

NRS DRILL OF THE WEEK

Circle Passing

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Overview:

This drill helps players think quickly about who they are receiving a pass from and who they need to pass to. Just as in a game, players need to call for the ring when they are open and the ring carrier needs to make a quick decision on who they are passing to.

Remind players that using their voice to call for the ring is more effective than tapping their sticks.

This drill can be done at the beginning of the ice time and allows time for the goalie to stretch out before a shooting drill.

Title : Circle Passing

Category #1 : Passing

Category #2 : Stabbing

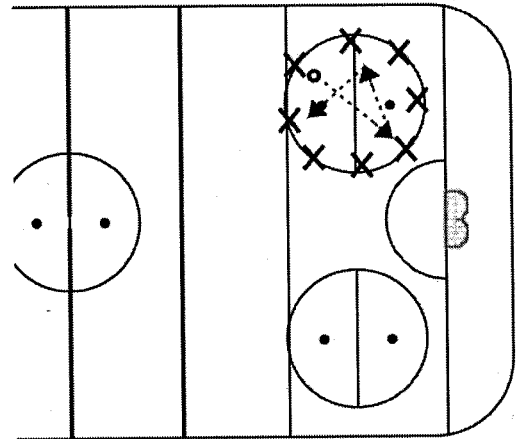
Description

Any player starts with the ring and passes to anyone in the circle. The players take turn passing to someone who has not recieved it yet. When the last person recieves the ring, they will pass it back to the player that started the sequence. The players will then have to remember who they passed the ring to and keep that order. The challenge is to pass as quick as you can. The instructor can add rings in starting with the first player so the players are forced to focus and keep an eye on who is supposed to be passing to them. Remind players to call for the ring and to call out the person's name of who is passing to them.

*Can run on one or two circles

Modifications:

- Add in multiple rings
- Only pass using backhand passes



Key points:

Passing	Focus
Accuracy	Calling for the Ring

NRS DRILL OF THE WEEK

Passing Star Drill

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Overview:

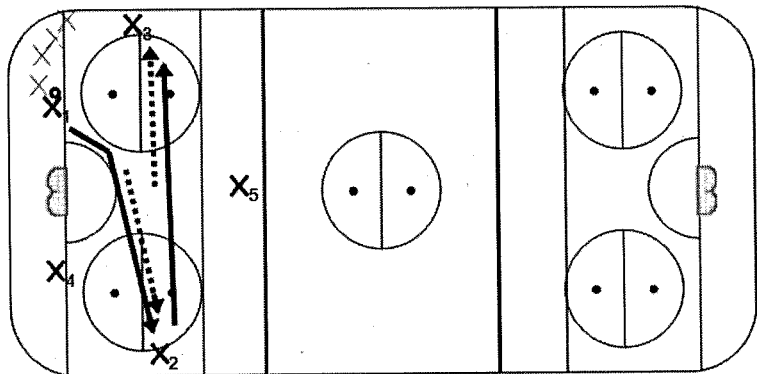
This drill works on quick passes from different angles. Passes need to game like and players need to always be ready to stab the ring.

Set the participants up at 5 different points making a star. The line starts at X1. X1 passes to X2, then follows her pass.

Steps:

- 1 passes to 2
- 2 passes to 3
- 3 passes to 4
- 4 passes to 5,
- 5 drives in for a shot.

Players need to be calling for the ring when passing and when wanting to receive a pass.



Key Points :

communication

Passing

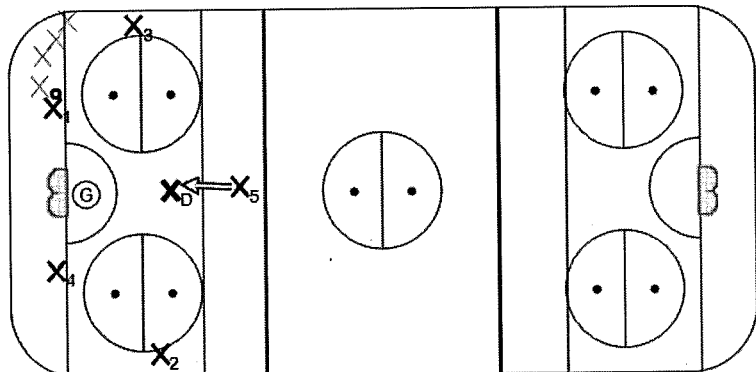
Skating

Shooting

The next progression to the Star drill is adding defense.

