

# NRS DRILL OF THE WEEK

## Shoot and Chase

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### Overview:

Shooting under pressure can be a challenge! When under pressure, the player with the ring needs to have good body positioning to protect the ring from the opposing player, as well as making sure to have the ring in a good spot to take a shot. If chasing a player that is ahead of you, you need to remember to catch up to the player before trying to check the ring to avoid hooking or tripping the player.

Title : Shoot and Chase

Category #1 :

Coaches

Category #2 :

Defense

### Description

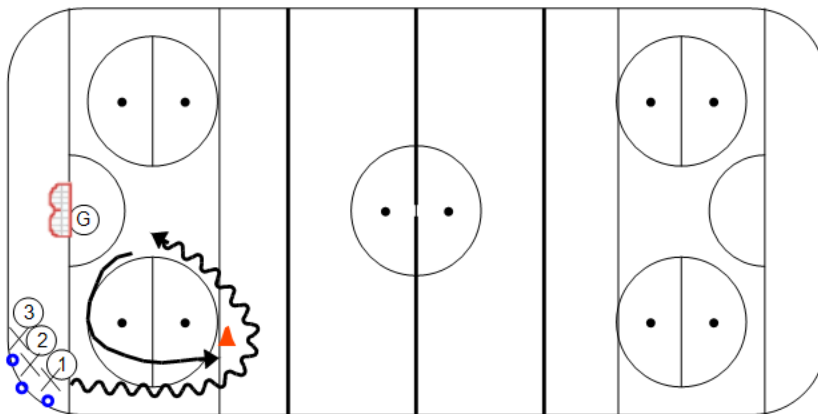
X1 skates with the ring around the pylon and takes a shot on goal.

As soon as the shot is taken, X2 accelerates around pylon with a ring and takes a shot. X1 must skate the same pattern and try to catch X2.

As soon as X2 takes a shot, X3 skates around the pylon with a ring and takes a shot, while X2 is chasing and trying to catch and check X3.

The drill can be continuous, with X3 chasing X1, or it can be stopped and re-started after X3 goes.

Switch corners half way through the drill.



Key points :