

NRS DRILL OF THE WEEK

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Overview:

This is a good drill to use for a warm up. Players need to focus on stabbing the ring and on making good passes to each other. The pass over the blue line should be a lead pass.

Title : Continuous Pass, Skate, Shoot **Category #1 :** **Category #2 :**

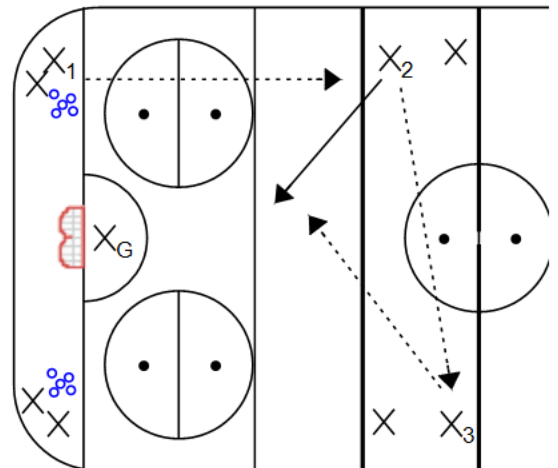
Description

Players will line up in both corners. 1 player will stand in each of the lines in the neutral zone.

- X1 passes the ring to X2 and X1 skates to where X3 is standing
- X2 passes to X3
- X2 will skate over the blue line towards the middle of the ice and get a pass back from X3
- X3 skates to where X2 was and will get a pass from the next player in line

The same thing will happen on the other side. Once X2 has received the pass, the first player in the other corner will make their pass

This drill is continuous



Key points:

Focus on stabbing

Quality shots

Lead passes

Quick skating