

NRS DRILL OF THE WEEK

Checking Drills

www.thenrs.com

Overview:

Beginner

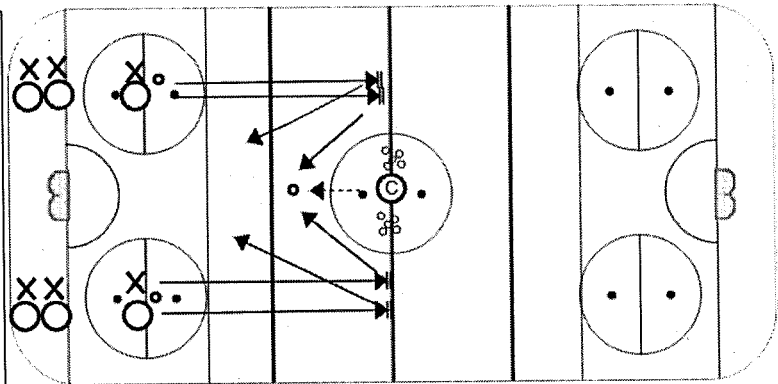
- Circle 1v1 to 2v2 works on ring protection, the 2v2 simulates a quick break into the offensive zone.
- Queens Corner works on ring carrier breaking to open ice and defense channelling to the boards

Advanced

- Read and React drills keep the players thinking helping them work on quickly reading whats going on and reacting accordingly.

Both circles begin at the same time. They play 1v1 in the circle until the coach whistles. They leave the ring in the circle and skate to the circle red line stop and skate back and race to the ring passed by the coach. The players who played 1-1 against each other are now a team as they play 2-2 against the other team who comes from the other circle.

From the first whistle new players go to the circles and start playing 1-1.



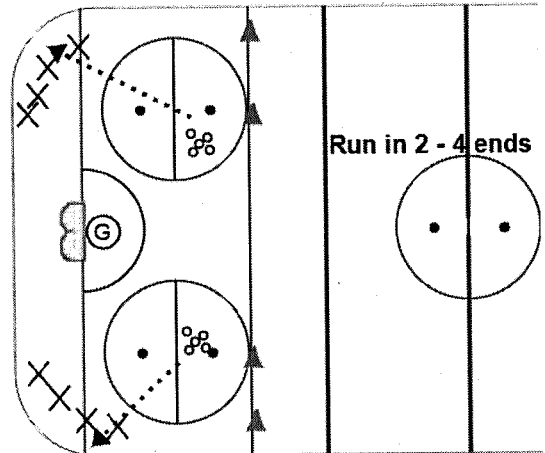
Key points :

moving in small area

passing in small area

Drill is run out of 2-4 corners of the ice. 2-5 players line up facing the boards. The coach tosses a ring in over top of the players' heads so it lands in front of them. The players fight for the ring and the player that comes out with it must skate it through the pylons (she then goes in for a breakaway shot). The next athletes line up against the boards and the drill continues.

The focus of this drill is to get the players to skate away from the boards to open ice.



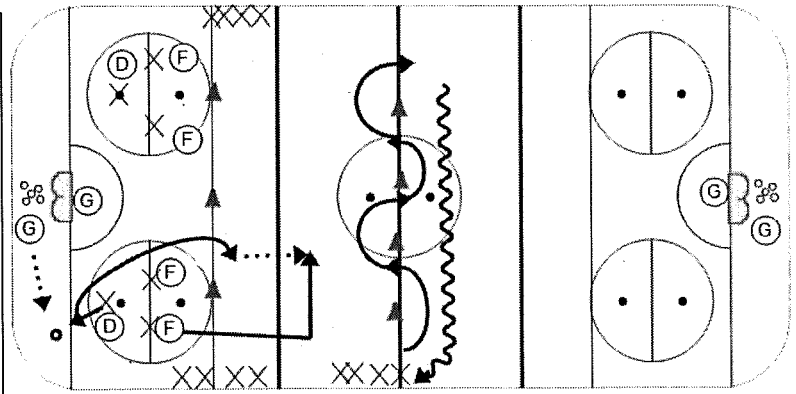
Key points:

Keep feet moving

Heads up

Players set up the diagramed formation in all 4 corners. The goalie (or coach) behind the net has the rings. She will toss one ring at a time to either side. Both groups have to be ready. The defence races for the ring, 2 forwards check. D must cut through pylons (If checked before F's go in for one shot). Once through pylons the forwards stop checking and break over the blue line for a pass. The forward the doesn't receives the ring cuts back over the line to receive the ring and it becomes a two on one to the net.

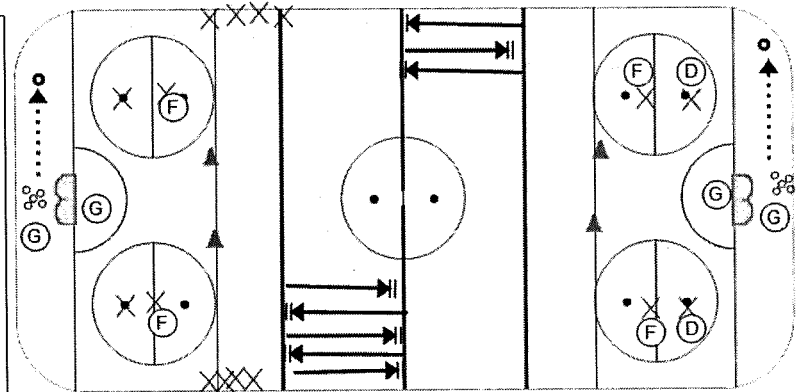
* Note: Maintain the speed of the drill by only allowing one shot. If the D checks the forwards drill is over.



