

# NRS DRILL OF THE WEEK

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## Overview:

The player that is checking in this drill needs to be aware of their positioning when they check. Remind players not to check under the opposing player's armpits or to push the player with their body.

The ring carrier is trying to skate through the cones in the middle of the ice, as this is where the ring carrier would want to be if breaking out. Skating up the middle allows for the ring carrier to have more passing options.

**Title :** Ring Protection

**Content elements:** Ring Protection

**Components :** Skating

## Description

X1 will line up behind the net and X2 will line up in the circle. When the instructor says go, both X1 and X2 will leave at the same time, X1 will pick up a ring from the corner and skate it out between the cones. X1 is protecting the ring as X2 is trying to check.

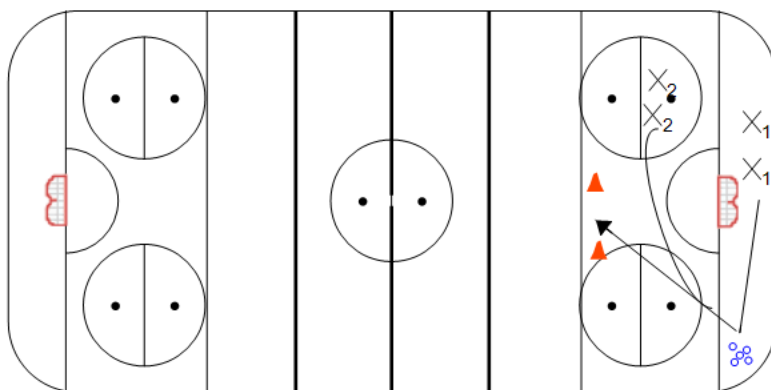
\*Remind players not to go in the crease

### Key points of ring protection:

- Your body between the ring and opposing player
- Keep the ring close to you
- Keep your feet moving

### Modifications:

- Have a coach standing over the blue line to receive the pass from X1
- Have the goalie in the net starting with the ring and passing it out to X1



## Key Points :

Keep your feet moving

Proper checking

Skate up middle of ice

Keep your head up