

# NRS DRILL OF THE WEEK

## Too Many Shots

www.thenrs.com

### Overview:

This drill allows the goalie to get many shots, they need to be ready for 8 different shots each round.

The skaters in this drill need to skate game speed and take quality shots.

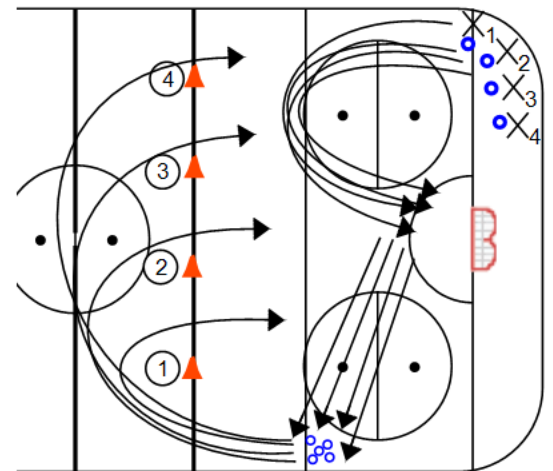
Title : Too Many Shots!

Category #1 :

Category #2 :

### Description

X1, X2, X3 & X4 leave at the same time from the corner, skate around the top of the circle and take a shot on the net. Once the shot is taken each player will pick up a ring. X1 goes around cone #1, X2 goes around cone #2 and so on. Each player will shoot the ring twice during this drill. Players should make sure they are rotating through which cone they go around. Switch sides halfway through.



Key points:

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