

NRS DRILL OF THE WEEK

www.thenrs.com

Overview:

This drill has players working hard in a 1 on 1 battle. After skating hard and battling for the ring, a quality shot need to be taken.

It can be modified to half ice by adjusting where players need to skate to and then turn around and shoot at the net in the end that they came from.

Title : Skating & Checking Battle

Content elements: Skating

Components : Stopping

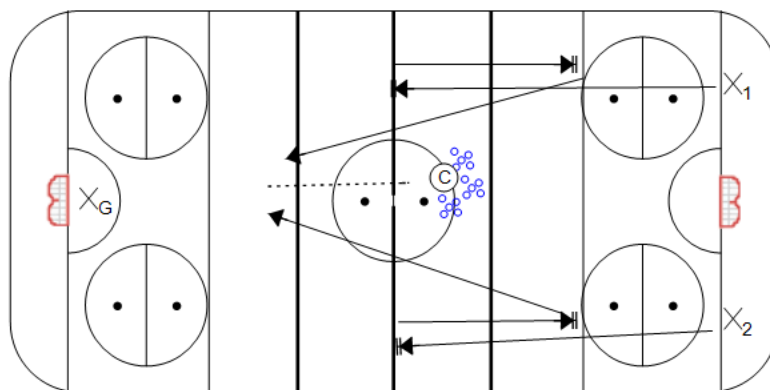
Description

Players will line up in both corners
A coach will be in the middle with rings

On the whistle:

- X1 and X2 leave at the same time
- Skate hard to the red line, stop
- Skate hard to the ringette line, stop
- Keep skating down the ice and battle for the ring in the middle and go shoot

After the shot is taken, players need to skate up the boards and back in line at the other end.



Key Points :

Quick stops & starts

Checking

Keep your head up

Quality shot