

# NRS DRILL OF THE WEEK

## S Drill

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### Overview:

There are two versions of this drill included this week. The first drill works well for U12 and older and the second drill works well for U10 and younger.

This drill has players working on tight turns and receiving passes over the blue line. Players need to always be ready to receive the ring and call for the ring when they are ready.

Title : S Drill Category #1 :  Category #2 :

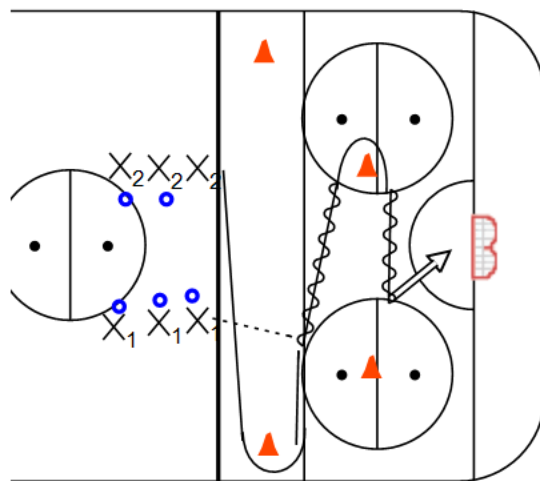
### Description

Players will split into two lines above the blue line.

X2 skates hard to the far pylon, tight turns around it and looks to X1 for a lead pass. X1 gives a pass to X2. X2 receives the pass turns around the next pylon and takes a shot.

After X1 gives the pass they will repeat what X2 did on the other side.

Remind players to skate up the boards to go back into line - switching lines each time



### Key points:

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Title : Modified S Drill Category #1 :  Category #2 :

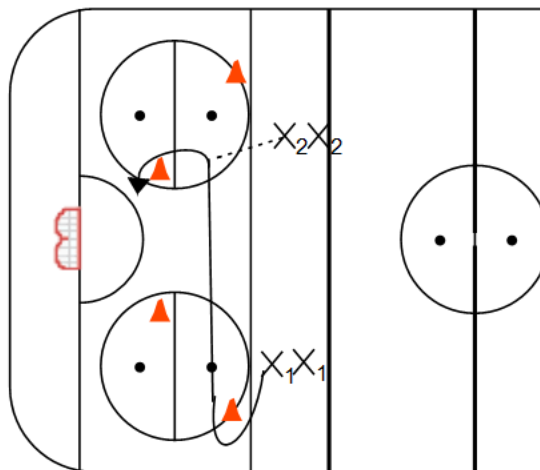
### Description

Players will split into two lines above the blue line.

X1 skates to the close pylon and does a tight turn around it and looks to X2 for a lead pass. X1 will then do a tight turn around the next pylon and take a shot.

After X2 passes, they will then go.

Remind players to skate up the boards to go back into line - switching lines each time



### Key points:

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