

# NRS DRILL OF THE WEEK

## Continuous 2 v 1, 2 v 2

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### Overview:

This drill works on breaking out as a defence and breaking in as a forward against man on coverage.

Man on coverage should be a stick length away from the opposing player and goal side.

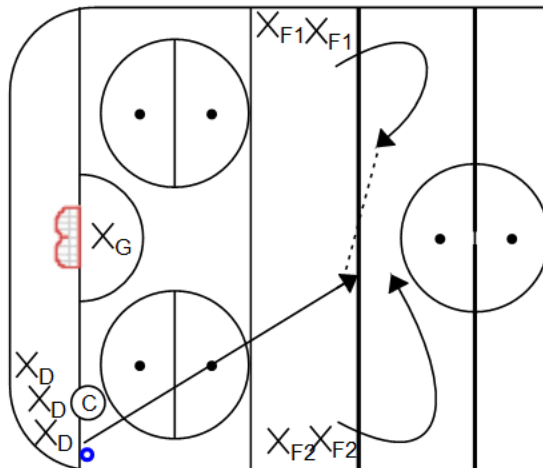
When breaking out or in against man on coverage, remember to keep your feet moving to make it more difficult for the opposing player to check you.

**Title :** Continuous 2 v 1, 2 v 2      **Category #1 :** Man on Coverage      **Category #2 :** Breaking Out/In

### Description

The drill begins with the first defence taking a ring and passing to either F1 or F2 over the blue line. F1 and F2 need to skate over the blue line and break back into the zone. As the forwards are breaking in, the defence needs to pick up a player and stay man on to make breaking into the zone difficult. The play continues as a 2 on 1. When a shot is taken, the goalie will pass to the defence. The defence needs to work to break out as the forwards are playing man on against them. The defence needs to break the ring out over the blue line by passing to the next F1 or F2 that have skated into the neutral zone and are ready to break in. The D then needs to play man-on against those forwards.

This drill is continuous. The coach in the corner with the defence can either add in another defence to make the play 2 on 2, or switch out the one defence when the forwards have missed a pass or there is a lapse in play.



### Key points:

Man On Coverage	Breaking In
Breaking Out	Goal Side