

# NRS DRILL OF THE WEEK

## 1 vs 1

www.thenrs.com

### Overview:

This is a great drill to have defence work on channelling and gap control in a small area in front of the net. Forwards need to work hard to drive right to the net and avoid doing bit loops back and forth, as this makes it easier for defence to cover.

Title : 1 vs 1

Category #1 : Channelling

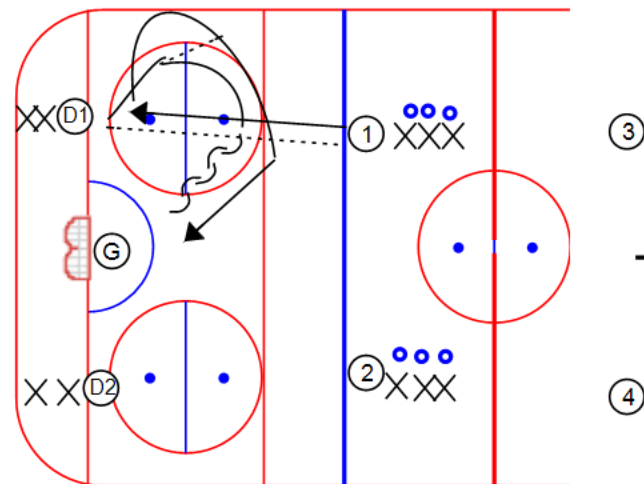
Category #2 : 1 vs 1

### Description

X1 starts the drill by passing the ring to D1. X1 then skates towards D1 and around the circle. D1 skates towards the boards (staying to the inside of the ice) and passes back to X1. X1 turns and skates towards the net while D1 works to defend and channel X1.

After X1 gets around the top of the circle, X2 starts the same pattern on the other side. Alternate the sides going.

Defence work on gap control (arm to stick length away from player) in a confined space. Forwards work on driving to the net.



Key points:

Gap control

Driving to the net

Channelling

Quality shot