

NRS DRILL OF THE WEEK

Shadow, Man on Coverage

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Overview:

Man on coverage is a very important aspect of ringette. Defence, centre and forward can all play man on coverage throughout a game.

In man on coverage, the player covering the other player should be stick length away and goal side. Man on coverage is a form of defence in which through covering a player, passing options are taken away as the players that are trying to get open are being covered by the opposing team.

This drill works on maintaining man on coverage through changes of direction and speed, as well as helping a covered player to move to get open.

Title : Shadow, Man On Coverage

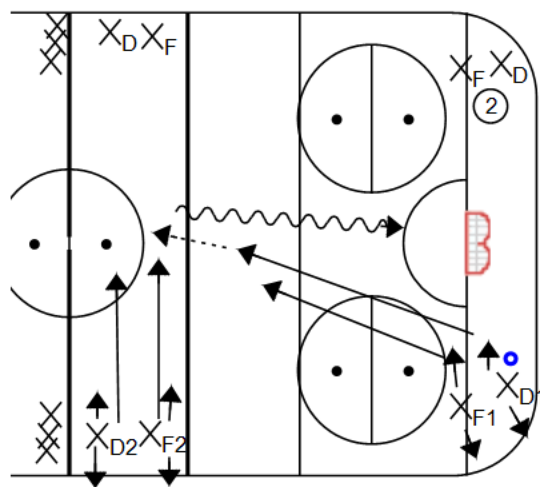
Category #1 :

Category #2 :

Description

On the whistle corner 1 will begin - D1 starts shuffling back and forth facing the boards, F1 is shadowing their movements. At the same time F2 starts shuffling while D2 is shadowing. When the coach blows the whistle, D1 has to try and break out of the zone and pass to F2. F1 is playing man on against D1 and is trying to check/channel. F2 must try and receive the pass while D2 is playing man on. After F2 gets the pass they will go in alone and takes a shot on the net.

When the whistle blows for F1 and D1 to go, corner 2 will start their shuffle and will go on the next whistle.



Key points:

<input type="text" value="Man On"/>	<input type="text" value="Getting Open"/>
<input type="text" value="Quick Movements"/>	<input type="text" value="Skating"/>