

# NRS DRILL OF THE WEEK

## Shooting Drills

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### Overview:

The following shooting drills are designed to give the shooter a chance to work on breakaway shots, cutting the sil, and moving the goalie to create open space to shoot.

- Inverted Shoe
- RMc's Shooting Drill
- Shoot-Breakout-Shoot

Title :

Category #1 :

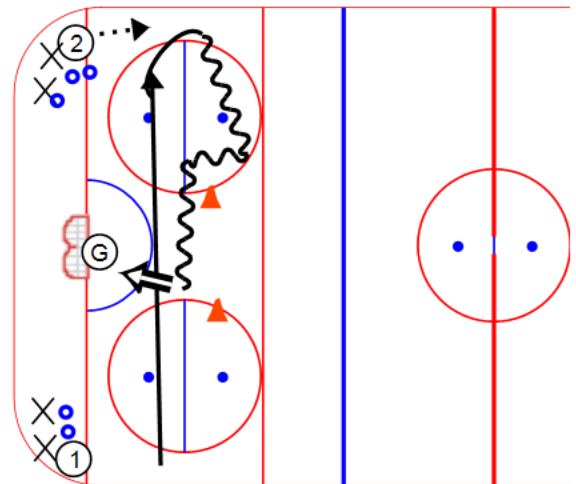
Category #2 :

### Description

X1 skates across the top of the crease and receives a pass from X2 on the far side of the ice. X1 skates down straight towards the net and across the top of the crease. At any point as she moves across the top of the crease, she can shoot. The idea is to make the goalie move and look for holes to shoot at.

After X2 passes, she skates the same pattern as X1.

The pylons force the athletes to skate across the crease - they cannot skate between the pylons.



Key points:

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Title :

Category #1 :

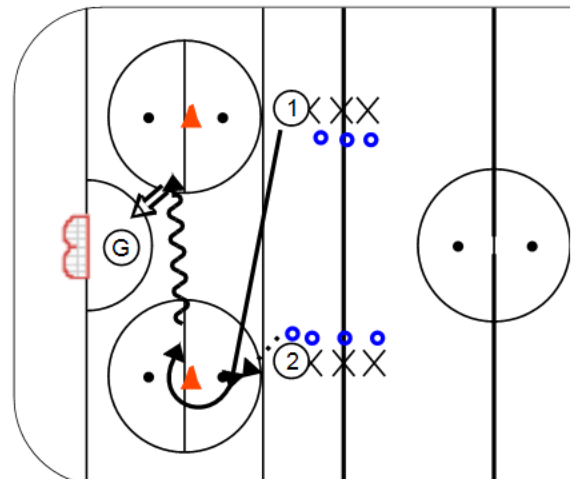
Category #2 :

### Description

X1 starts the drill by skating across the ringette line and receiving a lead pass from X2. X1 drives around the pylon and across the top of the crease. Her job is to make the goalie move and then "bury her chance" from the hot spot.

Options are: race the goalie to the far post, shoot five hole, or stop and shoot back where you came from. Coaches may have to demo these moves one at a time to give athletes ideas.

X2 leaves as soon as X1 is around the pylon. Run in both ends.



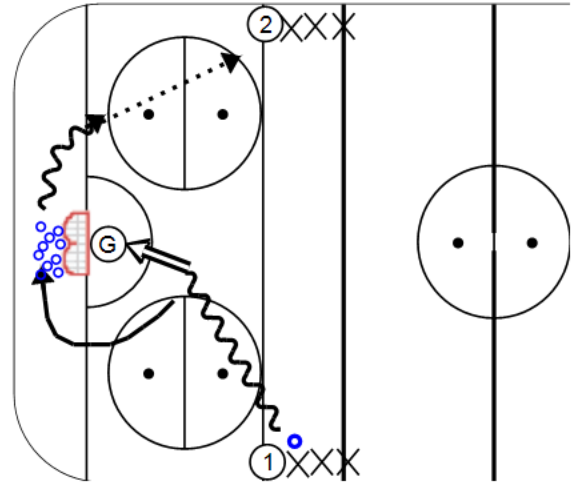
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Title : Shoot-Breakout-Shoot Category #1 : Coaches Category #2 : Shooting

**Description**

X1 starts the drill by taking a shot on net. After she shoots, she grabs a ring from behind the net or gets a pass from the goalie and passes it to X2. X2 then skates in with ring and shoots. She grabs a ring from behind the net or gets a pass from the goalie and passes to the X1 line. The drill continues in that pattern.



Key points:
