

# NRS DRILL OF THE WEEK

## Passing

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### Overview:

Passing and stabbing the ring are key parts of ringette. These drills work on quick passes and stabbing the ring. These can be done at the beginning of a practice to get the players warmed up.

Title : Pepper Passing

Content elements: \_\_\_\_\_

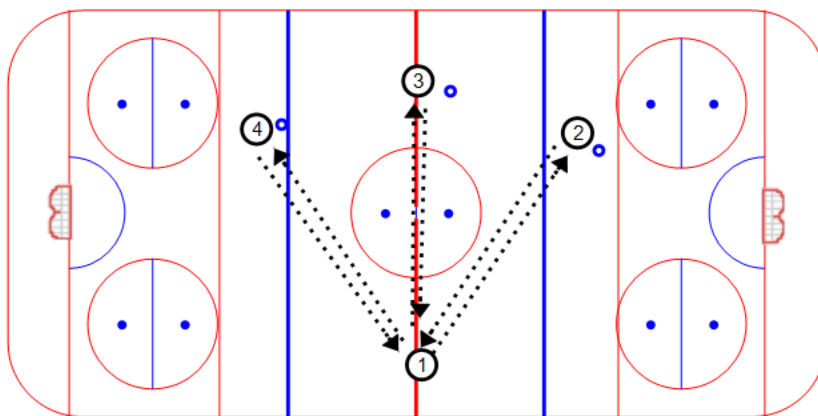
Components : \_\_\_\_\_

### Description

Athletes spread out around the ice in groups of 4-5.

X1 receives a pass from X2 then passes the ring back to X2. Then, X3 passes the ring to X1 and X3 passes right back to X1. X4 passes to X1 and X1 passes right back to X4. After the ring has gone through the entire group, athletes rotate and a new person is X1.

\* This drill focuses heavily on timing.



Key Points :

Title : Head On Passing

Content elements: \_\_\_\_\_

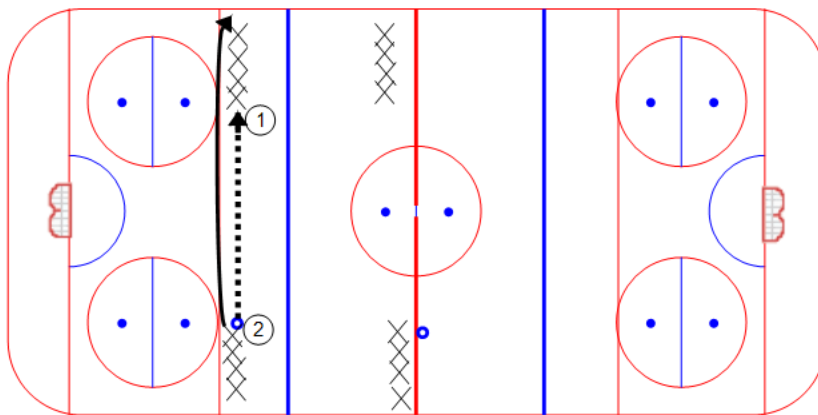
Components : \_\_\_\_\_

### Description

Two lines set up across the ice from each other. X1 passes to X2 and follows the pass (to the back of the opposite line). The player passed to now passes to the opposite line and follows their pass. The receiver begins skating towards the ring immediately after it is passed.

Common errors:

- \* Players delay on making the pass and then give a weak, short pass to the opposite player.
- \* The lines get too close to each other.



Key Points :