

NRS DRILL OF THE WEEK

Stop & Go

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Overview:

This drill has players working on quick stops and starts. Players need to make full stops on each cone. As the player is stopping, they should be turning their body in the direction that they want to start skating in after.

Title : Stop & Go

Category #1 : Shooting

Category #2 : Stopping

Description

Players will line up in the corner and the rings will be placed in the centre circle.

X1 will start the drill by skating hard to each cone and doing a full stop, skate to the circle, pick up a ring, do a turn around the far cone and take a shot.

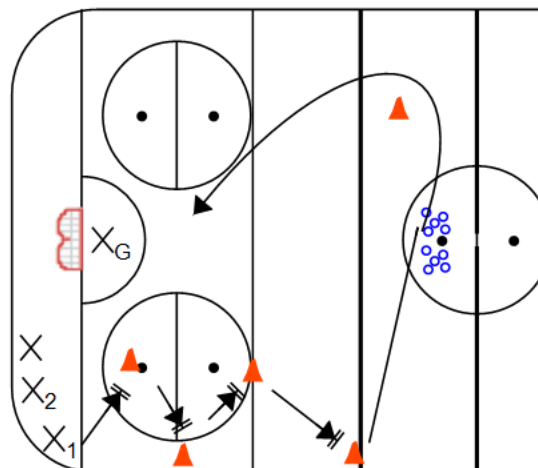
X2 will go when X1 has stopped on the 3rd cone.

Switch corners halfway through

Modification:

After X1 takes the shot, they will turn around and play defence against X2.

Rotation: Shoot, defend, back in line.



Key points:

Stopping	Quality shots
Skating fast	Modification to add in D