

NRS DRILL OF THE WEEK

One on One

www.thenrs.com

Overview:

This drill works well for all levels. The defence need to work hard to stay goal side and to channel the forward away from the net and towards the boards. The forwards need to work out to get open and cut away from the defence and towards the net.

Title : One on One

Category #1 :

NRS

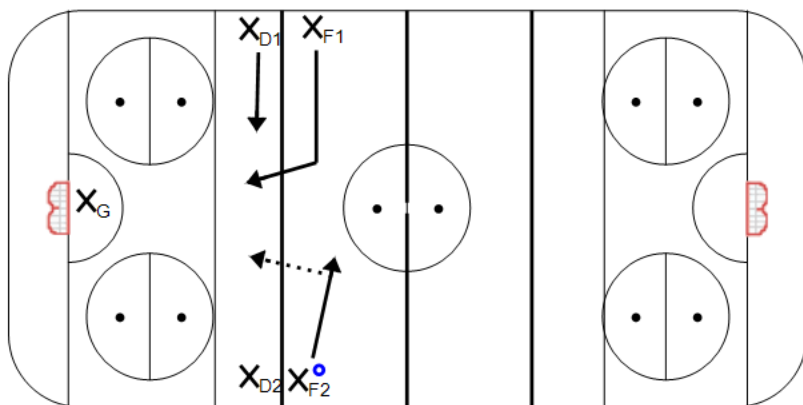
Category #2 :

Positioning

Description

Purpose: Have the defence work on positioning to cover the forward as they are coming across the blue line. Defence needs to read and react to keep themselves between the ring and the net, while the forward is trying to cut to open ice. Encourage the forwards to not make shallow cuts across the blueline.

F1 and D1 are playing one on one over the blue line. F2 passes to F1, but stays in the neutral zone. F2 then does the same thing against D2, while F1 passes the ring.



Key points :

Keep feet moving

Cut to open ice

Changes of speed

Goal side