

NRS DRILL OF THE WEEK

Modified Horseshoe

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Overview:

This drill works on passing and shooting while skating quickly with another player chasing you.

Modification - for younger players, take out the first set of pylons and have the players stay on their side of the ice

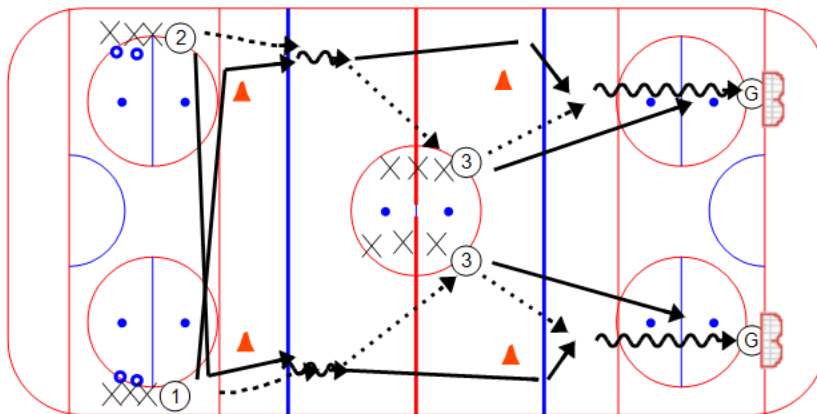
Title : Modified Horseshoe

Content elements: Skating

Components Passing

Description

Both nets at one end
 Players in two lines at ringette line.
 Player 1 and 2 leave at the same time. Players skate across ringette line, up around pylon and receive a pass over the blue line from next player in line. They then pass it to a stationary passer (3). The skater goes around the second pylon and receives a lead pass from the stationary passer. Player receives pass and goes in for a shot on net. Stationary passer "chases" as soon as she has passed, she is trying to check the ring carrier.
 After 3 has made pass over the blue line, the next players in line will go
 * Athletes rotate from the outside lines to the center/chaser lines. They skate down the middle of the ice when switching lines.



Key Points :