

NRS DRILL OF THE WEEK

1, 2, 3 Challenges

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Overview:

This drill helps players to quickly transition from playing forward to playing defence. The defensive players must set up quickly to take away the blue line and scoring opportunities from the offensive players coming in.

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : 1, 2, 3 Challenges Category #1 : Category #2 :

Description

Divide the players into 3 groups and number each line 1, 2, and 3

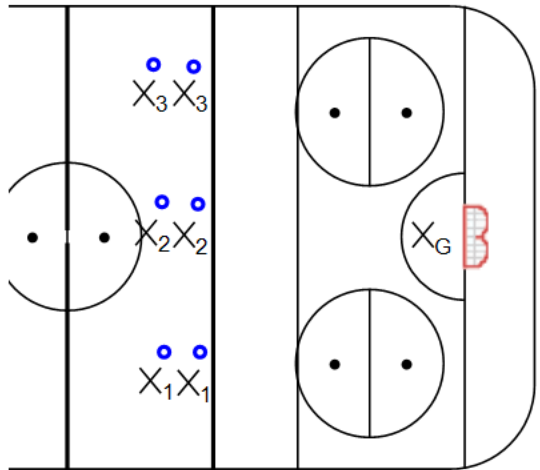
The coach will call out at least 1, 2 or 3 numbers

The first number called will be the player that will take the ring (make sure to pass over the blue line)

The players will go in and take a shot - remind players to pass to each other

After a shot is taken, those players will play defence and the coach will call out a new set of numbers to go in to play offense against the defence (offense to defence to back in line)

Call numbers to have 1 v 1, 1 v 2, 2 v 2, 3 v 3, etc.



Key points: