

# NRS DRILL OF THE WEEK

## Quick Passes

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### Overview:

This is a good drill to use at the beginning of an ice time after a skating warm up. It gives the goalie a chance to stretch before a shooting drill and the players a chance to work on quick passing and stabbing.

Title : Quick Passes

Category #1 :

Passing

Category #2 :

Stabbing

### Description

Players will get into 4 lines around the circle

X1 starts with the ring

X2 skates through the middle, gets a pass from X1 and passes to X4

X1 skates through the middle, gets a pass from X4 and passes to X3

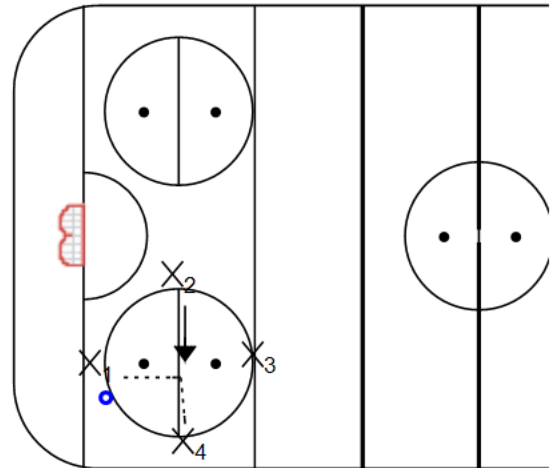
X4 skates through the middle, gets a pass from X3 and passes to X2

X3 skates through the middle, gets a pass from X2 and passes to X1

Follow your pass and go to the back of the line where you passed to.

The next player going will go once the player they are getting a pass from has stabbed the ring

The focus for this drill is quick stabbing and passing. Remind players to skate quickly to get to the line that they have just passed to.



### Key points:

Call for a pass

Focus on the ring

Quick passes

Skate quickly to next line