

NRS DRILL OF THE WEEK

The Ultimate Horseshoe

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Overview:

The Ultimate Horseshoe has many progressions that can be added to work of different skills. Start with regular Ultimate Horseshoe, progress by adding defence to the middle for 1v1 play, then take away the defence and add a drop pass, finally add defence to create a 2v1.

X2/X4 lines are working on getting open over the blue line and calling for the ring.

X1/X3 lines are working on skating towards the blue line at the right time and giving a good lead pass.

Defence are working on man on coverage, pivots, and channeling.

Title : Ultimate Horse Shoe

Category #1 :

Lead Passing

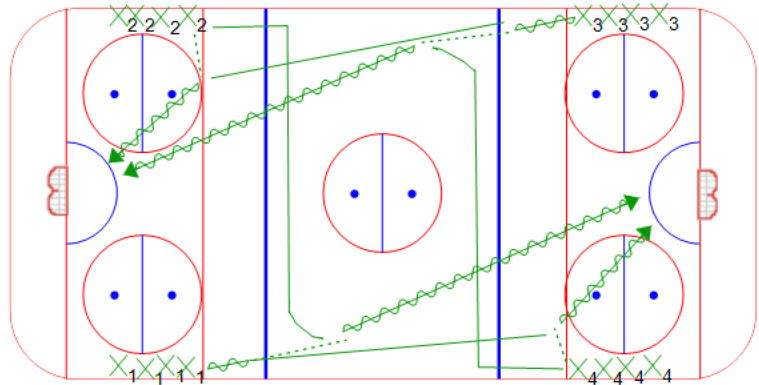
Category #2 :

Full Ice

X1 and X3 skate the same pattern, X2 and X4 skate the same pattern. X2 and X4 skate up and L cut over the blue line, receive a lead pass from X1 and X3, skate hard towards the net and shoot.

X1 and X3 - skate towards the blue line giving a lead pass to X2 and X4, then follow X2 and X4, receive a pass from the next X2 and X4 standing in line, and go in and shoot.

After X2 and X4 pass they repeat the above pattern and the drill continues.



Title : Ultimate Horse Shoe w Drop

Category #1 :

Lead Passing / Drop Pass

Category #2 :

Full Ice 2 v 1

Adapt the Ultimate Horseshoe by adding a drop pass and defence.

Once X2/X4 receives a pass from X1/X3, they drop the ring back to X1/X3. Now X1/X3 passes to X2/X4 over the blue line and it is a 2 on 1 to the net. After the 2 on 1 has passed the ringette line X2/X4 leave.

Defence can be added to the regular ultimate horseshoe in the same way as shown here.

