

NRS DRILL OF THE WEEK

Four Corner Passing

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Overview:

This drill will have the goalie getting plenty of shots. Players need to always be ready to receive a pass - remember to give a target with your stick on where you want to receive the ring.

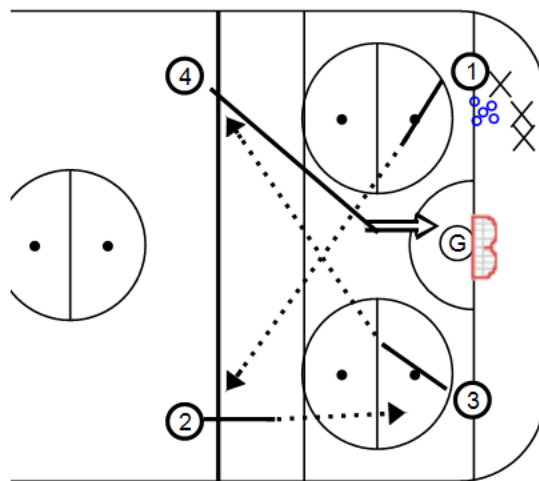
Title : Four Corner Passing Category #1 : Passing Category #2 : Communication

Description

Players will line up in one corner. 1 player in each of line 2, 3 and 4.
1 will pass to 2 and follow the pass to be in line 2
2 will pass to 3 and follow the pass to be in line 3
3 will pass to 4 and follow the pass to be in line 4
4 will take a shot and go into line 1

After a few rounds, speed the drill up. As soon as 1 is in line 2, the next player will make their pass to line 2. Players need to keep their heads up and always be ready to give and receive a pass.

Remind players to take a few strides before making their pass.



Key points:

- Skate before you pass
- Call for a pass
- Skate before you receive
- Shoot for corners