

NRS DRILL OF THE WEEK

4 Line Pass and Shoot

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Overview:

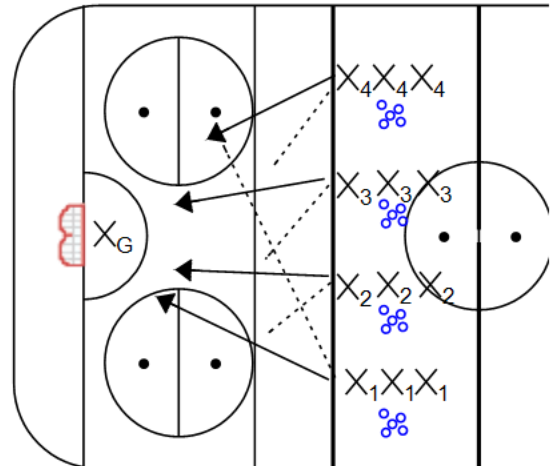
This drill helps the goalie with getting quick shots on net.

The player that is receiving the pass needs to turn stick and body towards passer. Remind players that when receiving a pass to not have their back to the passer.

Title : 4 Line Pass and Shoot Category #1 : Passing Category #2 : Shooting

Description

Each line has rings
 X1 starts skating towards the net and calls for the ring, gets a pass from X2
 When X1 reaches the ringette line, X2 will start skating and get a pass from X3
 X3 from X4
 X4 from X1
 Switch lines after shot is taken. Skate up the boards not the middle
 Switch the direction halfway through (X4 line becomes X1, X3 - X2, X2 - X3, X1 - X4)
 Remind players to call for the ring



Key points:

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