

NRS DRILL OF THE WEEK

Baseball

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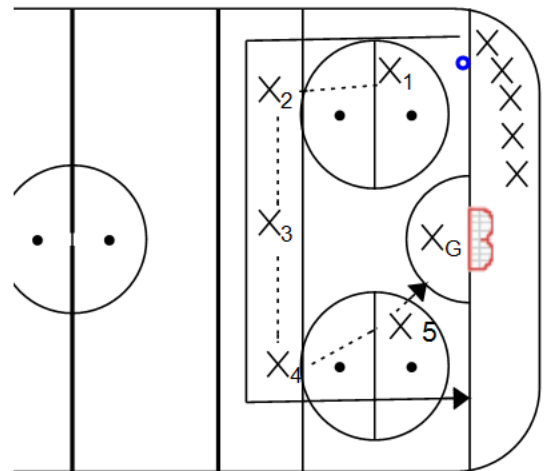
Overview:

Players need to focus on stabbing the ring and making quick passes to beat the skater.

Title : Baseball Category #1 : Passing Category #2 : Skating

Description

Divide team into 2 smaller teams.
 One team will be against the boards and the other will be in the zone
 X has a ring and she will pass it to X1 on the other team.
 X1 will pass to X2, X2 to X3, X3 to X4 and X4 to X5. X5 will take a shot. As the players are passing, X will skate behind all of the players and try to race the ring.
 If the shot is taken before X crosses the goal line, the other team gets a point. If X crosses the goal line before a shot is taken, the skating team gets a point.
 Have all of the shooters go, and then switch to have them go in the zone. Rotate the players in the zone, X1 to X2 spot, X2 to X3 spot, and so on.
 Remind the players in the zone that they always need to be ready to receive the pass.



Key points:
