

NRS DRILL OF THE WEEK

Chase Drill

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Overview:

This drill can be done full ice or half ice.

Players need to skate hard and stay focused to be ready to chase the next player. Goalies are challenged in this drill in breakaway shots.

Title : Chase Drill

Content elements:

Components :

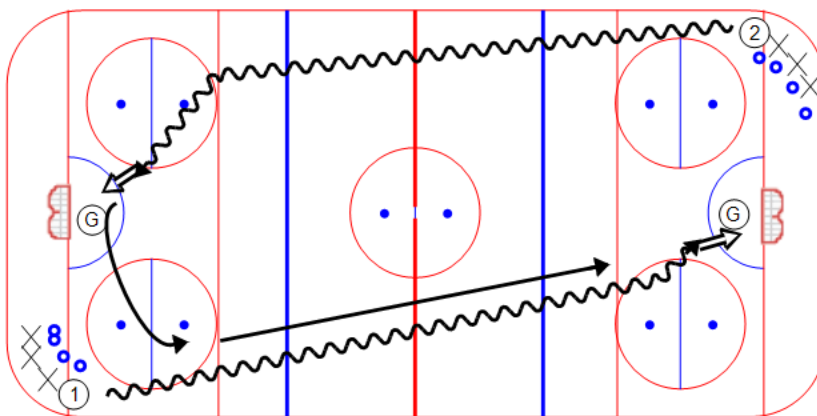
Description

X1 starts the drill by skating down the side of the ice and taking the breakaway shot. As soon as X1 shoots, X2 leaves and skates the same pattern. As soon as X1 shoots they turn to chase X2 all the way down the ice.

The drill is continuous (until the coach stops it). If the chaser checks the ring carrier, the chaser takes the shot on net but the original ring carrier still chases.

You can start both corners at the same time.

*players should end up in the corner that they began in



Key Points :

Speed

Focus

Checking

Quick shots

Title : Half Ice Mini Chase Drill

Category #1 : Coaches

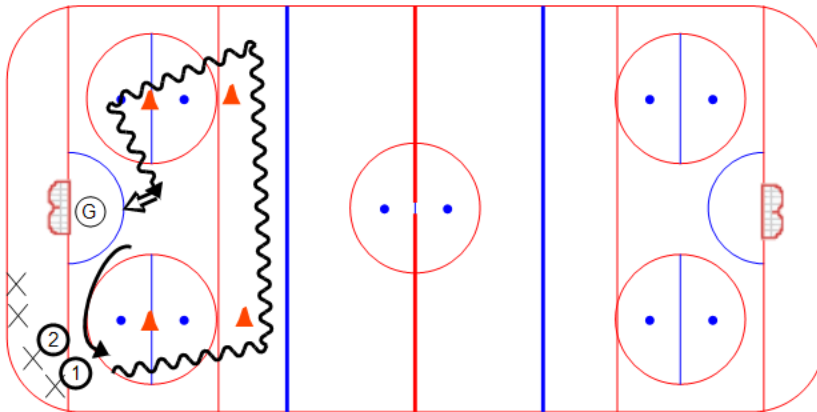
Category #2 : Forward stride

Description

Chase Drill - Half Ice Modification:

X1 begins with a ring, skates around the pylons, and takes a shot. After X1 shoots X2 can leave and X1 must chase X2 around the pylons. If X1 checks X2 they may go and shot but X2 is responsible to chase X3.

Switch corners halfway through.



Key points :

Speed

Focus

Checking

Quick Shots