

NRS DRILL OF THE WEEK

Team Battle

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Overview:

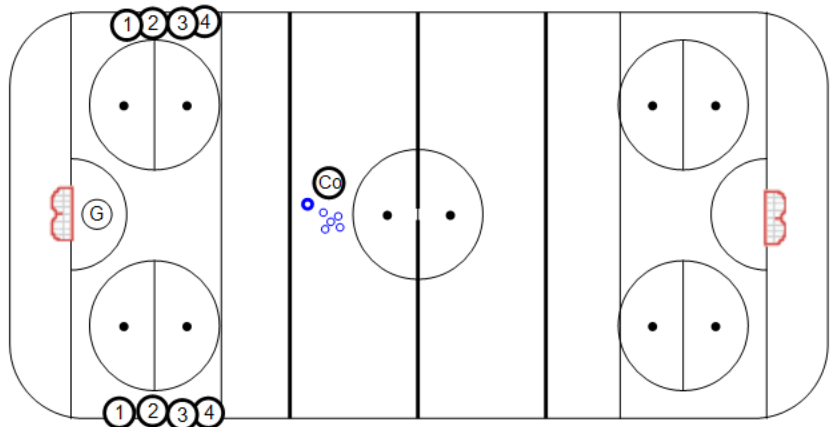
This is a great drill to end an ice time with.

Players battle their teammates in this drill, while working on skating, passing, checking, defending and shooting.

Title: Team Battle **Content elements:** Shooting **Components :** Defence

Description

Players are numbered 1, 2, 3, 4, etc. and lie down on their stomachs against the boards. The group of players lying against the boards is one team, the other group on the other boards is their opponent. The coach throws a ring out and yells 1, 2 or 3 numbers. The players with the corresponding numbers jump up and chase after the ring. The player(s) who comes out with the ring is on offence and looks for the shot, the other player(s) is defending. Once the shot is taken or the ring is brought out of the zone, players lie down against the boards again and the coach calls out another number.



Key Points : Skating out of Troubl Passing Shooting Defence