

NRS DRILL OF THE WEEK

Decision Making

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Overview:

The decision to make a pass to one player or another, or to take a shot instead can be difficult. This drill helps players make quick decisions, and can be related to all areas of the ice (ex. making a decision of which player to pass to over your blue line, deciding if a shot or a pass is better).

Title : Decision Making

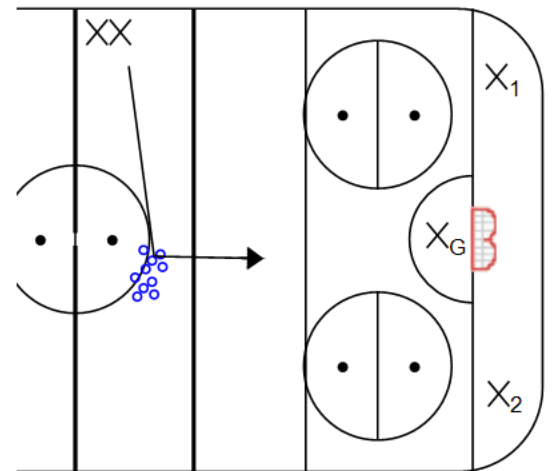
Category #1 :

Category #2 :

Description

When the coach says go:
 The first player will skate to the middle and pick up a ring. Just before the ringette line the coach will yell 1, 2, or shot. If 1 is called, the player will pass to X1, if 2 is called, the player will pass to X2. If shot is called, the player will take a shot. If X1 or X2 get the pass, they will go in for a quick shot.
 **The ring carrier needs to keep skating the whole time and should not be looking at the coach for directions
 Rotation: X to X1, X1 to X2, X2 to X

Progressions:
 1. Have 2 coaches (or players) stand in front of 2 of the 3 options, whichever option is open is the one that the player needs to make
 2. Line 3 rings up just below the ringette line and number/name each ring. The coach will call out the number/name of the ring for the player to pick up and will need to find the open option
 3. Decision making under pressure: using the above 2 progressions, add on a chaser. The second player in the X line will leave after the first player has crossed the blue line and will chase the player while trying to check



Key points:

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