Once X5 has gone in for a shot she turns around and plays defense in the middle. Trying to put her stick down to stop the passes, then step up to X5 to interfere with the shot and stop her from driving closer to the net.

Once the shot has been taken the D steps out and rejoins the X1 line.



Key Points :

Communication

Passing

Defense-Stick Down

Defense-Step Up

NRS DRILL OF THE WEEK

Passing

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Overview:

Passing and stabbing the ring are key parts of ringette. These drills work on quick passes and stabbing the ring. These can be done at the beginning of a practice to get the players warmed up.

Title : Pepper Passing

Content elements: _____

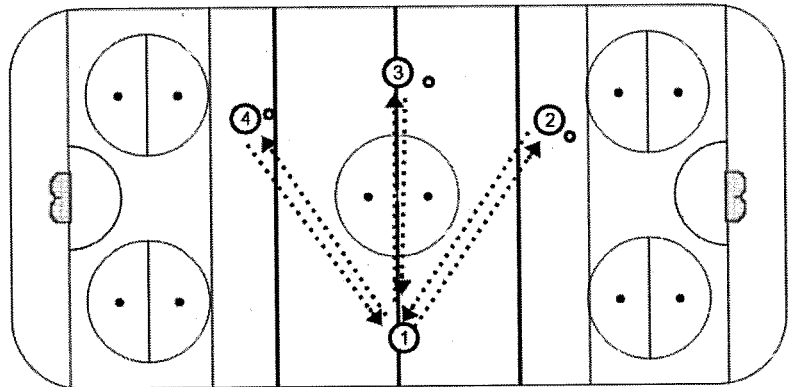
Components : _____

Description

Athletes spread out around the ice in groups of 4-5.

X1 receives a pass from X2 then passes the ring back to X2. Then, X3 passes the ring to X1 and X3 passes right back to X1. X4 passes to X1 and X1 passes right back to X4. After the ring has gone through the entire group, athletes rotate and a new person is X1.

* This drill focuses heavily on timing.



Key Points :

Title : Head On Passing

Content elements: _____

Components : _____

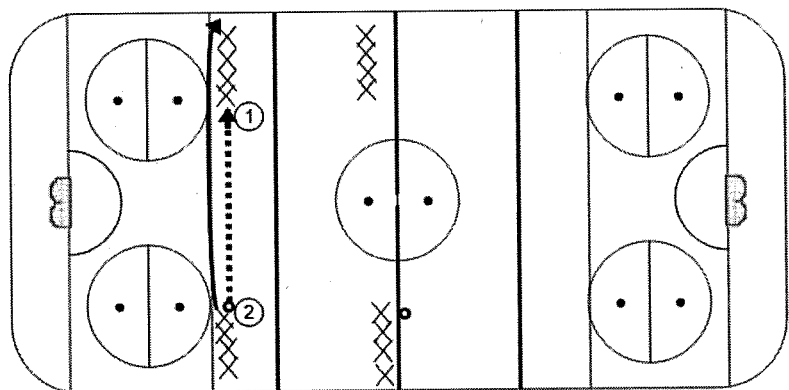
Description

Two lines set up across the ice from each other. X1 passes to X2 and follows the pass (to the back of the opposite line). The player passed to now passes to the opposite line and follows their pass. The receiver begins skating towards the ring immediately after it is passed.

Common errors:

* Players delay on making the pass and then give a weak, short pass to the opposite player.

* The lines get too close to each other.



Key Points :

NRS DRILL OF THE WEEK

Quick Passes

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Overview:

This is a good drill to use at the beginning of an ice time after a skating warm up. It gives the goalie a chance to stretch before a shooting drill and the players a chance to work on quick passing and stabbing.

Title : Quick Passes

Category #1 :

Passing

Category #2 :

Stabbing

Description

Players will get into 4 lines around the circle

X1 starts with the ring

X2 skates through the middle, gets a pass from X1 and passes to X4

X1 skates through the middle, gets a pass from X4 and passes to X3

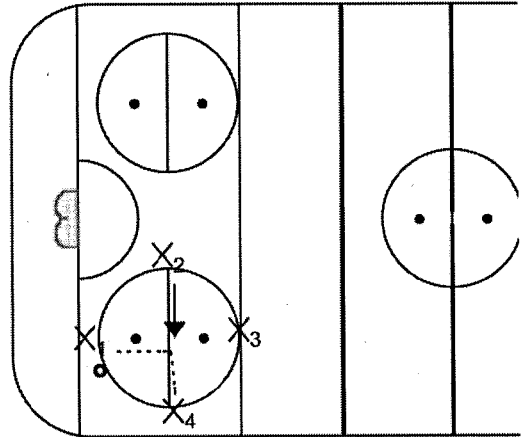
X4 skates through the middle, gets a pass from X3 and passes to X2

X3 skates through the middle, gets a pass from X2 and passes to X1

Follow your pass and go to the back of the line where you passed to.

The next player going will go once the player they are getting a pass from has stabbed the ring

The focus for this drill is quick stabbing and passing. Remind players to skate quickly to get to the line that they have just passed to.



Key points:

Call for a pass

Focus on the ring

Quick passes

Skate quickly to next line

NRS DRILL OF THE WEEK

Pass and Rotate

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Overview:

Players need to always be ready for a pass and to give a quick pass in this drill.

Remind players that when passing the ring to point their stick where they want the ring to go. Players that are receiving the ring should be calling for the ring. Players should avoid tapping their stick when wanting the ring - this makes stabbing the ring more difficult.

Title : Pass and Rotate

Category #1 : Passing

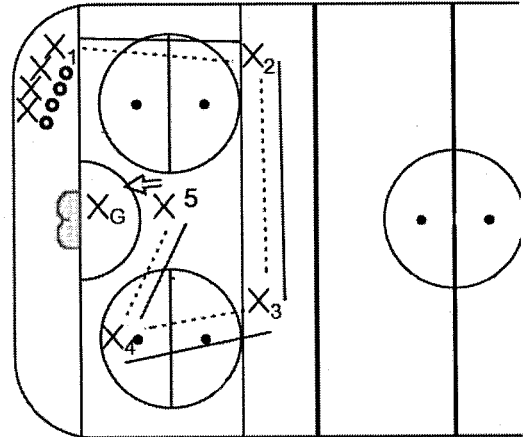
Category #2 : Shooting

Description

Players line up in the corner, 1 player in X2 spot, 1 in X3, 1 in X4 and 1 in X5
 X1 passes to X2 and follows pass
 X2 passes to X3 and follows pass
 X3 passes to X4 and follows pass
 X4 passes to X5 and follows pass
 X5 takes a shot and goes back into X1 line
 Players should be skating hard to follow pass and have stick ready to get the ring from the next player. Players should be calling for the ring to receive it.
 When the ring gets to X4, the next player in X1 will begin the passing again

Modifications:

- Players can only pass on their backhand
- The next X1 in line will pass to X2 when the ring ahead gets to X3



Key points:

Accurate passes

Hard passes

Focus

Skating

NRS DRILL OF THE WEEK

Think Fast!

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Overview:

In all areas of the ice, players need to think fast, be ready to pass quickly, and be ready to stab rings. Through making quick passes in this drill, it helps players to make accurate passes quickly, stab rings quickly, all while skating forwards or backwards. Players need to focus in this drill to ensure that they are making smart passes and are always ready to stab the ring and skate.

Title : Think Fast!

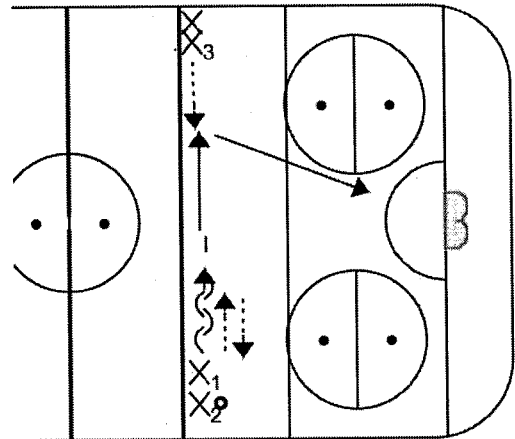
Category #1 :

Category #2 :

Description

X1 begins by skating backwards and receives a pass from X2. X1 passes back to X2, pivots, and skates forward toward X3. When X1 is halfway to X3, X3 will pass to X1. X1 will turn and skate hard to the net for a shot. After X3 passes, they will skate backwards and start the drill from the other side.

