

NRS DRILL OF THE WEEK

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Overview:

This drill focuses on passing and stabbing the ring before getting a shot on net.

The goalie needs to be ready to get shots from both sides of the crease.

Title : Pass and Skate

Category #1 : Passing

Category #2 : Skating

Description

X1 starts the drill by skating across the blue line and receiving a pass from X2. After they receive the pass they will pass straight down to the coach in the circle. They will continue towards the net and get a pass back from the coach and take a shot on the net.

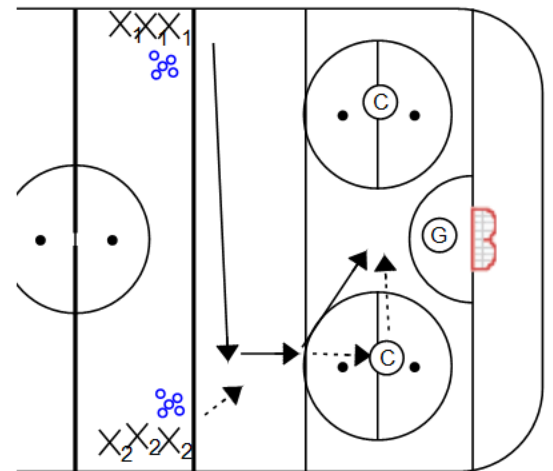
X2 will now skate across and get a pass from X1 and do the same thing on the other side.

*Key points to remind the players:

- X1 needs to look where they are passing
- After X2 passes to X1, they will leave and skate across the blue line

*Modification:

- Replace the coaches in the circles with players & rotate every few passes



Key points:

Skating

Shooting

Passing

Calling for the Ring