Key Points :

Four empty rectangular boxes for key points.

The players set up in the same formation as the Read and React checking drill. Expect now both D are on the same team and there is only one forward marking each D. The goalie behind the net tosses a ring to either side and it is the job of the D to read and react if they are going for the ring or moving to a support position. D with the ring must skate through the pylons and pass to the other D over the blue line. In the neutral zone all four players will do five rushes from blue line to red line. Full stops. Stay as close to the boards as possible. Variations: Have D pass to a forward and then return for a two on two.



Key Points :

Four empty rectangular boxes for key points.

NRS DRILL OF THE WEEK

1 vs 1

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Overview:

Channelling is a skill needed by all players. The key to channelling is to get the player towards the boards and away from the net. The focus needs to be on channelling first and checking second. If a player attempts to check and misses the stick, that allows the other player to get to the net easier.

Remember to maintain good gap control when channelling - stick length away and goal side. To maintain goalside - when the forward is about an arm's length away from the defence, the defence can turn to skate forwards to continue channelling.

Two drills are provided - one for full ice and one for half ice.

Title : 1 vs 1 - Full Ice

Category #1 :

1-1

Category #2 :

Channelling

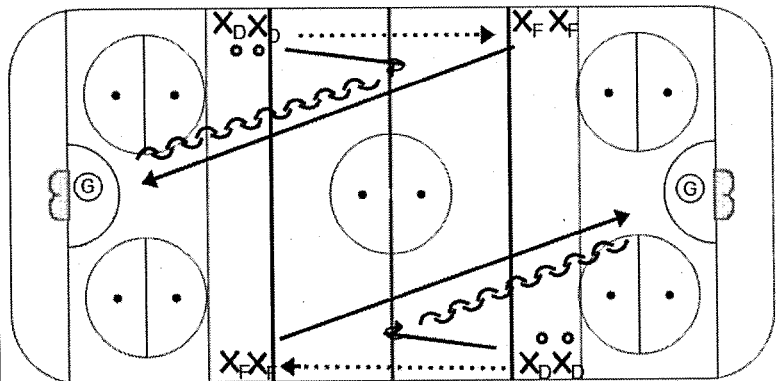
Description

The defence will skate forward a few strides and pass to the forward.
The defence will then turn and skate backwards, channelling the forward away from the net and towards the boards.

*Switch sides halfway through

*Modification:

If the defence are struggling to maintain gap control and channel, move the rings to the forward line to eliminate the pass from the defence to the forward



Key points :

Backwards Skating

1-1 skills

Channelling

Gap Control

Title : 1 vs 1 - Half Ice

Category #1 :

1-1

Category #2 :

Channelling

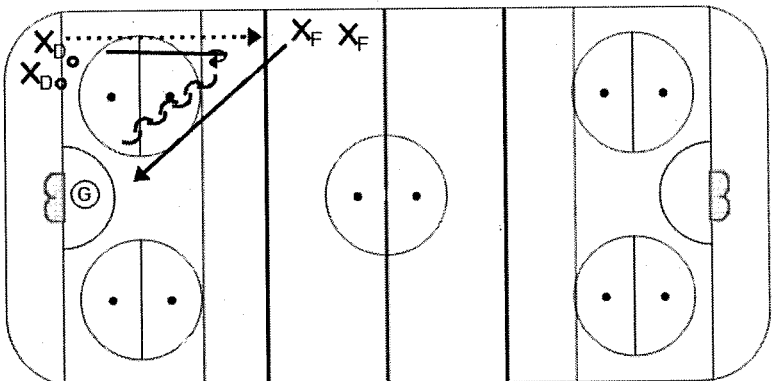
Description

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If the defence are struggling to maintain gap control and channel, move the rings to the forward line to eliminate the pass from the defence to the forward



Key points :

Backwards Skating

1-1 skills

Channelling

Gap Control

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

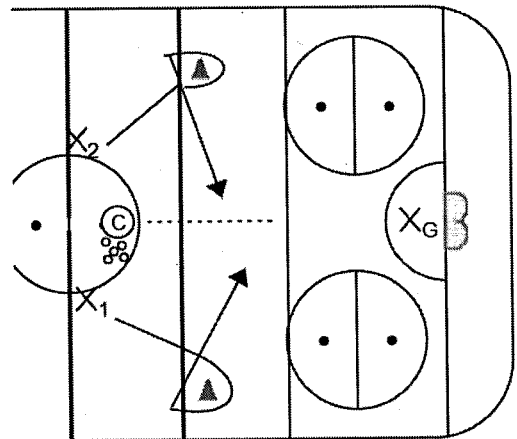
Description

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



Key points:

Keep knees bent

Look where you want to go

Stay low

Quality shots

NRS DRILL OF THE WEEK

Meet and Defend

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Overview:

This drill works on a 1 on 1 situation close to the net. It helps defence with their positioning, forwards with quick fakes and working in a small area to get a shot, and helps goalies with shots in close.

Remind defence to stay goal side (defence stays between the net and the forward), push out so that a screen is not made against the goalie. Good body positioning will help to prevent the forward from getting a quality shot.

The forward needs to skate fast and make quick fakes to beat the defence and goalie.

The goalie needs to be ready and stay vocal with the defence, letting them know if a screen is occurring.

Title : Meet and Defend

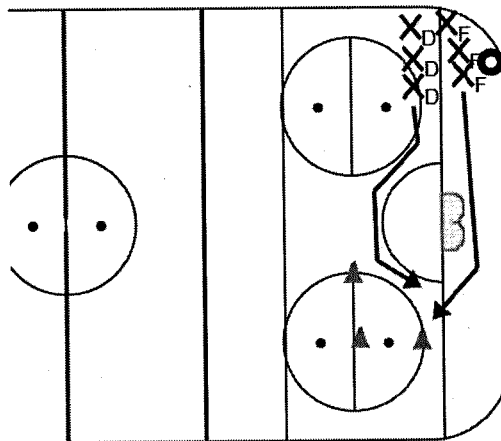
Category #1 :

Category #2 :

Description

XF leaves with a ring. XD will leave at the same time and go around the top of the crease and meet XF on the other end of the crease. XD will then work to defend the net. XF works to beat the D by using changes of speed and fakes; then takes a shot.

Pylons are set up for the defence and forward to stay in a smaller area to create more of a challenge.



Key points:

- | | |
|---|---|
| <input type="text" value="Use speed"/> | <input type="text" value="Meet at the crease"/> |
| <input type="text" value="Body positioning"/> | <input type="text" value="Fakes"/> |

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

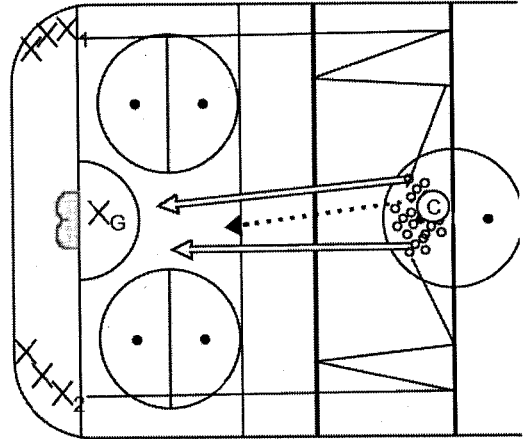
Category #2 :

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

NRS DRILL OF THE WEEK

Defensive Challenge

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Overview:

This drill works on game situations where the defensive players may be out numbered by the offensive players, or the offensive players out numbered by the defensive players. Players need to read and react on how best to defend and play offensively. The offensive players want to look for a good shooting angle and try to avoid cycling in the zone.

The defensive players should meet the offensive players at the blue line to take away passing options to make breaking in over the blue line challenging.

The transition from offense to defence helps players think quickly and challenge the next offensive group coming in.

Title : Defensive Challenge

Category #1 : Defence

Category #2 : Offense

Description

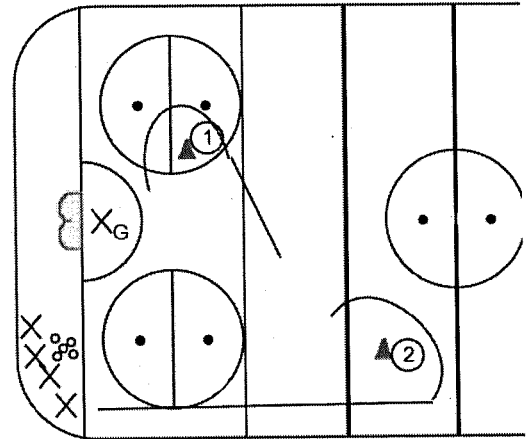
All players will start in the corner. The coach will tell how many players to go (maximum of 3), they will go in and take a shot. The player at the front of the line starts with the ring.

After they shoot, they will all skate around pylon #1. At the same time, the coach has told the next players in line how many to go. These players will skate around cone #2 and go in to play offense.

After the players have skated around cone 1 - they become defence.

Rotation:

Offense -- defence -- out



Key points:

Take away blue line

Quick transition

Offensive passing

Pass over blue line

NRS DRILL OF THE WEEK

One on One

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Overview:

This drill works well for all levels. The defence need to work hard to stay goal side and to channel the forward away from the net and towards the boards. The forwards need to work out to get open and cut away from the defence and towards the net.

Title : One on One

Category #1 :

NRS

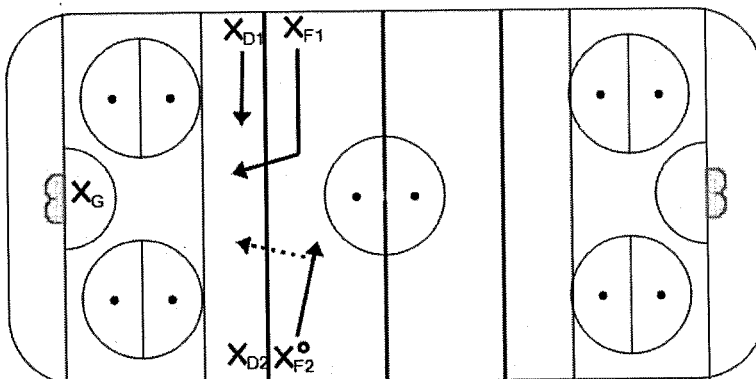
Category #2 :

Positioning

Description

Purpose: Have the defence work on positioning to cover the forward as they are coming across the blue line. Defence needs to read and react to keep themselves between the ring and the net, while the forward is trying to cut to open ice. Encourage the forwards to not make shallow cuts across the blueline.

