

# NRS DRILL OF THE WEEK

## Continuous Quick Shots

www.thenrs.com

### Overview:

This drill has players working on making accurate passes to their teammates and taking quick shots. Taking a quick shot in a game can help to increase scoring chances as the defence and goalie may not be set up before you shoot.

**Title:** Continuous Quick Shots

**Content elements:** Shooting

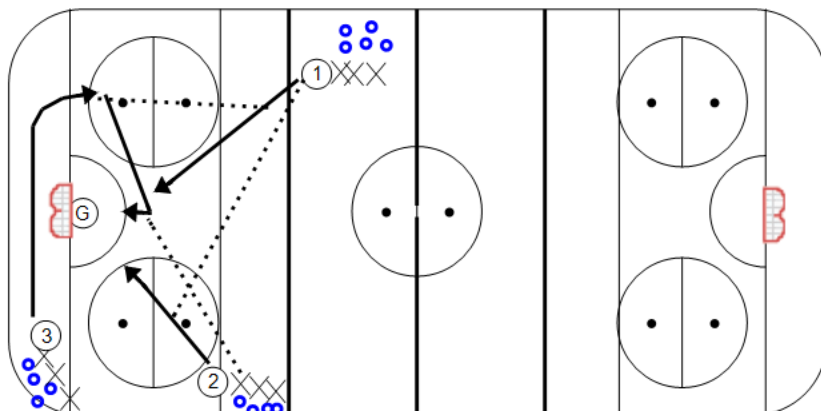
**Components :** Passing

### Description

Divide the team into 3 lines.  
X2 starts skating towards the net, gets a pass from X1 and shoots.  
X3 times it so they are coming around the net and making their pass to X1 right after X1 has passed to X2. X1 stabs the ring, skates towards the net and shoots.  
The second player in the X2 line then passes to X3 who takes a one-time shot on net.

The drill is continuous. Players rotate from line 1 to 2 to 3.

Advanced Modification:  
Add defence. The defence can either chase right behind the pass receiver or the shooter can remain after they have shot and they will challenge the next shooter.



### Key Points :

Accurate passes

Quality shots

Calling for the ring

Always ready to go