

NRS DRILL OF THE WEEK

Driving to the Net

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Overview:

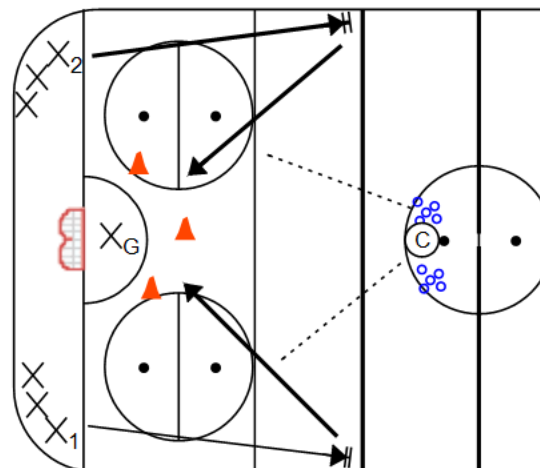
This drill has players practicing driving to the net and getting through the triangle. The modifications replace the pylons with defence. Beginning with pylons allows the players a chance to get an idea of how to drive to the net without the added pressure of being checked. Once players are comfortable with this, progress to replacing the pylons with defence.

Remind players not to charge at the defence but rather to protect the ring, tight turn and open up space between the defence and centre.

Title : **Category #1 :** **Category #2 :**

Description

Players will line up in both corners without rings.
 A coach will be in the centre circle with rings.
 Have 3 pylons set up in front of the net, set up as a triangle.
 Player 1 skates hard to the blue line, stops and skates back towards the triangle. The coach gives the player a lead pass. Once the player gets the ring, they will drive to the net and go around the pylons - making sure to protect the ring as if the pylons are players.
 Once player 1 is at the blue line, player 2 will go.
 Modifications:
 - Replace the coach making the passes with a player
 - Have players set up in the triangle instead of the pylons
 - Take away the top pylon (centre). After player 1 goes, they will play defence in that position.
 Rotate: Shot, defend, corner



Key points:

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