Players should be keeping their heads up, giving targets with their sticks for a pass, and calling for the ring.



Key points:

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NRS DRILL OF THE WEEK

Skate, Pass, Shoot

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Overview:

Making passes in the offensive zone helps to create scoring chances. This drill has players making passes and stabbing the ring before taking a shot. Remember when stabbing the ring before taking a shot to hold your stick with the narrow side up. If the wide side of the stick is up, the ring will go up the stick which makes it difficult to take a quick, accurate shot.

Title : Skate, Pass, Shoot

Category #1 :

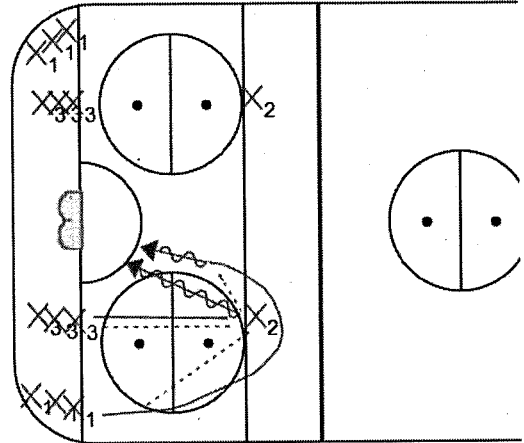
Category #2 :

Description

X1 skates and passes to X2, continues to skate around X2, receives a pass back and goes in to shoot.
X3 then passes to X2 and X2 goes in to shoot.
X3 follows their pass and replaces X2.
As soon as both shots are taken the opposite corner goes.

*The pass from X2 back to X1 needs to be a lead pass that X1 can skate onto

Remind players to call for the ring when wanting a pass



Key points:

NRS DRILL OF THE WEEK

1, 2, 3 Challenges

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Overview:

This drill helps players to quickly transition from playing forward to playing defence. The defensive players must set up quickly to take away the blue line and scoring opportunities from the offensive players coming in.

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : 1, 2, 3 Challenges Category #1 : Category #2 :

Description

Divide the players into 3 groups and number each line 1, 2, and 3

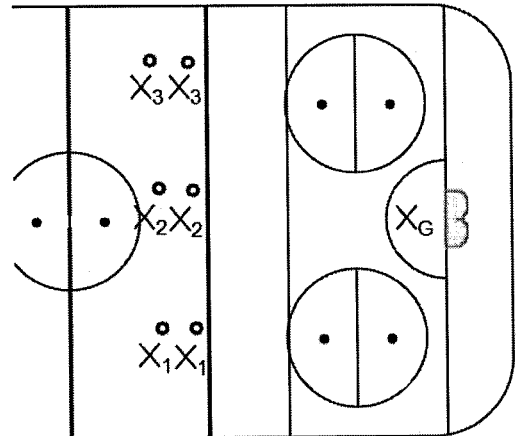
The coach will call out at least 1, 2 or 3 numbers

The first number called will be the player that will take the ring (make sure to pass over the blue line)

The players will go in and take a shot - remind players to pass to each other

After a shot is taken, those players will play defence and the coach will call out a new set of numbers to go in to play offense against the defence (offense to defence to back in line)