F1 and D1 are playing one on one over the blue line. F2 passes to F1, but stays in the neutral zone. F2 then does the same thing against D2, while F1 passes the ring.



Key points :

Keep feet moving

Cut to open ice

Changes of speed

Goal side

NRS DRILL OF THE WEEK

Shadow, Man on Coverage

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Overview:

Man on coverage is a very important aspect of ringette. Defence, centre and forward can all play man on coverage throughout a game.

In man on coverage, the player covering the other player should be stick length away and goal side. Man on coverage is a form of defence in which through covering a player, passing options are taken away as the players that are trying to get open are being covered by the opposing team.

This drill works on maintaining man on coverage through changes of direction and speed, as well as helping a covered player to move to get open.

Title : Shadow, Man On Coverage

Category #1 :

Man On

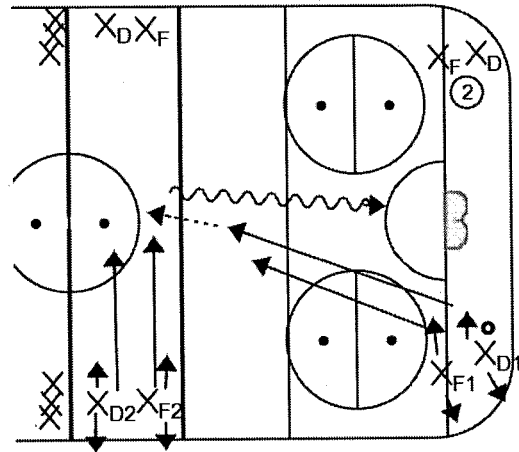
Category #2 :

Getting Open

Description

On the whistle corner 1 will begin - D1 starts shuffling back and forth facing the boards, F1 is shadowing their movements. At the same time F2 starts shuffling while D2 is shadowing. When the coach blows the whistle, D1 has to try and break out of the zone and pass to F2. F1 is playing man on against D1 and is trying to check/channel. F2 must try and receive the pass while D2 is playing man on. After F2 gets the pass they will go in alone and takes a shot on the net.

When the whistle blows for F1 and D1 to go, corner 2 will start their shuffle and will go on the next whistle.



Key points:

Man On

Getting Open

Quick Movements

Skating

NRS DRILL OF THE WEEK

Chase Drill

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Overview:

This drill can be done full ice or half ice.

Players need to skate hard and stay focused to be ready to chase the next player. Goalies are challenged in this drill in breakaway shots.

Title : Chase Drill

Content elements:

Components :

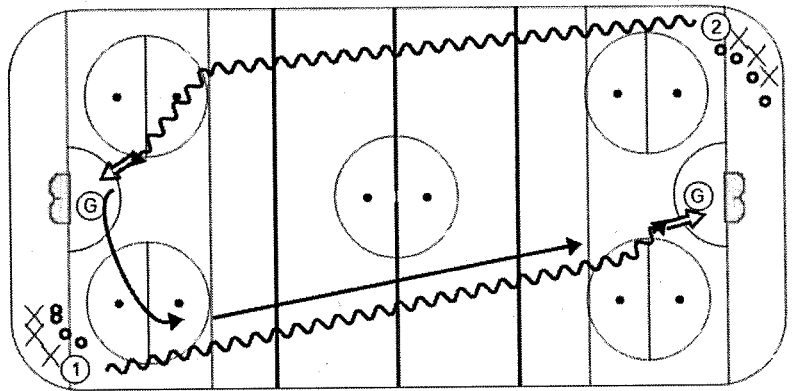
Description

X1 starts the drill by skating down the side of the ice and taking the breakaway shot. As soon as X1 shoots, X2 leaves and skates the same pattern. As soon as X1 shoots they turn to chase X2 all the way down the ice.

The drill is continuous (until the coach stops it). If the chaser checks the ring carrier, the chaser takes the shot on net but the original ring carrier still chases.

You can start both corners at the same time.

