

NRS DRILL OF THE WEEK

1 vs 1

www.thenrs.com

Overview:

Channelling is a skill needed by all players. The key to channelling is to get the player towards the boards and away from the net. The focus needs to be on channelling first and checking second. If a player attempts to check and misses the stick, that allows the other player to get to the net easier.

Remember to maintain good gap control when channelling - stick length away and goal side. To maintain goalside - when the forward is about an arm's length away from the defence, the defence can turn to skate forwards to continue channelling.

Two drills are provided - one for full ice and one for half ice.

Title : 1 vs 1 - Full Ice

Category #1 :

1-1

Category #2 :

Channelling

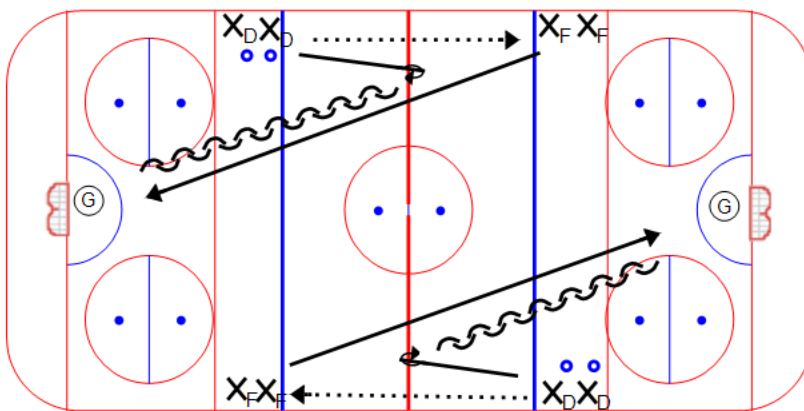
Description

The defence will skate forward a few strides and pass to the forward.
The defence will then turn and skate backwards, channelling the forward away from the net and towards the boards.

*Switch sides halfway through

*Modification:

If the defence are struggling to maintain gap control and channel, move the rings to the forward line to eliminate the pass from the defence to the forward



Key points :

Backwards Skating

1-1 skills

Channelling

Gap Control

Title : 1 vs 1 - Half Ice

Category #1 :

1-1

Category #2 :

Channelling

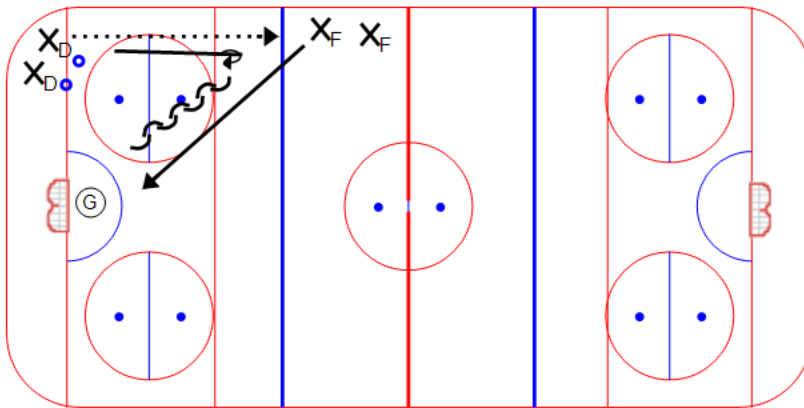
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Key points :

Backwards Skating

1-1 skills

Channelling

Gap Control