

NRS DRILL OF THE WEEK

Man On 2 v 2

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Overview:

This drill has players working on man on coverage. Some information and tips on man on coverage and ways to get open are below.

Man on coverage:

- The defender needs to stay goal side (between the opposing player and your team's goalie)
- The defender needs to be a stick length away from the opposing player

Getting open while being covered:

- Stop and skate the other direction
- Change your speed
- Deke

Title : Man On 2 v 2

Category #1 :

Man On

Category #2 :

Skating

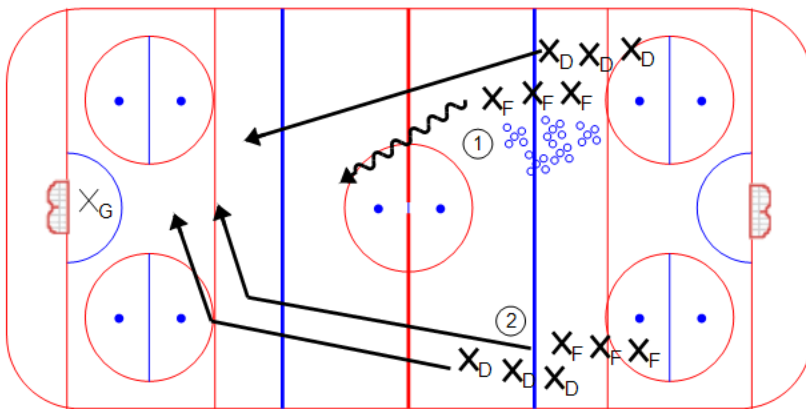
Description

Side 1:
Defence line up behind blue line
Forwards line up just in front of blue line

Side 2:
Defence line up just in front of blue line
Forwards line up behind blue line

The forward on side 1 will start with a ring - they are looking to pass to the forward on side 2 who is skating to get over the other blue line.

On the whistle, the first player in each line on both sides will go. F1 will take a ring and D1 will chase, F2 is looking to get open over the far blue line while D2 is playing man on.



Key points :

Getting open

Man on

Calling for the ring

Smart passes