*players should end up in the corner that they began in



Key Points :

Speed

Focus

Checking

Quick shots

Title : Half Ice Mini Chase Drill

Category #1 : Coaches

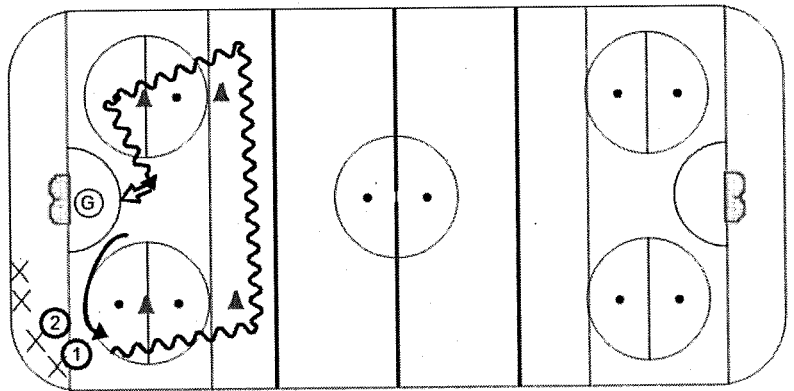
Category #2 : Forward stride

Description

Chase Drill - Half Ice Modification:

X1 begins with a ring, skates around the pylons, and takes a shot. After X1 shoots X2 can leave and X1 must chase X2 around the pylons. If X1 checks X2 they may go and shot but X2 is responsible to chase X3.

Switch corners halfway through.



Key points :

Speed

Focus

Checking

Quick Shots

NRS DRILL OF THE WEEK

Shoot and Chase

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Overview:

Shooting under pressure can be a challenge! When under pressure, the player with the ring needs to have good body positioning to protect the ring from the opposing player, as well as making sure to have the ring in a good spot to take a shot. If chasing a player that is ahead of you, you need to remember to catch up to the player before trying to check the ring to avoid hooking or tripping the player.

Title : Shoot and Chase

Category #1 :

Coaches

Category #2 :

Defense

Description :

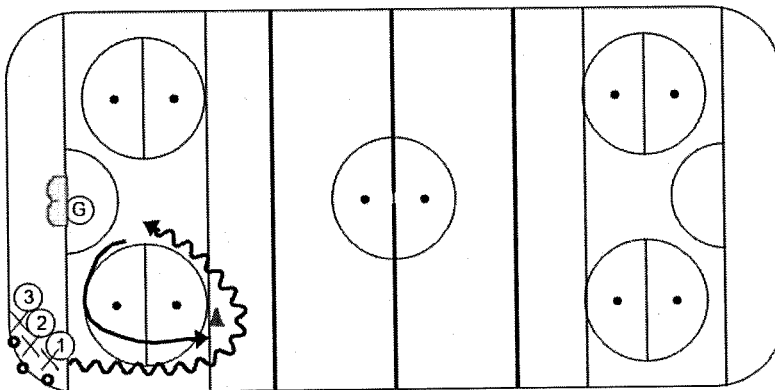
X1 skates with the ring around the pylon and takes a shot on goal.

As soon as the shot is taken, X2 accelerates around pylon with a ring and takes a shot. X1 must skate the same pattern and try to catch X2.

As soon as X2 takes a shot, X3 skates around the pylon with a ring and takes a shot, while X2 is chasing and trying to catch and check X3.

The drill can be continuous, with X3 chasing X1, or it can be stopped and re-started after X3 goes.

Switch corners half way through the drill.



Key points :

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Shot to 1 vs 1

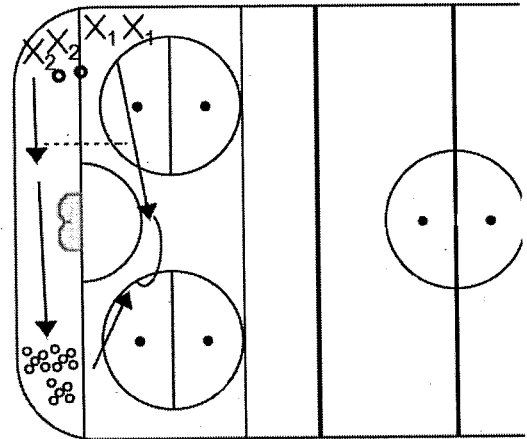
www.thenrs.com

Overview:

This drill simulates an offensive player breaking in 1 vs 1 against a defence in the triangle. By targeting the low defence, the offensive player can work on cutting in and getting a quick shot. This drill also helps with defensive and goalie positioning when working 1 vs 1 against a player trying to break into the triangle.

X1 and X2 leave at the same time
 X2 has a ring and passes to X1 before she goes behind the net - calling out the player's name that she is passing to
 X1 will get the ring and take a shot
 X2 then goes to the corner and picks up a ring to play 1 on 1 against X1
 X1 will defend against X2

Tell the players that they need to skate right to the net after picking up the second ring, rather than skating all over. Pylons can be set up for the players to stay in a confined area



Key points:

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|--|--|
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NRS DRILL OF THE WEEK

Full Ice 1 vs 1

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Overview:

This drill works on defence staying goal side and stick length away from the forward. Defence will work on channelling the forward to the boards. The focus for channelling is to get the player to the boards before checking them.

Title : Full Ice 1 vs 1

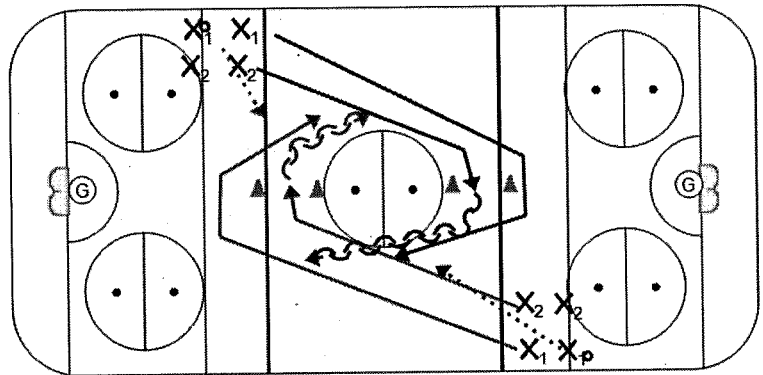
Content elements: Skating

Components : Defending

Description

Two lines on the blue lines. The first pair on each side goes on the whistle. X1 skates around the far pylon and receives a pass from the next player in line. X2 skates around the closer pylon, pivots, skates back with her check and plays defence. X1 tries to get a shot on the goalie.

