

NRS DRILL OF THE WEEK

Kentucky Derby

www.thenrs.com

Overview:

This is a fun game to end an ice time with, either competing against your teammates if you have a full ice practice, or against the other team that you are practicing with.

Title: Kentucky Derby

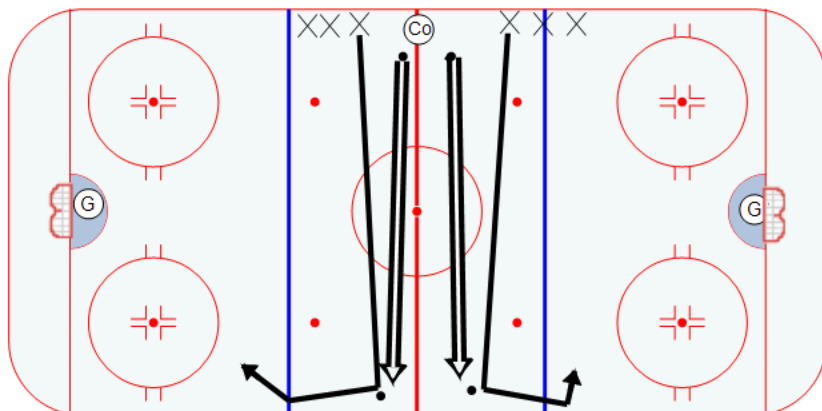
Content elements: Shooting

Components : Passing

Description

Players are in the benches.

The drill starts when the coach shoots 1 ring to each side of the ice. The first 3 players on each team race to their respective rings. The 2 teams are racing against each other. The first team to get a goal and race back over the center line wins. However, they can't shoot until all 3 players have touched the ring. As soon as the first team is back over the center line, they get their point. The coach will shoot 2 more rings across the ice for the next group to go.



Key Points :

Call for the ring

Accurate passes

Quality shots

Skating hard