

NRS DRILL OF THE WEEK

Shooting Star

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Overview:

This drill allows the goalie to get many shots, all from different angles.

Players need to allow time between each shot to allow the goalie to get set up.

Title : Shooting Star

Category #1 : Shooting

Category #2 : Goalie

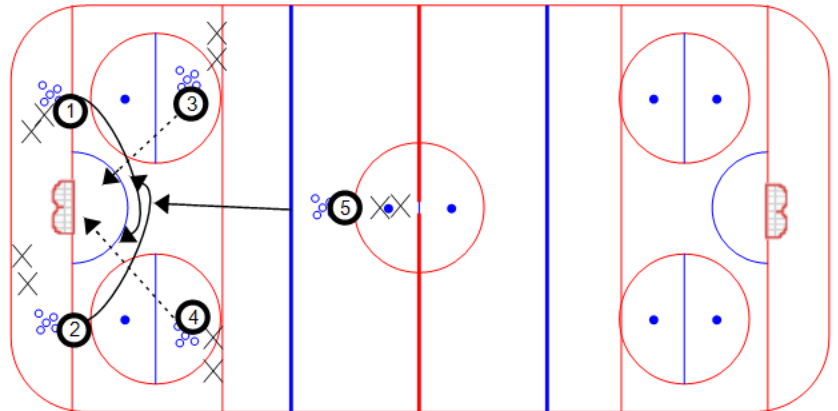
Description

Players will line up in 5 lines, each with rings.

Player 1 starts by cutting to the front of the net and shooting, then Player 2 cuts to the front of the net and shoots. Player 3 shoots, player 4 shoots and then player 5 comes in on a breakaway.

There needs to be a slight delay between each shot to give the goalie a chance to quickly set up.

Players need to leave the rings after they shoot and go to the next line (1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 1)



Key points : Shooting

Skating

Goalie - angles

Goalie - quick set up