

NRS DRILL OF THE WEEK

Goalie vs. Shooters

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Overview:

This drill is a great drill to end an ice time with. Players can work on their shot accuracy, rebounds and quick one timers. The goalie will be challenged to make 3 saves in a row and control rebounds.

Title : Goalie vs. Shooters

Category #1 :

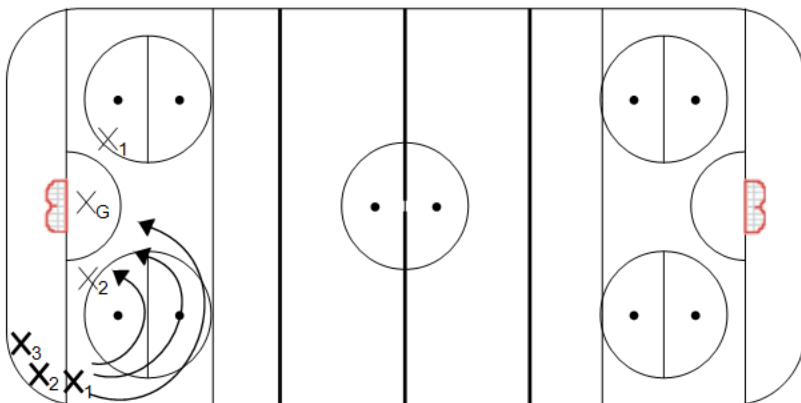
Game

Category #2 :

Shooting

Description

X1 shoots and goes to opposite post.
 X2 shoots: if there's a rebound then X1 and X2 can play it. They are allowed 1 shot and 1 pass.
 X3 shoots: if there's a rebound all can play it; still only one pass and one shot.
 If no goals are scored: three shooters skate hard to far blue line, back to red line, hard to far blue line and then back to the goal line.
 If 1 or more goals are scored, then the shooters don't have to skate. They simply return to their line.
 Switch corners half way through.



Key points :

Accurate Shots

Be ready for a rebound

Fakes

Goalie always ready