Remind players that if they are in need they can change to skating forward with their check, but that we want them to practice getting the right spacing (a stick length or a bit more) while skating backwards.



Key Points :

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 :

Passing

Category #2 :

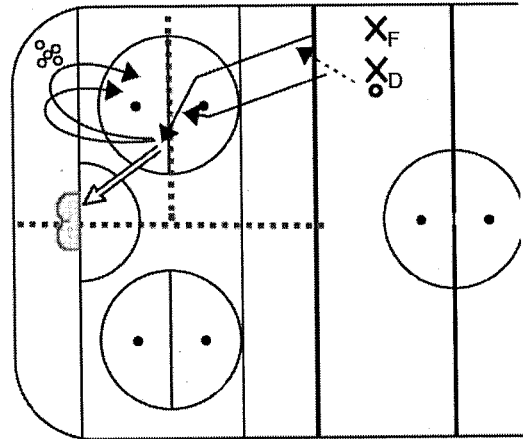
Checking

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.

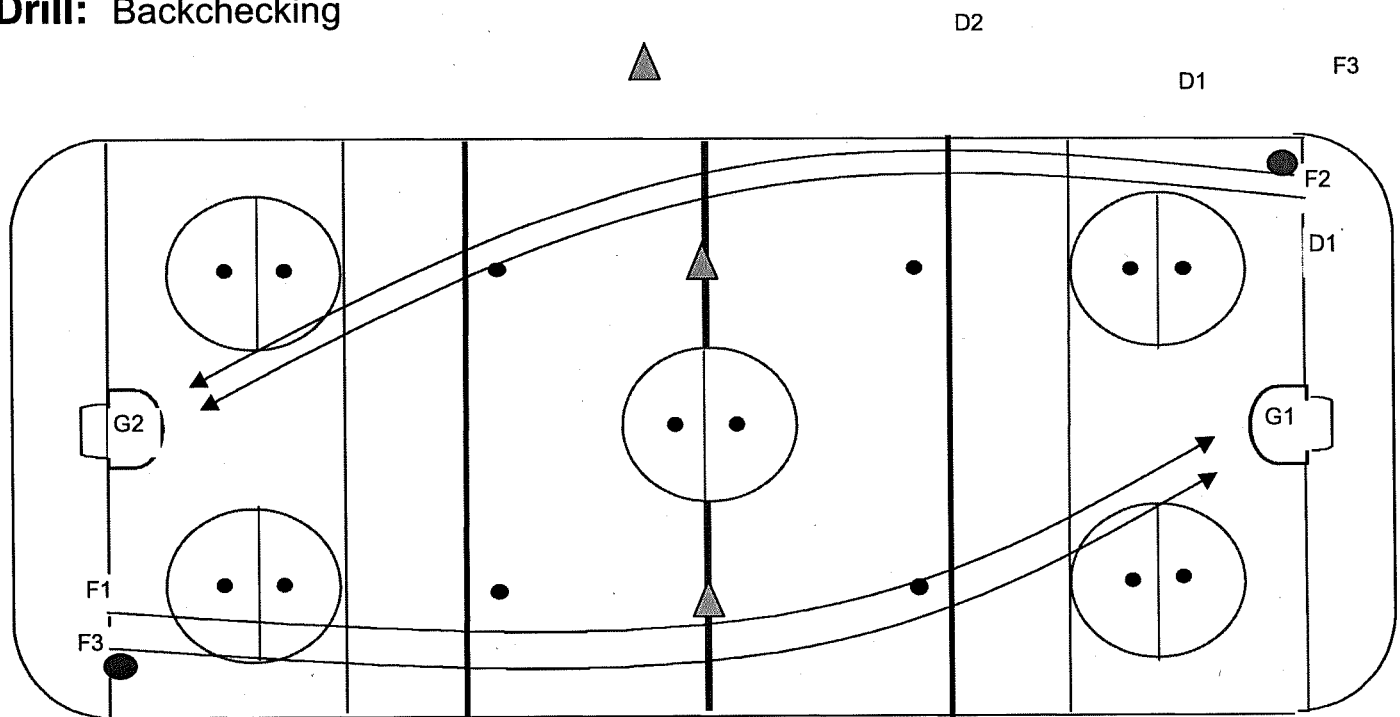
Run from both sides.



Key points:

| | |
|--|--|
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Drill: Backchecking



Board side players have the rings.

Both players start beside each other.

