

# NRS DRILL OF THE WEEK

## Shot to 1 vs 1

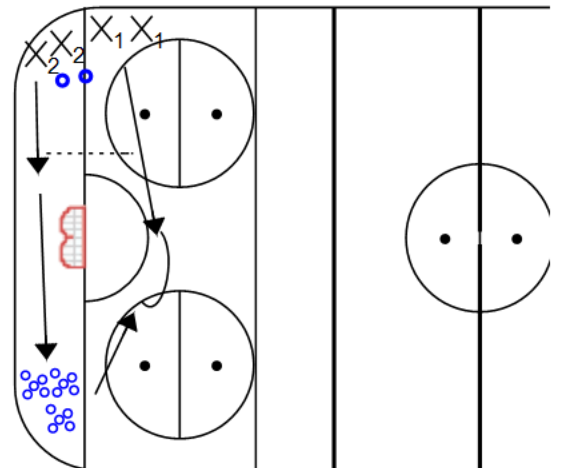
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### Overview:

This drill simulates an offensive player breaking in 1 vs 1 against a defence in the triangle. By targeting the low defence, the offensive player can work on cutting in and getting a quick shot. This drill also helps with defensive and goalie positioning when working 1 vs 1 against a player trying to break into the triangle.

X1 and X2 leave at the same time  
 X2 has a ring and passes to X1 before she goes behind the net - calling out the player's name that she is passing to  
 X1 will get the ring and take a shot  
 X2 then goes to the corner and picks up a ring to play 1 on 1 against X1  
 X1 will defend against X2

Tell the players that they need to skate right to the net after picking up the second ring, rather than skating all over. Pylons can be set up for the players to stay in a confined area



Key points:

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