

NRS DRILL OF THE WEEK

Meet and Defend

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Overview:

This drill works on a 1 on 1 situation close to the net. It helps defence with their positioning, forwards with quick fakes and working in a small area to get a shot, and helps goalies with shots in close.

Remind defence to stay goal side (defence stays between the net and the forward), push out so that a screen is not made against the goalie. Good body positioning will help to prevent the forward from getting a quality shot.

The forward needs to skate fast and make quick fakes to beat the defence and goalie.

The goalie needs to be ready and stay vocal with the defence, letting them know if a screen is occurring.

Title : Meet and Defend

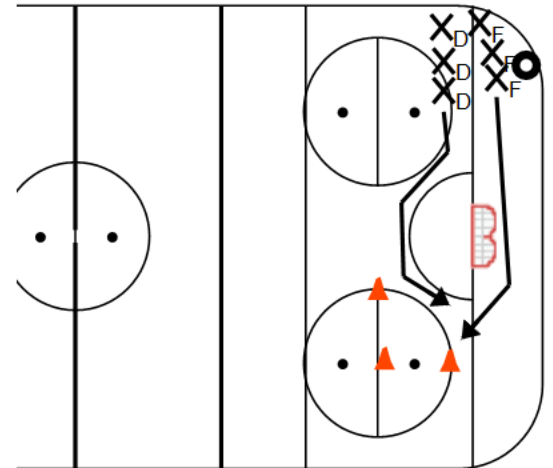
Category #1 : NRS

Category #2 : Checking

Description

XF leaves with a ring. XD will leave at the same time and go around the top of the crease and meet XF on the other end of the crease. XD will then work to defend the net. XF works to beat the D by using changes of speed and fakes; then takes a shot.

Pylons are set up for the defence and forward to stay in a smaller area to create more of a challenge.



Key points:

Use speed

Meet at the crease

Body positioning

Fakes