

NRS DRILL OF THE WEEK

Team Battle

www.thenrs.com

Overview:

This is a great drill to end an ice time with.

Players battle their teammates in this drill, while working on skating, passing, checking, defending and shooting.

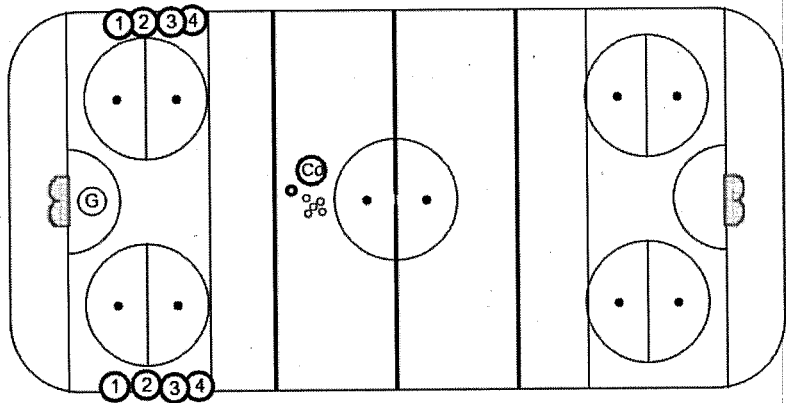
Title: Team Battle

Content elements: Shooting

Components : Defence

Description

Players are numbered 1, 2, 3, 4, etc. and lie down on their stomachs against the boards. The group of players lying against the boards is one team, the other group on the other boards is their opponent. The coach throws a ring out and yells 1, 2 or 3 numbers. The players with the corresponding numbers jump up and chase after the ring. The player(s) who comes out with the ring is on offence and looks for the shot, the other player(s) is defending. Once the shot is taken or the ring is brought out of the zone, players lie down against the boards again and the coach calls out another number.



Key Points :

Skating out of Troubl

Passing

Shooting

Defence

NRS DRILL OF THE WEEK

Baseball

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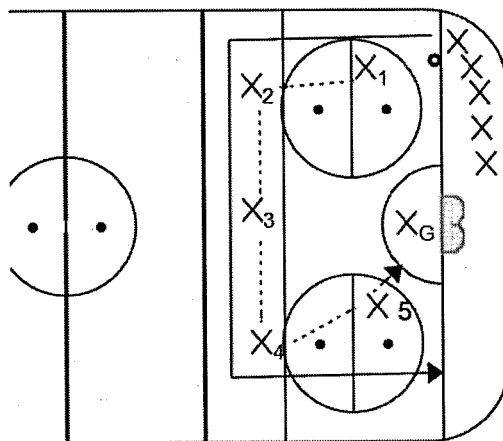
Overview:

Players need to focus on stabbing the ring and making quick passes to beat the skater.

Title : Baseball Category #1 : Category #2 :

Description

Divide team into 2 smaller teams.
 One team will be against the boards and the other will be in the zone
 X has a ring and she will pass it to X1 on the other team.
 X1 will pass to X2, X2 to X3, X3 to X4 and X4 to X5. X5 will take a shot. As the players are passing, X will skate behind all of the players and try to race the ring.
 If the shot is taken before X crosses the goal line, the other team gets a point. If X crosses the goal line before a shot is taken, the skating team gets a point.
 Have all of the shooters go, and then switch to have them go in the zone. Rotate the players in the zone, X1 to X2 spot, X2 to X3 spot, and so on.
 Remind the players in the zone that they always need to be ready to receive the pass.



Key points:

NRS DRILL OF THE WEEK

Tight Turn Challenge

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Overview:

Tips for a strong tight turn:

- Turn your head and shoulders to guide the rest of your body
- Keep your knees bent
- Keep your feet close together - inside foot goes ahead of outside foot
- Point your stick where you want to go

Title : Tight Turn Challenge

Category #1 :

Tight Turns

Category #2 :

Checking

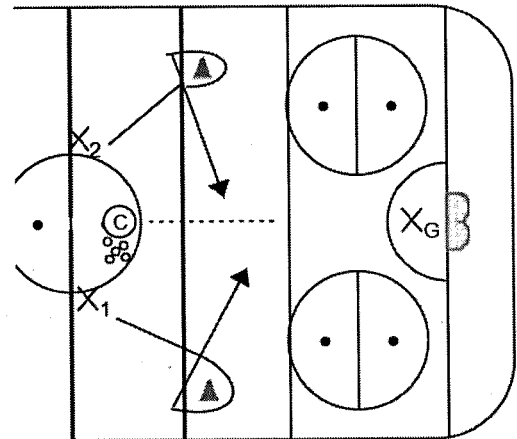
Description

Players line up on both sides of the circle.

When the coach says 'GO' the first player in each line will skate to their cone and do a tight turn around it (tight turn to boards and come back out the middle).

The coach will pass a ring down the middle which the 2 players will battle for after they have completed their tight turn. The player that gets the ring will take shot while the other player is checking.

*Remind players to stay close to the cone and keep their heads up when skating to pick up the ring



Keep knees bent

Look where you want to go

Key points:

Stay low

Quality shots

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Overview:

This drill has players working hard in a 1 on 1 battle. After skating hard and battling for the ring, a quality shot need to be taken.

It can be modified to half ice by adjusting where players need to skate to and then turn around and shoot at the net in the end that they came from.

Title : Skating & Checking Battle

Content elements: Skating

Components : Stopping

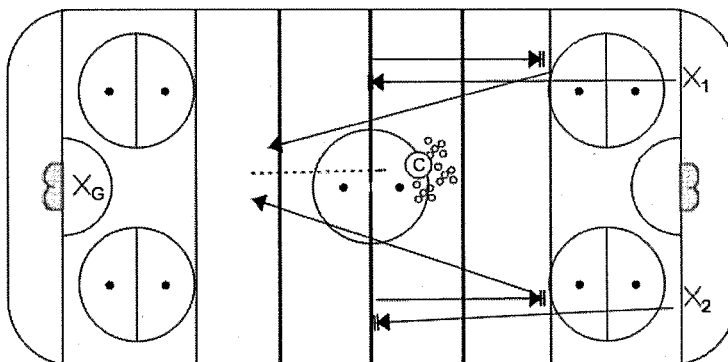
Description

Players will line up in both corners
A coach will be in the middle with rings

On the whistle:

- X1 and X2 leave at the same time
- Skate hard to the red line, stop
- Skate hard to the ringette line, stop
- Keep skating down the ice and battle for the ring in the middle and go shoot

After the shot is taken, players need to skate up the boards and back in line at the other end.



Key Points :

Quick stops & starts

Checking

Keep your head up

Quality shot

NRS DRILL OF THE WEEK

Skating Battle

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Overview:

This drill works on players quick skating, stopping, starts, and checking. Battle drills are great drills for getting players working on checking each other while continuing to move their feet and working hard to get the ring.

Players need to remember that when they are checking, they need to keep their feet moving to avoid hooking or tripping the other player.

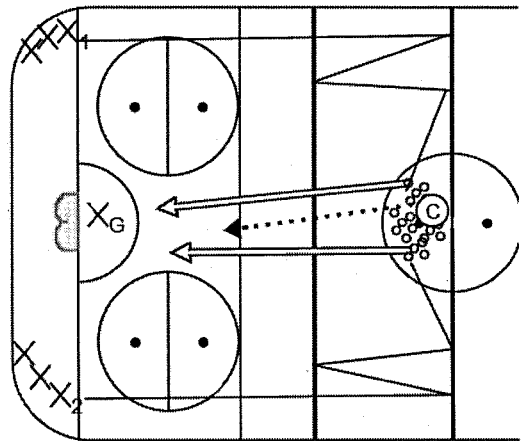
Remind players that when they are stopping to turn their bodies towards the direction that they will begin skating in after they have stopped.

Title : Skating Battle Category #1 : Skating Category #2 : Shooting

Description

X1 and X2 are on opposite teams. They are racing to get the ring that is passed out by the coach.

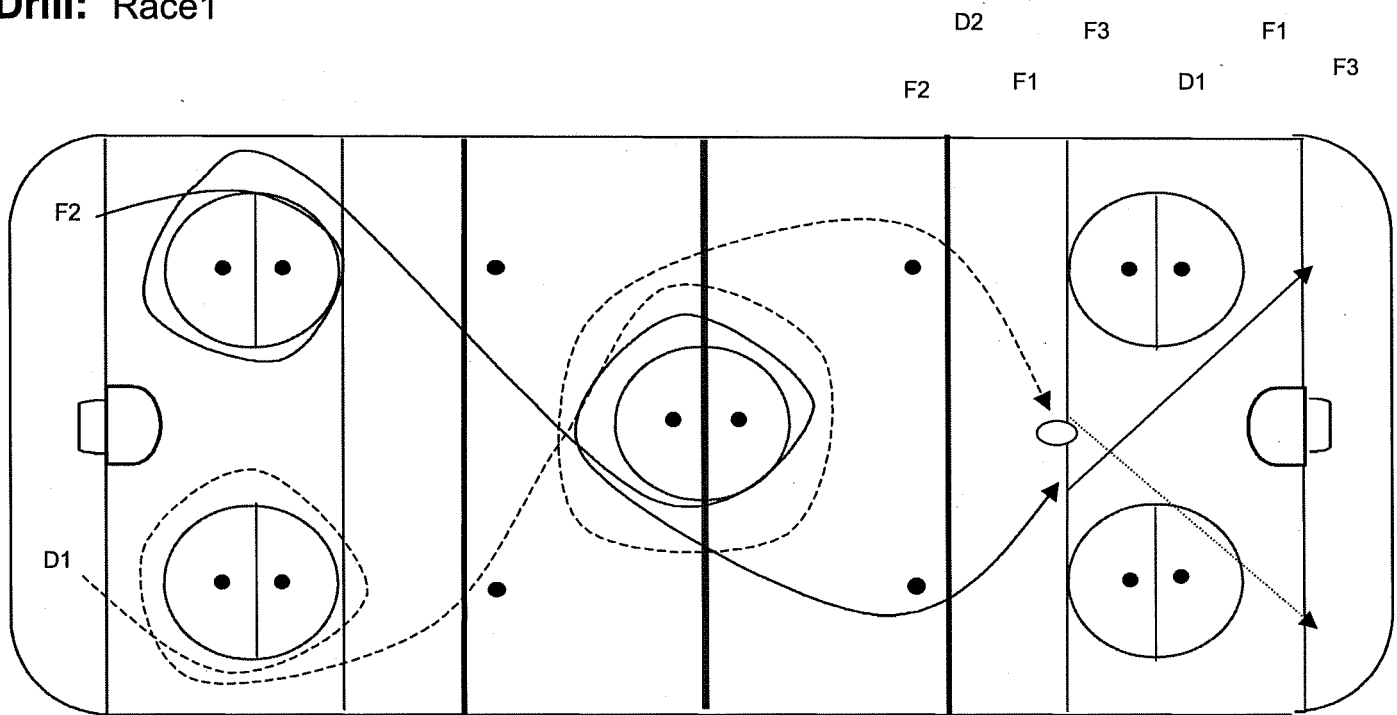
Forwards to the red line, stop
 Forwards to the blue line, stop
 Forwards to the red line, stop
 Go and pick up the pass and go for a shot; or defend if you don't get the ring.



Key points:

- | | |
|------------|------------------|
| Quick feet | Quick full stops |
| Checking | Shooting |

Drill: Race1



F1 and D1 start at goal line. Do full circles as shown.

go around faceoff circle at blue line and head for ring. Shooter on Goalie. Person who does not get the ring is a defender and expected to stop shooter from shooting.

players then line up opposite corner that they were in.

winners get rest. Losers do lightning drill