

NRS DRILL OF THE WEEK

Ring Battle

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Overview:

There are many situations in a game when players battle 1 on 1. This drill helps players to focus on stabbing a difficult ring while keeping it away from an opposing player. The player that doesn't get the ring needs to stay close to the other player and defend.

Title : Ring Battle

Content elements: Skating

Components : Stab the Ring

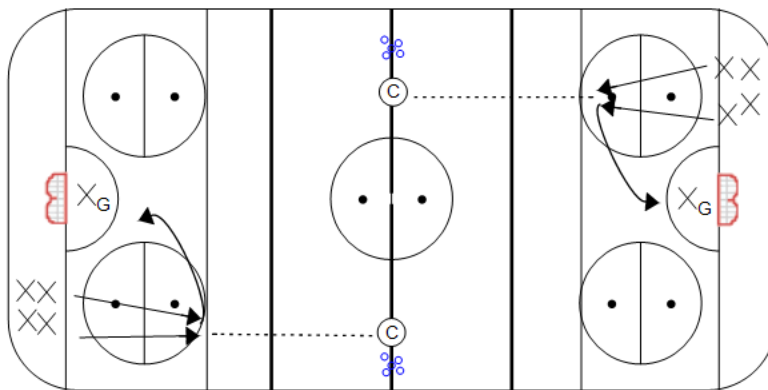
Description

On the whistle, the first 2 players in each line will start skating towards the coach

The coach will pass a ring towards the players
Whichever player gets the ring will go in for a shot while the other play defends her

*If the ring is not stabbed, the players must stop and go back to get it rather than doing a big swoop to go get it

Can progress to 2 on 2



Key Points :