

NRS DRILL OF THE WEEK

Pass and Rotate

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Overview:

Players need to always be ready for a pass and to give a quick pass in this drill.

Remind players that when passing the ring to point their stick where they want the ring to go. Players that are receiving the ring should be calling for the ring. Players should avoid tapping their stick when wanting the ring - this makes stabbing the ring more difficult.

Title : Pass and Rotate Category #1 : Passing Category #2 : Shooting

Description

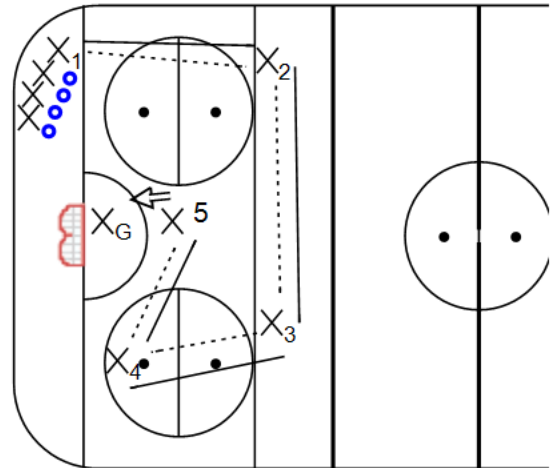
Players line up in the corner, 1 player in X2 spot, 1 in X3, 1 in X4 and 1 in X5

X1 passes to X2 and follows pass
 X2 passes to X3 and follows pass
 X3 passes to X4 and follows pass
 X4 passes to X5 and follows pass
 X5 takes a shot and goes back into X1 line

Players should be skating hard to follow pass and have stick ready to get the ring from the next player. Players should be calling for the ring to receive it.

When the ring gets to X4, the next player in X1 will begin the passing again

Modifications:
 - Players can only pass on their backhand
 - The next X1 in line will pass to X2 when the ring ahead gets to X3



Key points:

Accurate passes	Hard passes
Focus	Skating