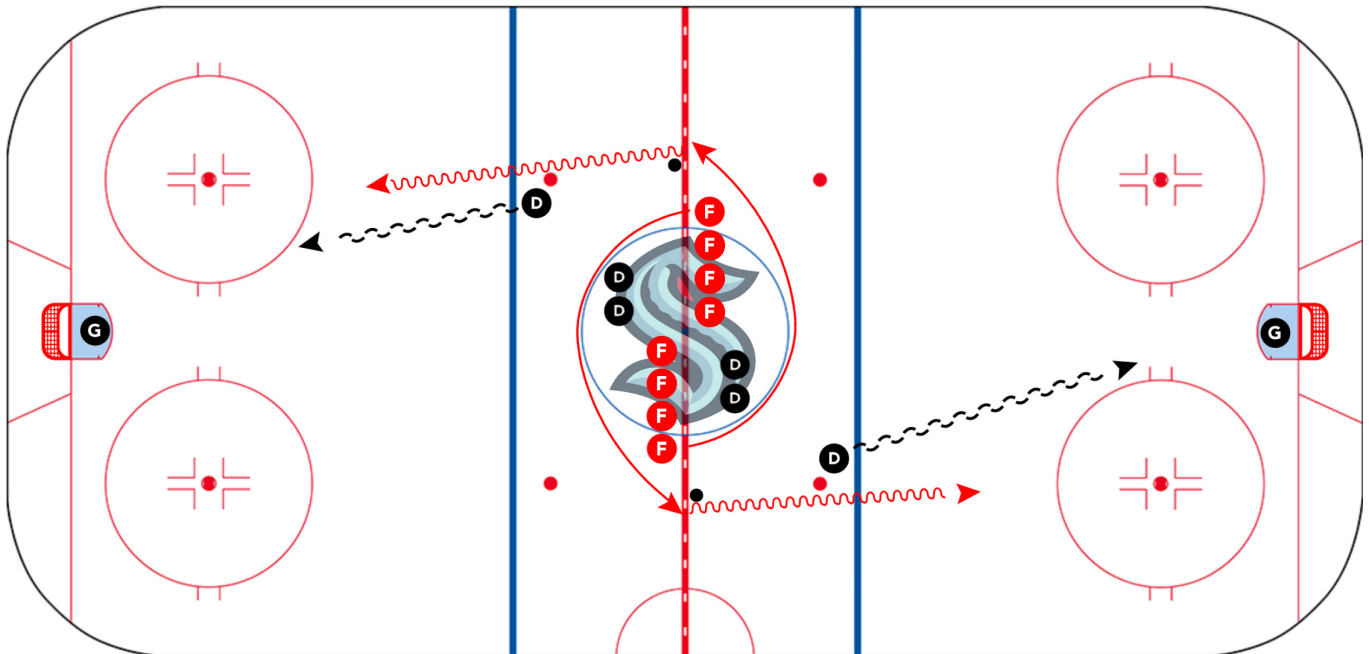
2022-23 NHL Season #2

## 1 ON 1 RACEHORSE

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Seattle Kraken

- Description:**
- One forward on each side of the center circle touching the red line
  - On the whistle, forwards go halfway around the center circle to pick up the puck on the red line for 1-on-1 vs **D** on the dot.
  - When forward hits the red line with speed, **D** can begin moving.



© 2022 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 2022. All Rights Reserved. Used with permission.