

# NRS DRILL OF THE WEEK

## Think Fast!

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### Overview:

In all areas of the ice, players need to think fast, be ready to pass quickly, and be ready to stab rings. Through making quick passes in this drill, it helps players to make accurate passes quickly, stab rings quickly, all while skating forwards or backwards. Players need to focus in this drill to ensure that they are making smart passes and are always ready to stab the ring and skate.

Title : Think Fast!

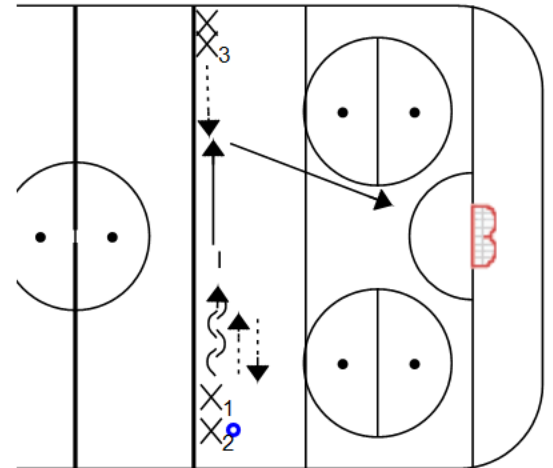
Category #1 :

Category #2 :

### Description

X1 begins by skating backwards and receives a pass from X2. X1 passes back to X2, pivots, and skates forward toward X3. When X1 is halfway to X3, X3 will pass to X1. X1 will turn and skate hard to the net for a shot. After X3 passes, they will skate backwards and start the drill from the other side.

Players should be keeping their heads up, giving targets with their sticks for a pass, and calling for the ring.



Key points:

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