

NRS DRILL OF THE WEEK

3 vs 2

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Overview:

This drill works on forwards making quick passes and taking quick shots. The defence need to be playing aggressively to prevent the forwards from getting a shot.

Title : 3 vs 2

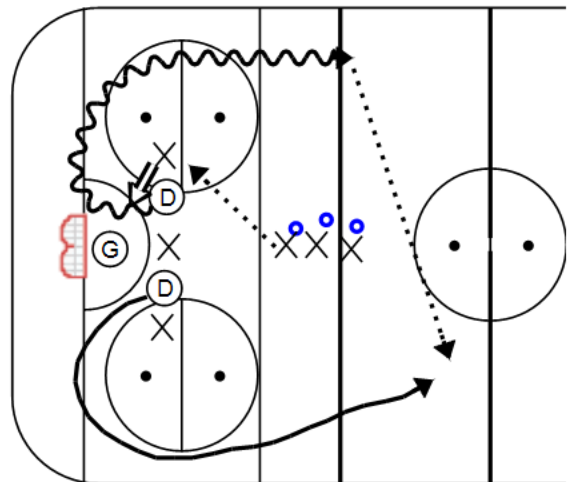
Category #1 : Coaches

Category #2 : Defense

Description

3 Forwards (X's) line up in a line across the crease with 2 Defense between them. The first girl in the line of Xs can pass to any of the 3 Xs that are in a line. As soon as the pass is made, X shoots, While the D is trying to prevent a goal. If there is a rebound anyone can grab it. If the goalie or the D get it, they are trying to break out of the zone while the X's forecheck. If the X's get it, they take another quick shot. The next five people jump into position after the D has successfully skated the ring out of the zone.

*The point of the drill to take quick shots, the Xs should not be skating with the ring after they receive it.



Key points:
