

NRS DRILL OF THE WEEK

1 on 1

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Overview:

In this drill, players will work on man on and positioning in a small area. The defence needs to stay goal side and stick length away from the forward. The forward needs to do quick dekes and cuts to get behind the defence to get a shot on net.

Title : 1 on 1

Category #1 :

Category #2 :

Description

XD starts with a ring, passes to XF over the blueline then chases after her. XF takes a shot then goes to the corner to pick up a new ring and plays one on one against XD and takes a second shot.

Players need to stay on their half of the ice for the first shot. For the second shot the players need to stay below half of the free pass circle and not go past half way of the crease.

Run from both sides.

Key points:

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