

# NRS DRILL OF THE WEEK

## Pass and Go

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### Overview:

This is a good drill to use at the beginning of an ice time to get the players skating, passing, stabbing, and shooting. The goalie should be getting warm-up shots and no dekes to begin with.

Players need to call for the ring when they want the ring passed back to them. A modification to ensure that players call for the ring is for the coach to not pass back until they hear the player calling for a pass.

Title : Pass and Go

Category #1 : Skating

Category #2 : Passing

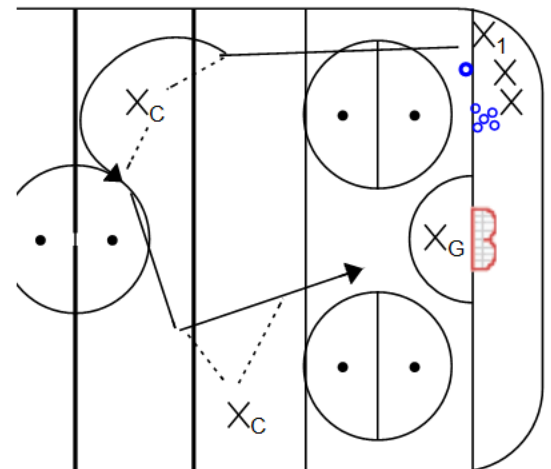
### Description

The players will line up in the corner with rings.

One coach will stand in the neutral zone and another coach will be on the other side between the blue line and the ringette line.

X1 will skate forward, pass the ring over the blue line to the first coach, skate behind the coach and get a pass back. X1 will keep skating, pass over the blue line to the other coach, receive a pass back and take a shot.

The next player in line will go after X1 receives the pass back from the first coach.



### Key points:

Accurate passes

Strong shots

Skating hard

Focus on stabbing the ring