

# NRS DRILL OF THE WEEK

## Defensive Challenge

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### Overview:

This drill works on game situations where the defensive players may be out numbered by the offensive players, or the offensive players out numbered by the defensive players. Players need to read and react on how best to defend and play offensively. The offensive players want to look for a good shooting angle and try to avoid cycling in the zone.

The defensive players should meet the offensive players at the blue line to take away passing options to make breaking in over the blue line challenging.

The transition from offense to defence helps players think quickly and challenge the next offensive group coming in.

Title : Defensive Challenge      Category #1 : Defence      Category #2 : Offense

### Description

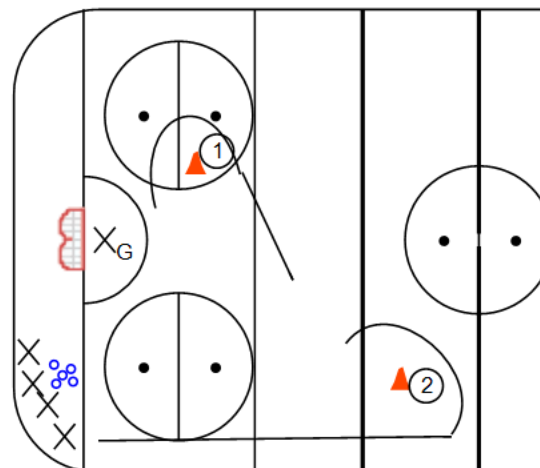
All players will start in the corner. The coach will tell how many players to go (maximum of 3), they will go in and take a shot. The player at the front of the line starts with the ring.

After they shoot, they will all skate around pylon #1. At the same time, the coach has told the next players in line how many to go. These players will skate around cone #2 and go in to play offense.

After the players have skated around cone 1 - they become defence.

Rotation:

Offense -- defence -- out



### Key points:

Take away blue line	Quick transition
Offensive passing	Pass over blue line