

NRS DRILL OF THE WEEK

Quick Thinking

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Overview:

This drill works on players abilities to think and react quickly. In games, players need to think quickly and make fast decisions, this drill helps players to react quickly to different cues from the coaches.

Title : Quick Thinking

Category #1 :

Quick Thinking

Category #2 :

Shooting

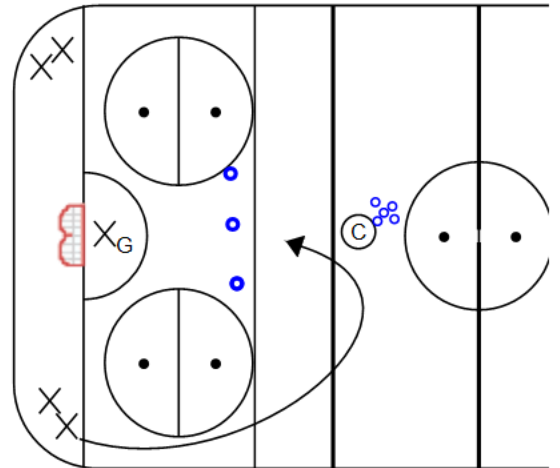
Description

The coach will name the three rings (ex.. 1, 2, 3; chocolate, strawberry, vanilla; etc.). The first player leaves from the corner, after she comes back over the blue line, the coach will call a name, the player picks that ring and takes a shot.

Remind them to take quality, high scoring opportunity, shots.

Progression:

1. Name the three rings multiple names, ex. 1 is also chocolate.
2. Have a coach stand behind the net. The coach will either hold their stick up in the air or keep it on the ice. If the stick is in the air, the player must shoot high, if the stick is on the ice, the player must shoot on the ice.



Key points:
