

NRS DRILL OF THE WEEK

Passing Star Drill

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Overview:

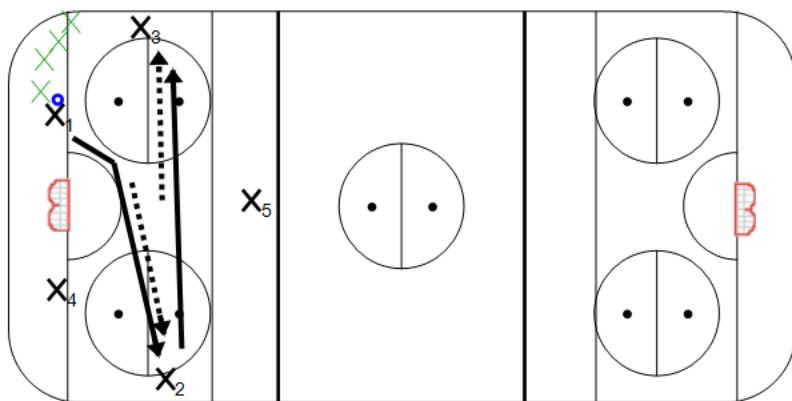
This drill works on quick passes from different angles. Passes need to game like and players need to always be ready to stab the ring.

Set the participants up at 5 different points making a star. The line starts at X1. X1 passes to X2, then follows her pass.

Steps:

- 1 passes to 2
- 2 passes to 3
- 3 passes to 4
- 4 passes to 5,
- 5 drives in for a shot.

Players need to be calling for the ring when passing and when wanting to receive a pass.



Key Points :

communication

Passing

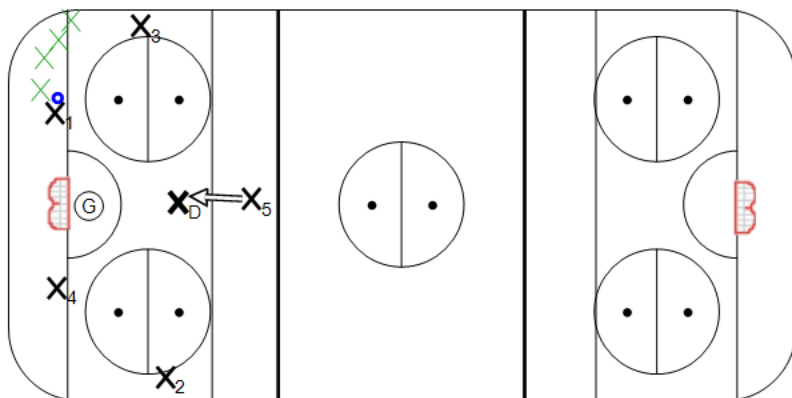
Skating

Shooting

The next progression to the Star drill is adding defense.

Once X5 has gone in for a shot she turns around and plays defense in the middle. Trying to put her stick down to stop the passes, then step up to X5 to interfere with the shot and stop her from driving closer to the net.

Once the shot has been taken the D steps out and rejoins the X1 line.



Key Points :

Communication

Passing

Defense-Stick Down

Defense-Step Up