

NRS DRILL OF THE WEEK

Skating Battle

www.thenrs.com

Overview:

This drill works on players quick skating, stopping, starts, and checking. Battle drills are great drills for getting players working on checking each other while continuing to move their feet and working hard to get the ring.

Players need to remember that when they are checking, they need to keep their feet moving to avoid hooking or tripping the other player.

Remind players that when they are stopping to turn their bodies towards the direction that they will begin skating in after they have stopped.

Title : Skating Battle

Category #1 : Skating

Category #2 : Shooting

Description

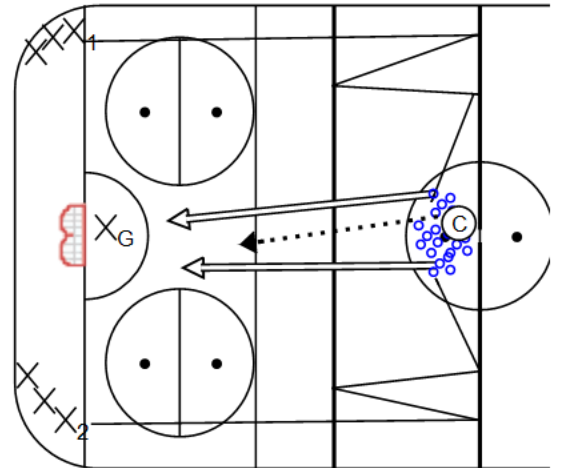
X1 and X2 are on opposite teams. They are racing to get the ring that is passed out by the coach.

Forwards to the red line, stop

Forwards to the blue line, stop

Forwards to the red line, stop

Go and pick up the pass and go for a shot; or defend if you don't get the ring.



Key points:

Quick feet

Quick full stops

Checking

Shooting