

NRS DRILL OF THE WEEK

Stick to Stick Passing

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Overview:

This drill works on stick to stick passing.

The key points of stick to stick passing are:

- The player passing the ring needs to pass to where their teammate is skating to
- The player receiving the ring should not have to stop, slow down, or speed up to stab the ring. The ring should be going right to where the player receiving the ring is going
- The player passing the ring needs to pass on the side that they are on (ex. if on your backhand, you need to pass on your backhand, not turn to your forehand)

Title : Stick to Stick Passing

Category #1 : Stick to Stick Passing

Category #2 : Skating

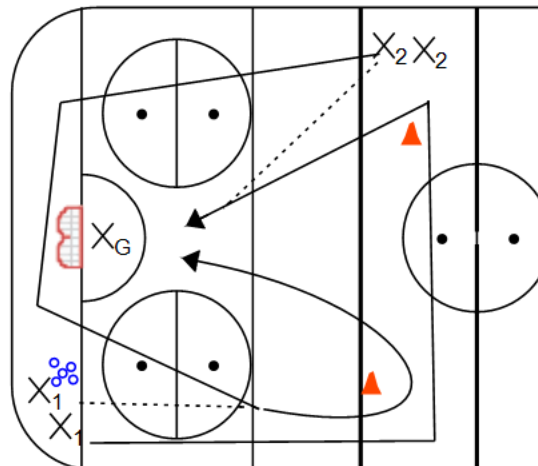
Description

X1 and X2 will leave at the same time

X1 will skate up the boards, around the pylon that is closest to the X2 line, receive a stick to stick pass from the second player in X2 line and go in for a shot. X1 then skates along the side of the boards (closest to the X2 line) and goes into the X2 line. After X2 makes their pass, they will then go.

X2 will skate down and behind the net, receive a stick to stick pass from the second player in X1 line, skate around the close pylon and take a shot. They will then go to the back of the X1 line. X1 will go once the pass is made.

This drill is continuous - once a player has made a pass, they will skate.



Key points:

Call for the ring

Quality shots

Pass ahead of player

Skating fast