

NRS DRILL OF THE WEEK

Offensive Strategy

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Overview:

- Beginner L Support Drill
- Drop Pass and Drive the Triangle
- Picks

Title: Beginner L Support Content elements: _____ Components : _____

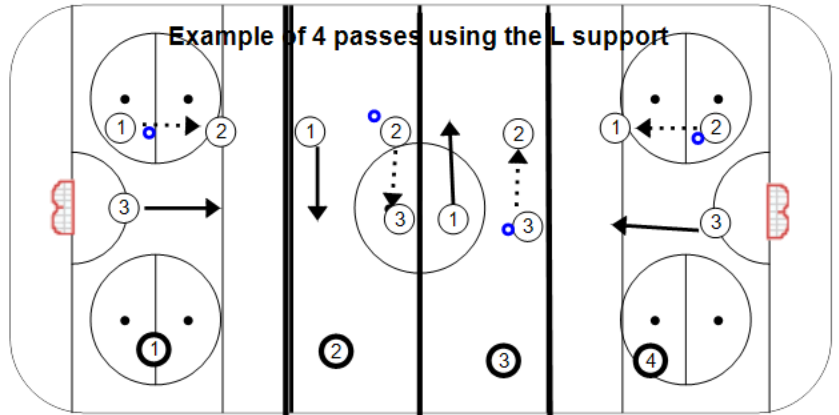
Description

The 'L' is the simplest way of generating speed in the offensive end by moving the ring.

For it to work, the ring carrier always needs 2 teammates as passing options.

To practice this, do an 'L support' passing drill... whoever is on the diagonal from the ring carrier has to move so she is in a better support position.

Players work in groups of 3. Pass for 30 seconds, rest for 15 seconds. Repeat 4 times.



Key Points :

Title : Drop and Drive Category #1 : Drive the Triangle Category #2 : Drop Pass

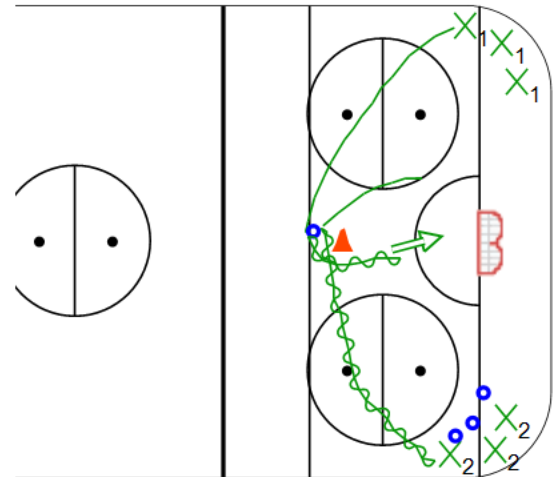
Description

An instructor will stand at the top of the triangle. X1 and X2 leave at the same time. X2 skates close to the instructor trying to pull the instructor with them. Then X2 drops it back to X1 and X1 drives around the instructor to the net for a shot.

If they are doing the drill well have X2 set up on the low post for a cross crease pass.

Key Points

- drop the ring beside body away from center
- get the instructor to skate with you before dropping the ring
- drive right around the triangle
- drop the ring right when X1 and X2 meet.



Key points:

Title : Pick Drill

Category #1 : Offensive Play

Category #2 : 3 on 3

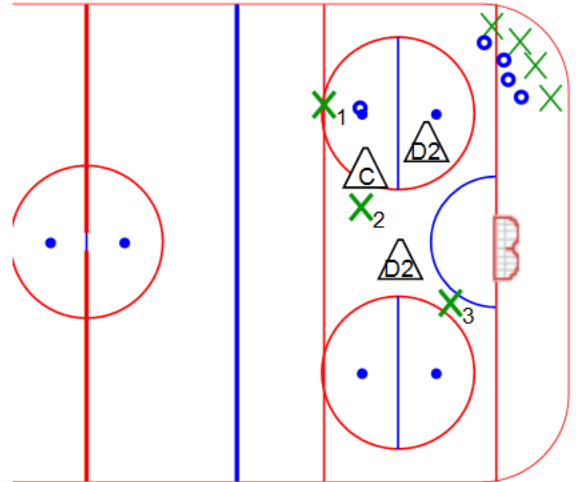
Description

X1 from the line skates with the ring and uses the pick set by X2 to get around the center and into the middle of the triangle. Then X1 drives to the net and shoots or makes a pass to X3 on the corner for a one timer.

X2 sets a pick with the right timing avoiding a penalty but also surprising the center.

X1 becomes X2 and X2 becomes X3. X3 joins the line. The triangle can be made up of coaches or players.

A successful pick is all about timing. X1 also needs to drive at the center as close as possible to trap her against the player setting the pick.



Key points:
