NRS DRILL OF THE WEEK

4 Line Shoot and Race

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Overview:

This is a good drill to have players working on stabbing the ring and making accurate passes. Players need to remember to call for the ring if they would like to receive a pass.
This drill also incorporates a 1 on 1 battle. Players need to make sure they are skating hard to race for the ring, and if they get to the ring first to skate hard to the net to shoot. The player that does not get the ring needs to keep skating to get beside or in front of the ring carrier to check. Remind players not to check while skating behind the ring carrier as this can lead to hooking the player.

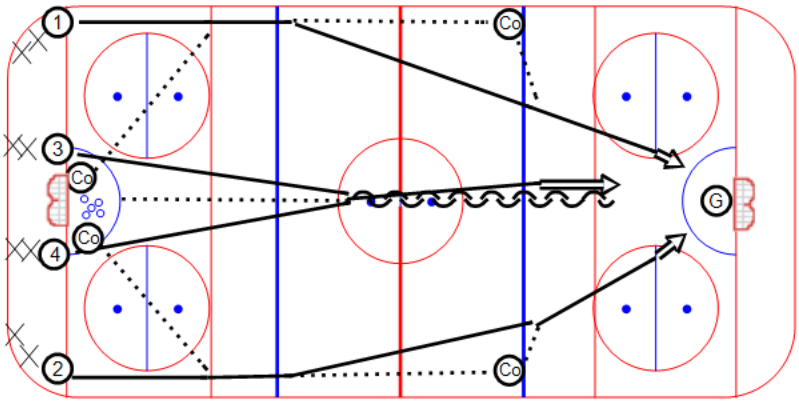
Title : 4 Line Shoot and Race **Content elements:** Skating **Components :** Passing

Description

Split the team into 4 lines at one end of the ice.
Line 1 starts skating along the boards and gets a pass from the coach, they keep skating up the ice and pass to the next instructor before the blue line, skate towards the net and get a pass back over the blue line and shoots.
Line 2 does the same thing on the other side.
Lines 3 & 4 start on their stomach and the coach passes a ring up the ice, when the coach says 'go', they will get up and race for it. The player that gets the ring is going towards the net to shoot while the other player plays defence.

Make sure the players are switching lines.

To encourage players to call for the ring, have the coaches hold onto the ring until the player calls for a pass.



Key Points : | Call for the ring | Smart passes | Skating hard | Quality shots |