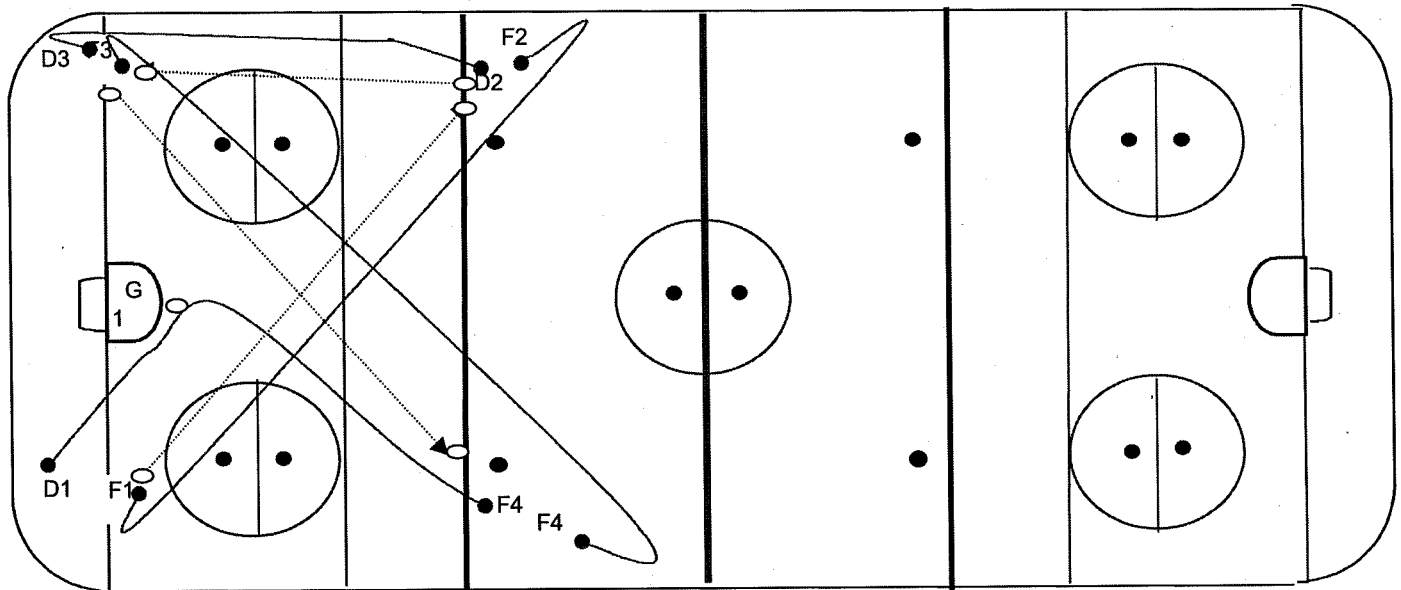
Call numbers to have 1 v 1, 1 v 2, 2 v 2, 3 v 3, etc.



Key points:

Drill: 4 Corners

F3

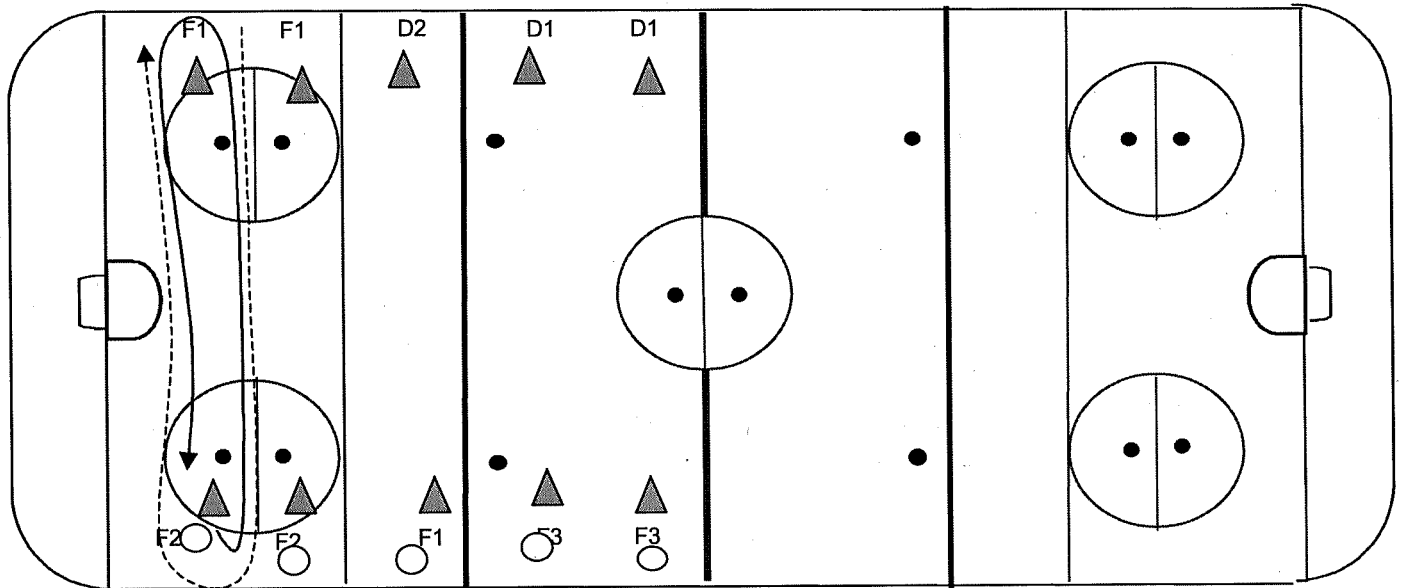


- F1 passes to F2 and skates to F2's position.
- F2 passes to F3 and skates to F3's position.
- F3 passes to F4 who is moving towards the net.
- F3 skates to F4 position
- F4 shoots on goal and moves to F1 position.
- Continue drill.
- use targets instead of Goalie.

Drill: Drop pass drill

G1

▲ G2



Players line up on opposite sides of the rink facing each other.

Use pylons or pucks for markers.

Players with the ring always closest to the net.

Ring carrier skates starting on farthest side and drops ring to opposing player skating towards them.

players circle pylons/pucks and ring carrier drops ring to player. Continue drill

NRS DRILL OF THE WEEK

Pass and Go

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Overview:

This is a good drill to use at the beginning of an ice time to get the players skating, passing, stabbing, and shooting. The goalie should be getting warm-up shots and no dekes to begin with.

Players need to call for the ring when they want the ring passed back to them. A modification to ensure that players call for the ring is for the coach to not pass back until they hear the player calling for a pass.

Title : Pass and Go

Category #1 : Skating

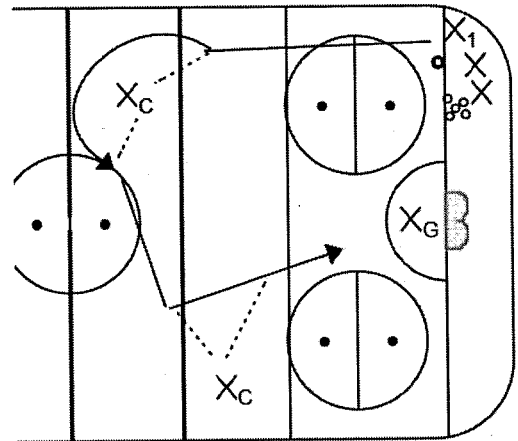
Category #2 : Passing

Description

The players will line up in the corner with rings.
 One coach will stand in the neutral zone and another coach will be on the other side between the blue line and the ringette line.

X1 will skate forward, pass the ring over the blue line to the first coach, skate behind the coach and get a pass back. X1 will keep skating, pass over the blue line to the other coach, receive a pass back and take a shot.

