

# NRS DRILL OF THE WEEK

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### Overview:

This is a good drill to end an ice time with. It is a challenging 2 v 2 drill that has the defence working hard to play defence for as long as they can while forwards take turns coming into the zone to challenge them.

Title : Defence Dominates

Category #1 : Defence

Category #2 : Forwards

### Description

Two defence begin vs. two forwards.

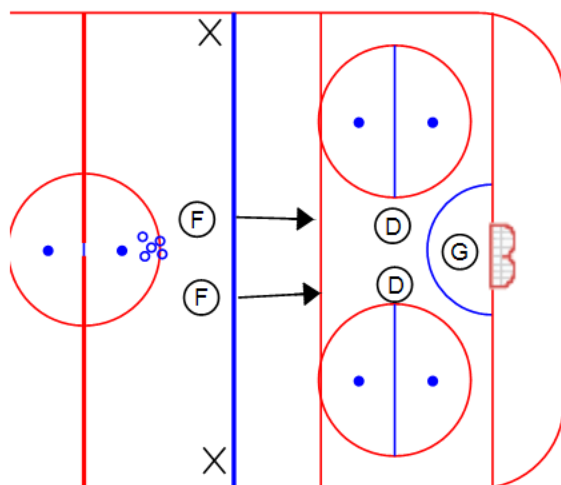
The forwards will skate into the zone (passing over the blue line) and play 2 v 2 until there is a goal scored or the defence are able to steal the ring and pass it to the outlets (the 'X' standing near the boards). If the goalie saves the ring, the defence will try to break it out and pass to the outlet.

If the forwards score, they become defence against the next two forwards. The previous defence will replace the outlet passers. The outlet passers will go to the forward line.

If the defence successfully pass the ring to the outlets, they remain as defence.

#### Modification:

Limit the forwards to have only 30 seconds to score, if they do not score they are out and the next two forwards will come in



### Key points:

Strong defence

Smart offensive passes

Skate with the ring

Quality shots