

# NRS DRILL OF THE WEEK

## Offensive Passes & Shots

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### Overview:

This drill works on different offensive passing strategies - the drop pass and one timer. Drop passes are an effective way to beat the triangle and can be done anywhere on the ice.

Title : Offensive Passes & Shots

Category #1 :

Shooting

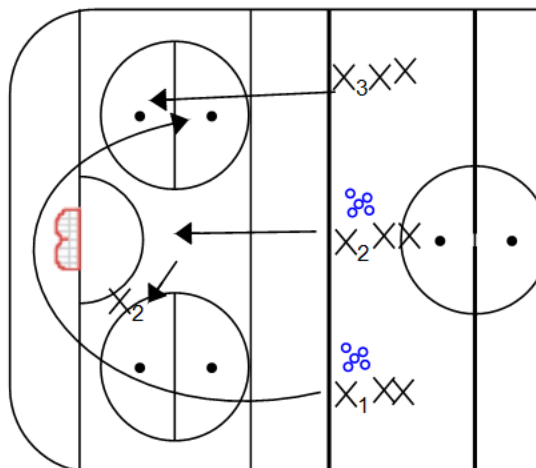
Category #2 :

Passing

### Description

X1 and X2 leave at the same time  
 X2 skates towards the net and takes a shot and then stands on the side of the net and is ready for a one timer  
 X1 skates behind the net with the ring  
 X3 times it to receive a drop pass from X1 near the middle of the circle  
 Once X3 gets the ring, she can either pass to X1, or take a shot  
 When both shots have been taken, all 3 players skate hard out over the blue line  
 \*Remind players that for a drop pass, the ring carrier always needs to be closest to the opponents net

Switch the order of lines (X1 becomes X3 and X3 becomes X1)



Key points:
