

NRS DRILL OF THE WEEK

Full Ice Horseshoe

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Overview:

This is a great drill to do at the beginning of the ice time to warm up skaters and goalies.

If sharing ice with another team, one team can stay on their side of the ice in that line, and the other team on the other side.

Title : Full Ice Horseshoe

Content elements: Lead Passing

Components : Skating

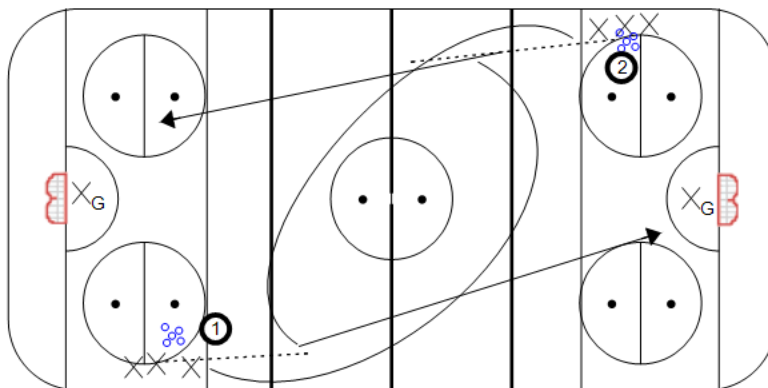
Description

The first player in line on side 1 and side 2 go at the same time. They skate up and around the centre circle. The player from side 1 gets a pass from the next player in line on side 2 and continues to skate around the circle and shoot on the net on side 1. The player from side 2 does the same thing (receiving the pass from the next player in line 1 and shooting on the net on side 2). After the player makes their pass, they will continue the pattern around the circle and get a pass from the opposite side they were on and shoot on the net on the side that they came from.

Emphasize lead passes - not passing along the blue line.

Ensure that players are shooting in the end that they came from.

*Halfway through - move lines to the other side of the ice



Key Points :

Lead Passing

Skating

Shooting

Stabbing