NRS DRILL OF THE WEEK

Double Shot

www.thenrs.com

Overview:

This drill has players shooting close to the crease, they need to do quick dekes and make quick shots to beat the goalie. The goalie needs to stay focused and ready for the close shots.

Players need to continue skating while shooting. Remind players that standing still in front of the net is not as effective as skating while shooting.

Title: Double Shot Content elements: Passing Components: Shooting

Description

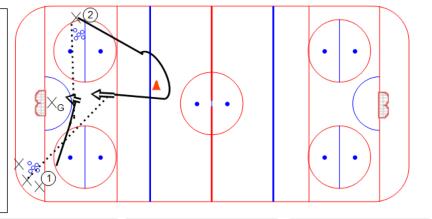
Players are lined up in the corner, with one player starting at the pile of rings in the far circle.

X1 skates across the front of the net and gets a pass from X2. X1 takes a shot.

After X2 gives the pass they skate over the blue line, around the pylon and get a pass from a player in the corner and takes a shot.

X1 now moves to where X2 was and the drill continues.

The drill is continuous, players need to be pay attention as to when it is their turn to pass.



Key Points : Accurate passing Game speed Skating while shooting Focus