

# NRS DRILL OF THE WEEK

## Tight Turn Challenge

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### Overview:

Tips for a strong tight turn:

- Turn your head and shoulders to guide the rest of your body
- Keep your knees bent
- Keep your feet close together - inside foot goes ahead of outside foot
- Point your stick where you want to go

Title : Tight Turn Challenge

Category #1 : Tight Turns

Category #2 : Checking

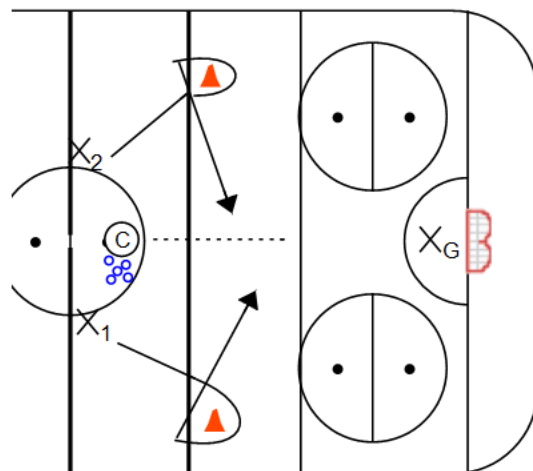
### Description

Players line up on both sides of the circle.

When the coach says 'GO' the first player in each line will skate to their cone and do a tight turn around it (tight turn to boards and come back out the middle).

The coach will pass a ring down the middle which the 2 players will battle for after they have completed their tight turn. The player that gets the ring will take shot while the other player is checking.

\*Remind players to stay close to the cone and keep their heads up when skating to pick up the ring



### Key points:

Keep knees bent

Look where you want to go

Stay low

Quality shots