

NRS DRILL OF THE WEEK

Double Barrell

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Overview:

There are two versions of this drill provided; one is more challenging with 6 shots per round, the other has 4 shots per round.

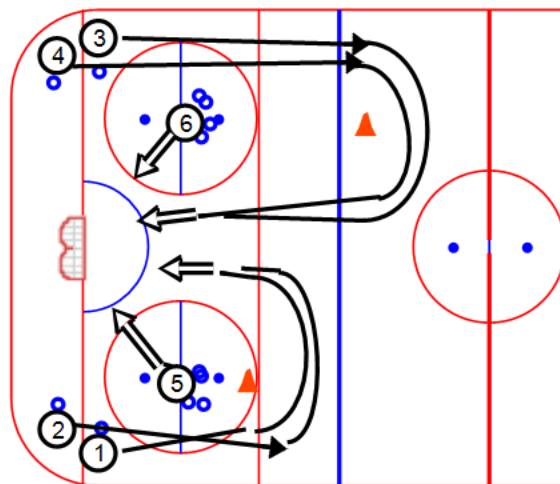
This drill helps goalies with quick movements and shots from different areas. They will need to move quickly from one side of the crease to the other.

Title : Double Barrell **Category #1 :** Coaches **Category #2 :** Shooting

Description

Players 1, 2, 3, and 4 leave at the same time. 1 and 2 skate around the pylon at the top of the circle and shoot one after another. 3 and 4 skate around the pylon at the blue line and shoot one after another. As soon as player 4 has shot, 5 shoots and then 6 shoots.

Players 5 and 6 stay in for 3 shots and then switch out with other players in line.



Key points:

Quick Shots	Skating
Goalie needs to be read	Focus

Title : Double Barrell - Modified **Category #1 :** Coaches **Category #2 :** Shooting

Description

Players 1 and 2 leave from the corner at the same time, go around the cone and each take a shot.

After players 1 and 2 have shot, 3 shoots.

After 3 has shot, 4 shoots.

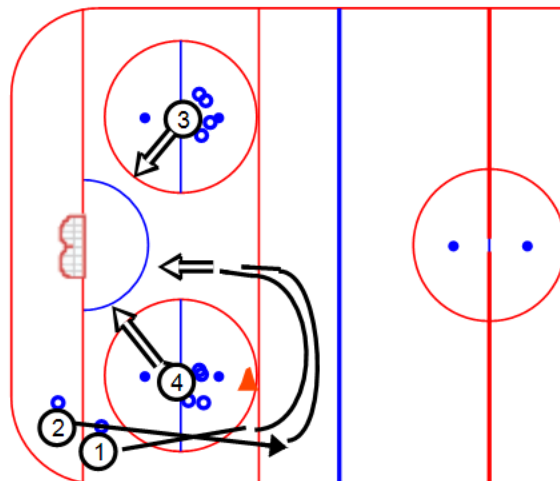
Switch out players 3 and 4 every few rounds.

Switch corners half way through.

*Remind players 3 and 4 to not take their shots until the goalie has come over and is in position for a shot. The goalie needs to move quickly to be ready for the shots.

Modification:

- Have only 1 player from the corner at a time go, this gives the goalie 3 quick shots and then a small break.



Key points:

Quick Shots	Skating
Goalie Ready	Focus