

# NRS DRILL OF THE WEEK

## Checking Challenge

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### Overview:

This drill works on ring protection and checking.

Remind players that when checking the ring carrier to be beside them (being behind and reaching up high on the stick can lead to a penalty).

When protecting the ring - keep your feet moving, put the ring close to your body and have your body between the opposing player and the ring.

During this drill, the goalie can receive one on one instruction or shots from one of the other coaches.

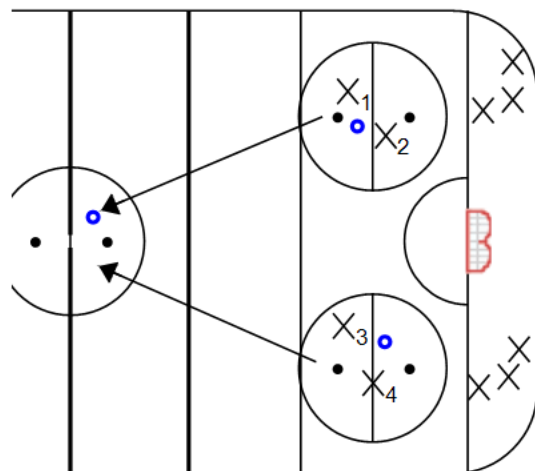
Title : Checking Challenge      Category #1 :       Category #2 :

### Description

X1 & X2 are inside the circle playing keep away at the same time as X3 & X4 in the opposite circle. On the whistle all 4 players skate up to the middle circle (leaving their rings in the circles) and play 2 v 2 keep away. X1 & X2 are on the same team and X3 & X4 are on the same team. They can pass and skate away, if the ring is turned over, the other team can do the same. At the same time as the 4 players skate up to the big circle, 2 new players go into each circle from the lines behind the goal line. The rotation is small circle, middle circle, line.

The players must stay inside the circles.

\*Blow the whistle every 15-20 seconds



### Key points:

<input type="text" value="Checking"/>	<input type="text" value="Passing"/>
<input type="text" value="Ring Protection"/>	<input type="text" value="Ring Movement"/>