

NRS DRILL OF THE WEEK

Circle Passing

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Overview:

This drill helps players think quickly about who they are receiving a pass from and who they need to pass to. Just as in a game, players need to call for the ring when they are open and the ring carrier needs to make a quick decision on who they are passing to.

Remind players that using their voice to call for the ring is more effective than tapping their sticks.

This drill can be done at the beginning of the ice time and allows time for the goalie to stretch out before a shooting drill.

Title : Circle Passing

Category #1 : Passing

Category #2 : Stabbing

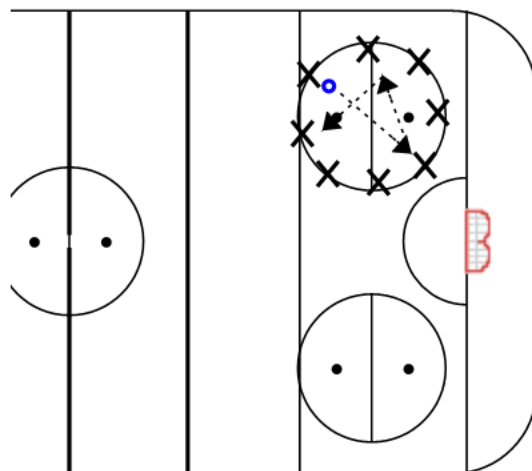
Description

Any player starts with the ring and passes to anyone in the circle. The players take turn passing to someone who has not recieved it yet. When the last person receives the ring, they will pass it back to the player that started the sequence. The players will then have to remember who they passed the ring to and keep that order. The challenge is to pass as quick as you can. The instructor can add rings in starting with the first player so the players are forced to focus and keep an eye on who is supposed to be passing to them. Remind players to call for the ring and to call out the person's name of who is passing to them.

*Can run on one or two circles

Modifications:

- Add in multiple rings
- Only pass using backhand passes



Key points:

Passing	Focus
Accuracy	Calling for the Ring