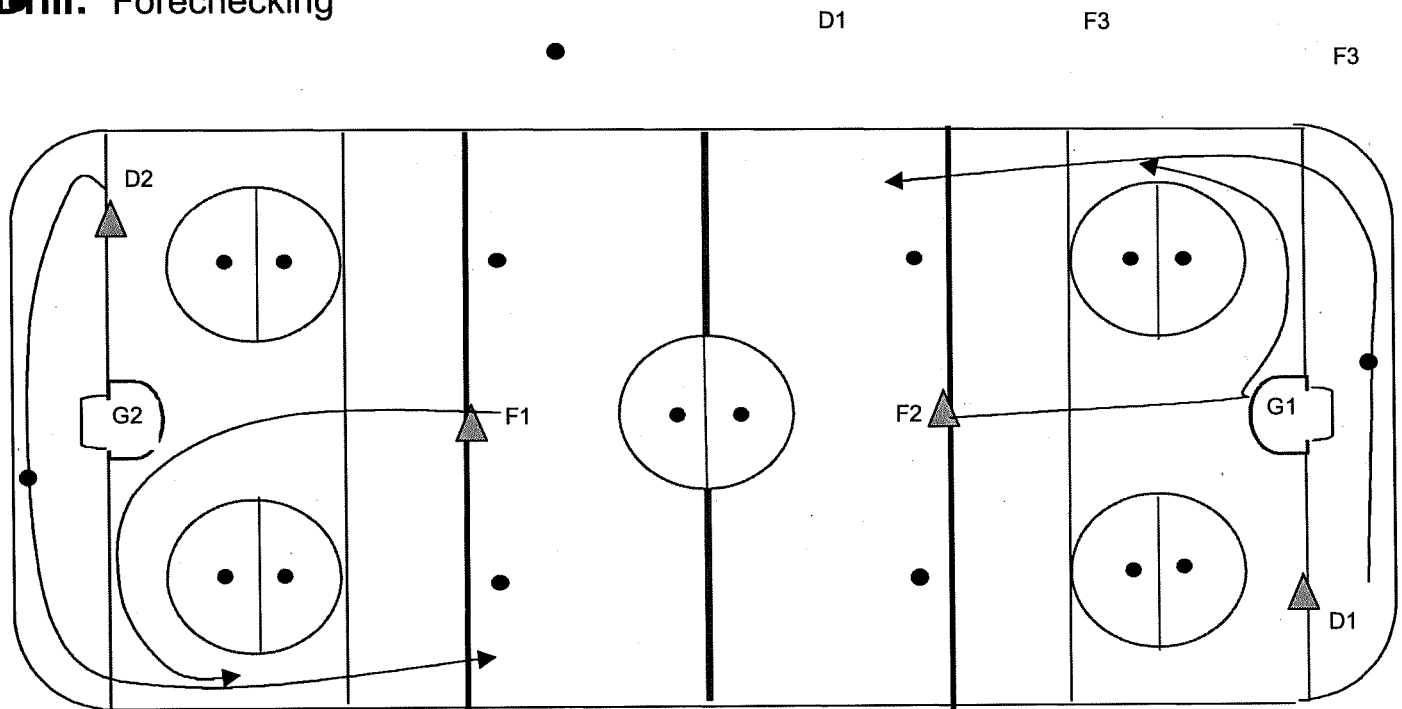
Board side player must skate between Pylon and the boards

Ring carrier tries to skate entire length of ice with the ring and shoot on the goalie.

Other player tries to back check, using sweeps to steal the ring.

If back checker obtains possession of the ring that player now tries to shoot and the player with out ring has to check.

Drill: Forechecking



Goalie has the ring.

On the whistle Defence moves behind the net and receives a pass from the Forward moves towards the net and angles the defence who now HAS TO try and skate up the boards with the ring and carry it over the blue line.. If Forward gets the ring then the Forward will attempt a shot on net. Defence will try and check.

