

# NRS DRILL OF THE WEEK

## Rebounds

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### Overview:

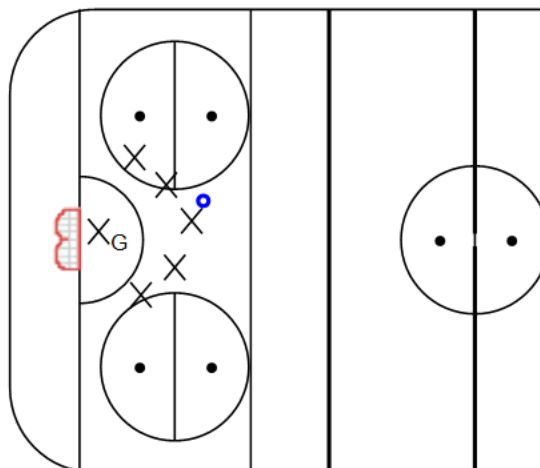
This is a great drill to help goalies to work on controlling rebounds. Players get a chance to practice their shots from different angles and working on taking quick shots from a rebound.

This drill can be done as a station, with 5 players involved in the rebound drill, the other players can work on their passing (see week 9: Circle Passing).

Title : Rebounds Category #1 : Shooting Category #2 : Goalie

### Description

Place 5 players around the crease.  
 The player at the top will start with the ring and take a shot.  
 If there is a rebound, any of the players surrounding the crease can take a shot.  
 The game is played to 5 - if the goalie stops the ring, if it stays in the crease, or the ring goes behind the goal line then the goalie gets 1 point. If a goal is scored, the players get 1 point. If a goal is scored, the players around the the crease will rotate to the left.



### Key points:

Rebound Control	Focus
Quick Shots	Goalie Angles