

NRS DRILL OF THE WEEK

Skate, Pass, Shoot

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Overview:

Making passes in the offensive zone helps to create scoring chances. This drill has players making passes and stabbing the ring before taking a shot. Remember when stabbing the ring before taking a shot to hold your stick with the narrow side up. If the wide side of the stick is up, the ring will go up the stick which makes it difficult to take a quick, accurate shot.

Title : Skate, Pass, Shoot

Category #1 : Passing

Category #2 : Warm Up

Description

X1 skates and passes to X2, continues to skate around X2, receives a pass back and goes in to shoot.

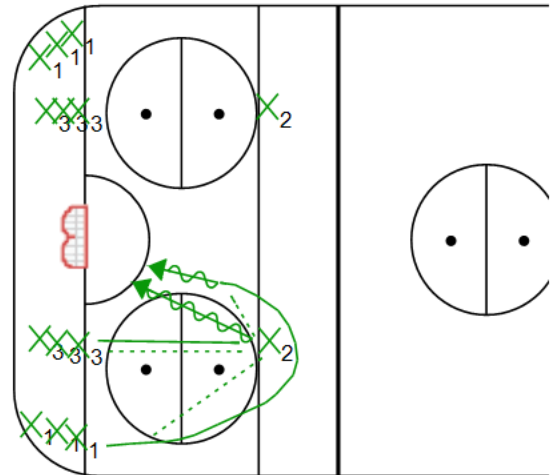
X3 then passes to X2 and X2 goes in to shoot.

X3 follows their pass and replaces X2.

As soon as both shots are taken the opposite corner goes.

*The pass from X2 back to X1 needs to be a lead pass that X1 can skate onto

Remind players to call for the ring when wanting a pass



Key points:

Goalie Warm Up

Passing

Communication

Shooting