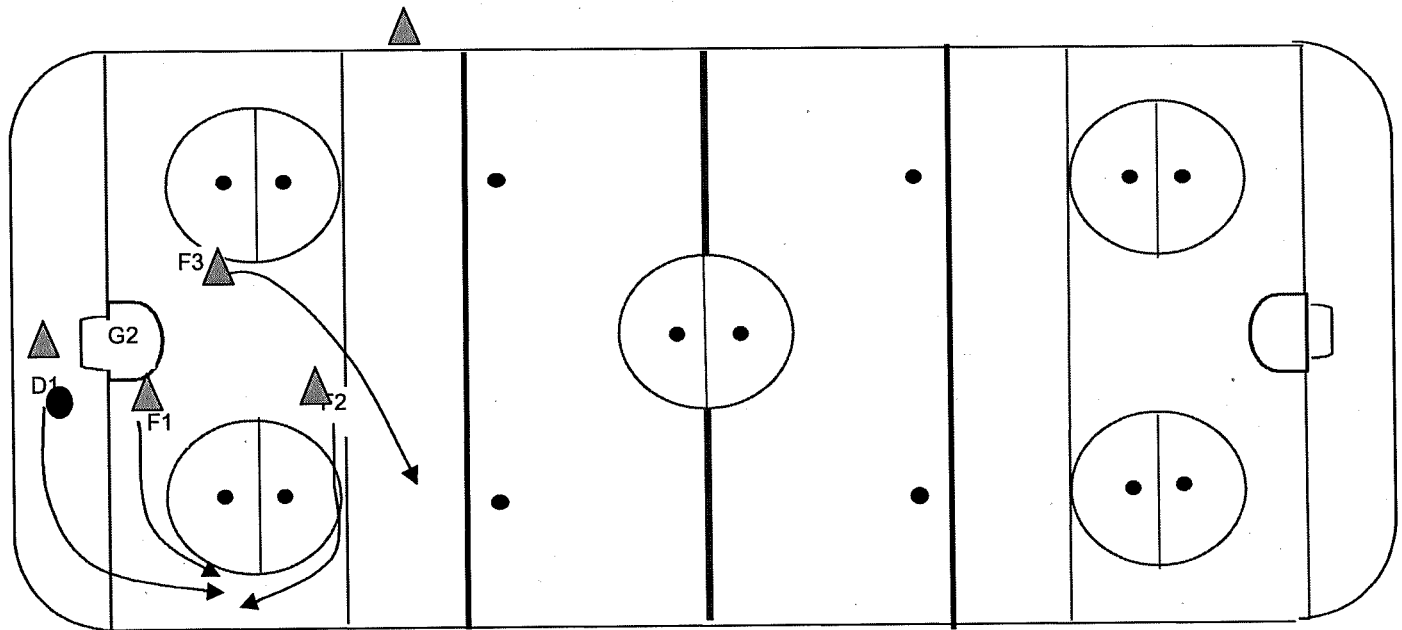
Drill: Defensive Forechecking

D2

G1

D1

F3



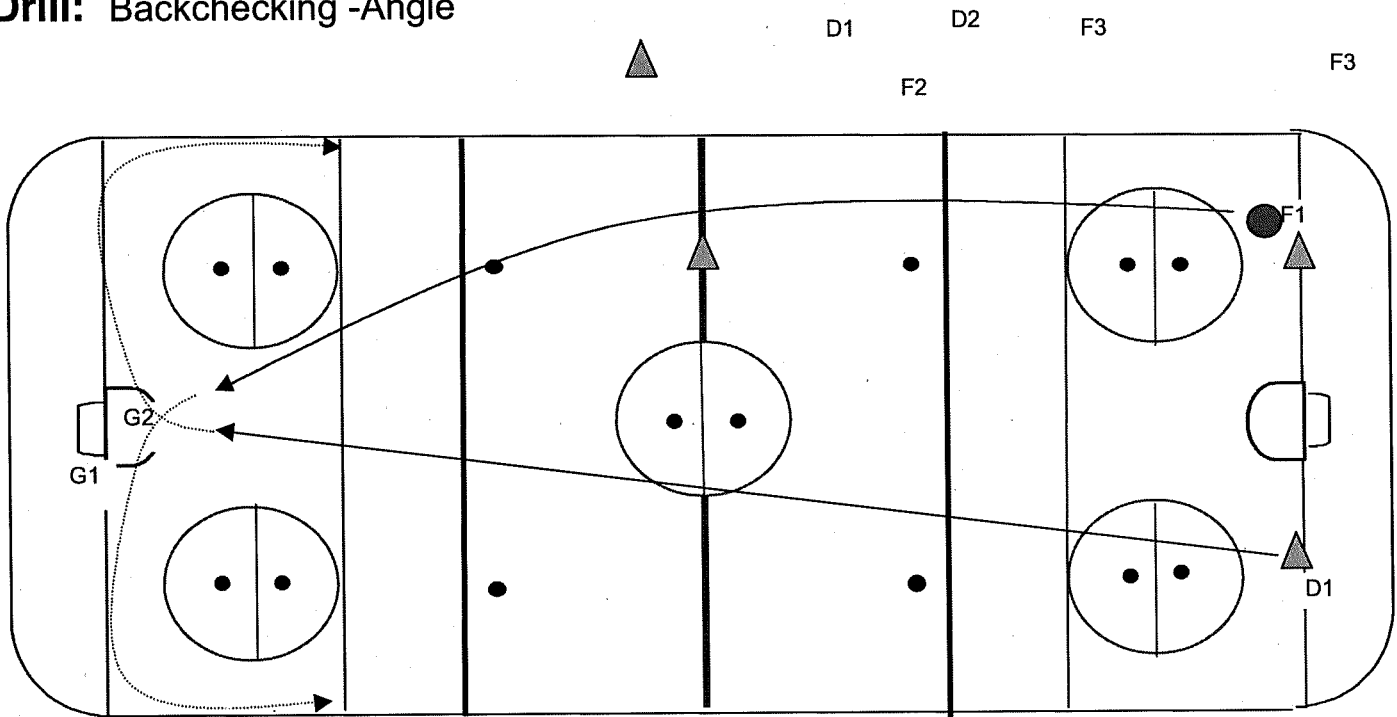
Defence gets ring and tries to skate ring out along the boards

F1 angles D1 so that D1 cannot cut back inside and needs to go along the Boards.

F2 cuts across and takes the inside boards thus forcing D1 to pass or lose ring.

F3 skates hard father outside looking for interception.

Drill: Backchecking -Angle



F1 has the ring.

skates around Pylon as shown racing for a shot on net.

D1 does not have a ring.

Races to backcheck so that F1 cannot get a shot on net.

Players return against the boards so as not to interfere with next two players.

Players switch positions.