

NRS DRILL OF THE WEEK

Break Out to 1 vs 1

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Overview:

This drill works on forwards cutting to get open over the blue line to receive a pass from their defence. The forwards need to be facing the ring carrier when wanting a pass. Defence need to step up to the blue line to play defence against the forward coming in. The defence need to stay goal side and stick length away from the forward and channel her towards the boards.

Title : Break Out to 1 vs 1

Category #1 :

Breakout

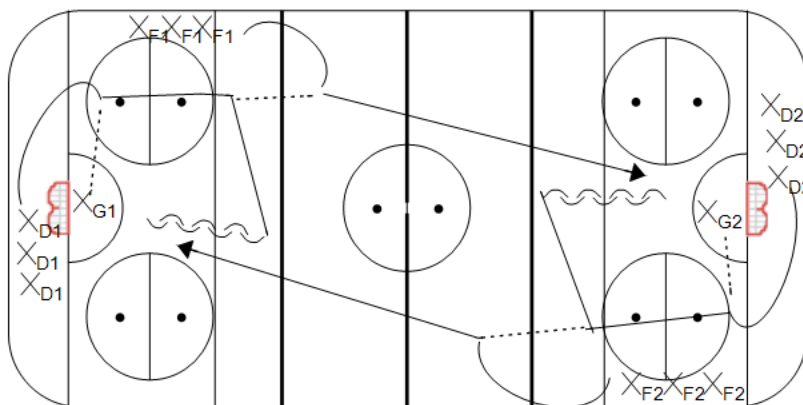
Category #2 :

1 V 1

Description

- D1 gets a pass from G1 at the same time that D2 gets a pass from G2
- Once D1 has the ring on her stick, F1 skates over the blue line and gets a pass from D1
- Once D2 has the ring on her stick, F2 skates over the blue line and gets a pass from D2
- D1 skates to blue line to pick up F2 and plays D against her - staying goal side and stick length away
- D2 plays D against F1

**Stay on your side of the ice - do not cross over



Key points :