

NRS DRILL OF THE WEEK

Shooting Loop

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Overview:

This is a continuous skating and shooting drill.

When players are passing in this drill, they need to make smart passes that go parallel to the blue line/ringette line. These passes make stabbing the ring easier and allow for a player to keep up their skating speed when going in to shoot.

Title : Shooting Loop

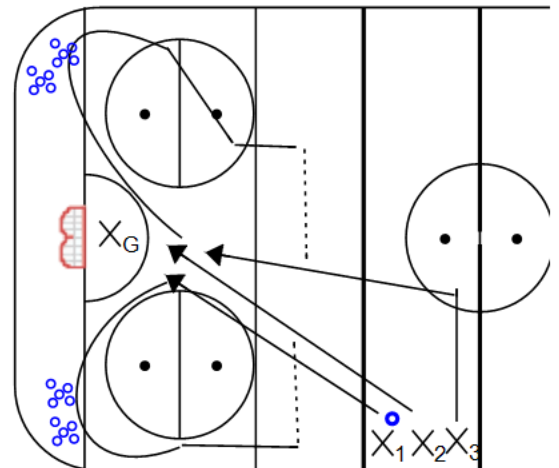
Category #1 : Passing

Category #2 : Shooting

Description

Rings will go in each corner and the players will line up behind the blue line.
 X1 will start with a ring, skate in and take a shot, go to the corner, pick up a ring and pass to X2. X2 needs to skate over the blue line towards the middle of the ice to receive a pass that is made parallel to the blue line.
 X2 will stab the ring, skate in and take a shot, go to the other corner, pick up a ring and pass to X3. X3 needs to skate over the blue line towards the middle of the ice to receive a pass that is made parallel to the blue line.
 X3 will continue on and run the same pattern as X1.
 This drill is continuous
 Switch sides halfway through
 Remind players that they need to call for the ring if they want the pass

Passes that are made parallel to the blue line are easier to pick up when skating onto the ring, rather than a ring coming diagonally at you.



Key points:

Smart passes

Skating hard

Quality shots

Calling for the ring