

NRS DRILL OF THE WEEK

Snake

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Overview:

This is a good drill to use at the beginning of practice or for a game warm-up. As this drill can be used to help the goalies warm up, the players should not be deking when they are shooting.

Remind players to make their pass along the ringette line as this is an easier pass to pick up when skating towards the net.

Title: Snake

Content elements: Warm up

Components : Shooting

Description

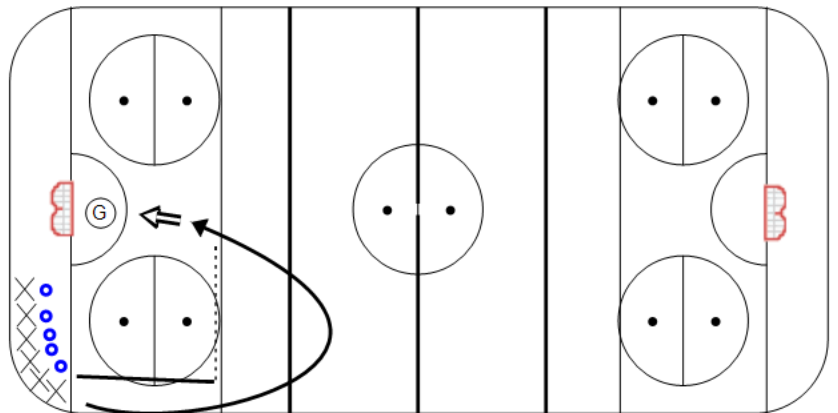
Players line up in the corner with rings.

Players will skate around the dot and get a pass from the next player in line along the ringette line. Once the second player has made their pass (while skating) they will go around the dot and get a pass. This continues on until all players have gone.

The last player in line can either receive a pass from a coach or from the player that went first.

Once players have shot, they will go to the other corner.

*Players need to leave the corner to time it correctly to make their pass as the player ahead of them is going towards the net and able to pick the ring up along the ringette line.



Key Points :

Warm up

Skate fast

No dekes

Good passes