

NRS DRILL OF THE WEEK

Full Ice 1 vs 1

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Overview:

This drill works on defence staying goal side and stick length away from the forward. Defence will work on channelling the forward to the boards. The focus for channelling is to get the player to the boards before checking them.

Title : Full Ice 1 vs 1

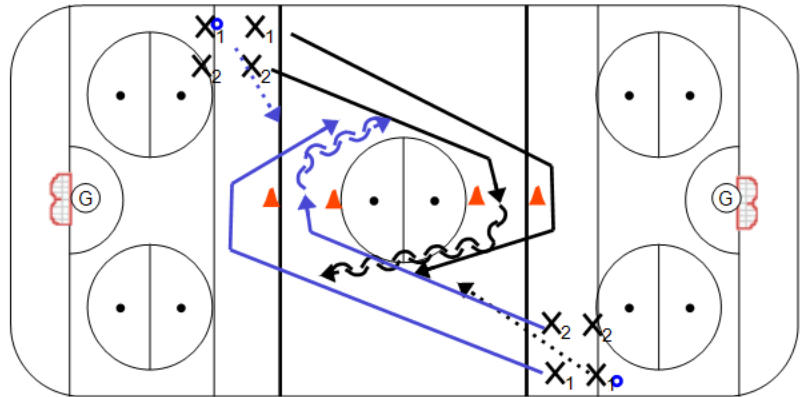
Content elements: Skating

Components : Defending

Description

Two lines on the blue lines. The first pair on each side goes on the whistle. X1 skates around the far pylon and receives a pass from the next player in line. X2 skates around the closer pylon, pivots, skates back with her check and plays defence. X1 tries to get a shot on the goalie.

Remind players that if they are in need they can change to skating forward with their check, but that we want them to practice getting the right spacing (a stick length or a bit more) while skating backwards.



Key Points :