

NRS DRILL OF THE WEEK

Shots & Rebounds

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Overview:

This drill has players working on taking shots and quickly stabbing a rebound to pass to their teammate.

The goalie will work on making saves and controlling rebounds.

Title : Shots & Rebounds

Category #1 : Rebounds

Category #2 : Shooting

Description

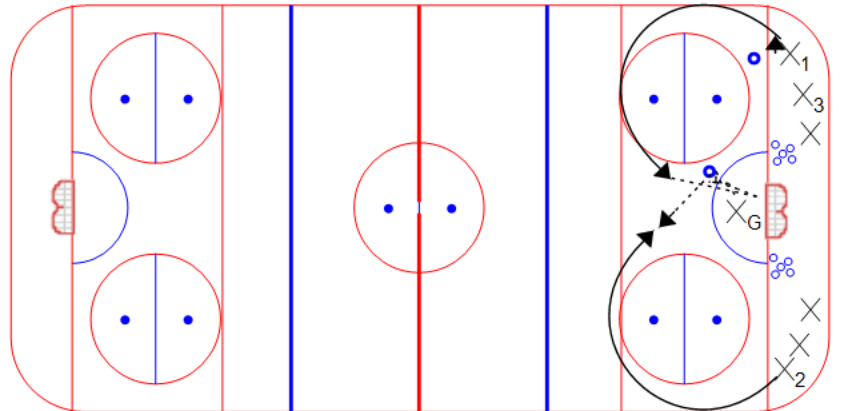
Players will line up in both corners.

X1 will start with a ring, skate around the top of the circle and take a shot. If there is a rebound, X1 will take that ring and pass to X2. If there is no rebound, X1 will take a ring from the side of the net and pass to X2.

X2 needs to leave the line and skate around the top of the circle and time it to receive the pass from X1 near the hashmarks.

X2 will continue the drill and make a pass to X3

The drill is continuous.



Key points :