

NRS DRILL OF THE WEEK

Quick Shots in Close

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Overview:

This drill gets the goalie moving and working on getting shots from in close. The player needs to be ready to receive the passes and take quick shots.

Title : Quick Shots in Close

Category #1 : Coaches

Category #2 : Shooting

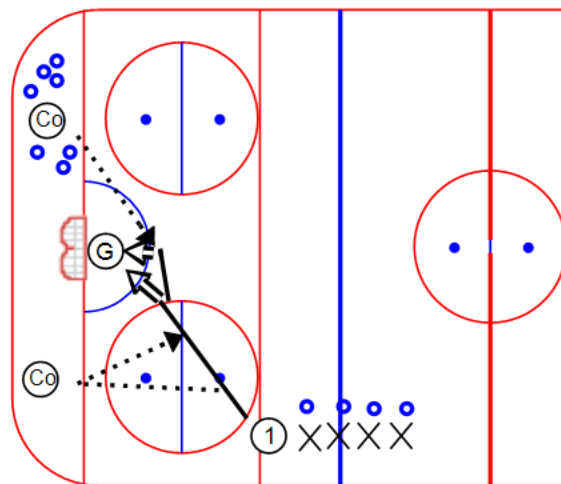
Description

X1 starts the drill by passing to the coach in the corner. X1 receives the pass back immediately and drives in to shoot from the Hot Spot. The 2nd coach gives X1 a pass right away and takes another shot right in front of the net.

*The second shot can be taken as a one timer

Modification:

- Replace the coaches with players and rotate after the second shot



Key points:
