

NRS DRILL OF THE WEEK

Under Pressure

www.thenrs.com

Overview:

Breaking out of the defensive zone can differentiate a good team from a great team! When breaking out of the defensive zone, players need to remember to get to the middle of the ice. Skating up the boards takes away passing opportunities and forces the ring carrier to make a more difficult pass. Breaking up the middle of the ice creates many passing opportunities and allows for better passes to be made.

As the forward in this drill, you want to prevent the defence from getting to the middle of the ice. To do so, the forward needs to put their body between the defence and the middle of the ice which can force that player towards the boards.

Title : Under Pressure

Category #1 : Ring Protection

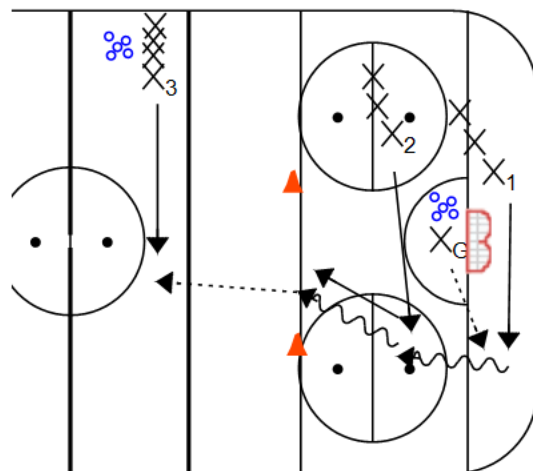
Category #2 : Passing

Description

X1 and X2 leave at the same time. X1 starts by skating behind the net and receives a pass from the goalie. X2 skates in front of the net and tries to check X1 before she can get through the cones. If X1 makes it through the cones X3 will receive a pass over the blue line and go in and take a shot on net.

If X1 gets checked before she can reach the pylons, X3 will take a ring from her line and go in for a shot.

This can be done from both sides.



Key points:

Break up middle of ice

Calling for the ring

Ring protection

Quick skating