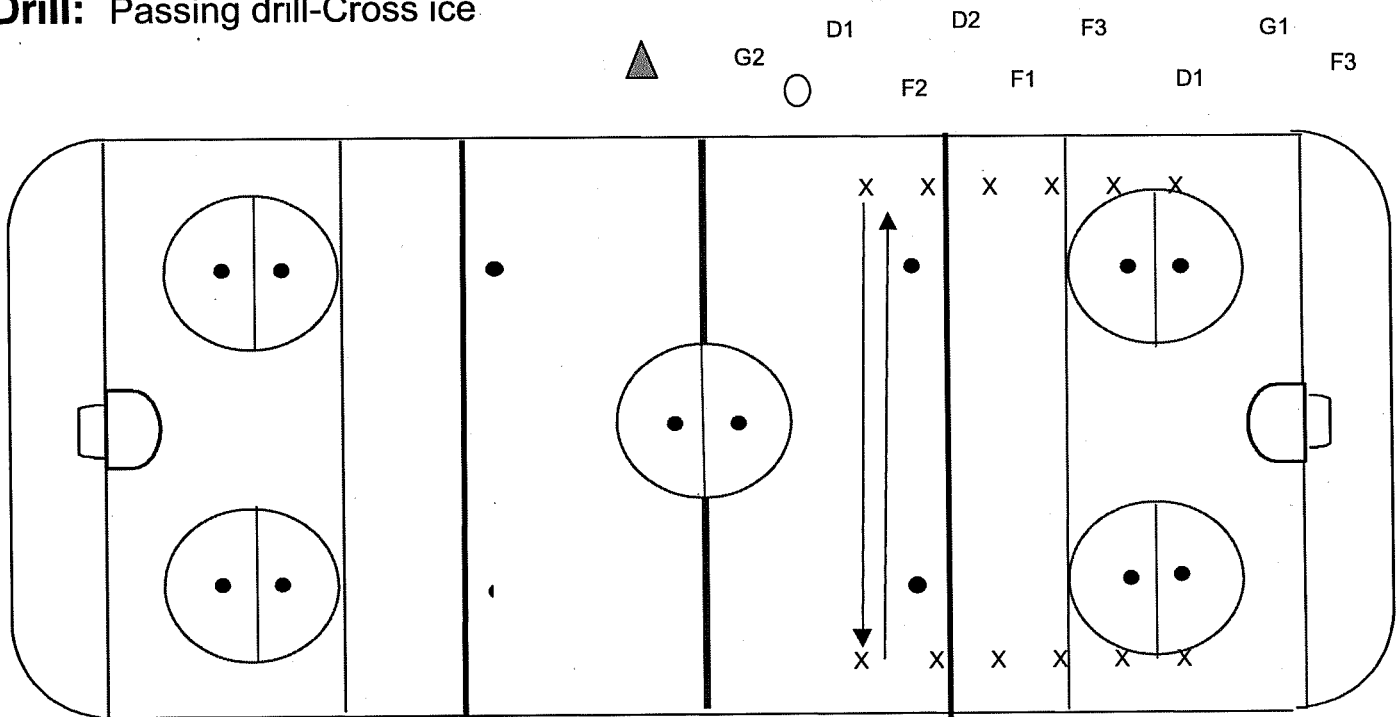
The next player in line will go after X1 receives the pass back from the first coach.



Key points:

- | | |
|-----------------|----------------------------|
| Accurate passes | Strong shots |
| Skating hard | Focus on stabbing the ring |

Drill: Passing drill-Cross ice



Players line up across from each other opposite side of ice.

One side has rings the other does not
variations in drills can be used.

Start with both players skating towards each other with a pass being made quickly at the beginning of skating.

next have players skate towards each other practicing a drop pass (leaving ring for other player to pick up)

Combine both. Pass being made at start then a drop pass being made as players cross.

Finally can include a third pass. When drop pass is made player receiving pass turns with ring and passes to player.

NRS DRILL OF THE WEEK

Four Corner Passing

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Overview:

This drill will have the goalie getting plenty of shots. Players need to always be ready to receive a pass - remember to give a target with your stick on where you want to receive the ring.

Title : Four Corner Passing

Category #1 :

Passing

Category #2 :

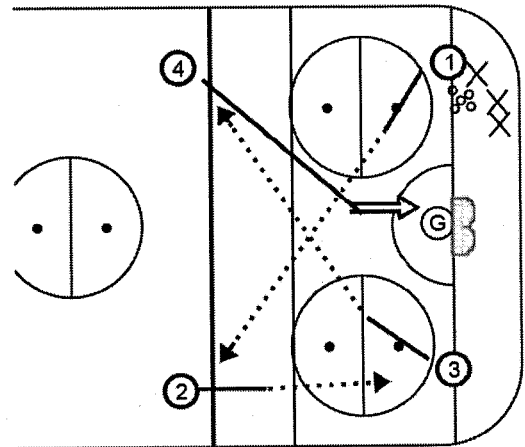
Communication

Description

Players will line up in one corner. 1 player in each of line 2, 3 and 4.
 1 will pass to 2 and follow the pass to be in line 2
 2 will pass to 3 and follow the pass to be in line 3
 3 will pass to 4 and follow the pass to be in line 4
 4 will take a shot and go into line 1

After a few rounds, speed the drill up. As soon as 1 is in line 2, the next player will make their pass to line 2. Players need to keep their heads up and always be ready to give and receive a pass.

Remind players to take a few strides before making their pass.



Key points:

Skate before you pass

Call for a pass

Skate before you receive

Shoot for corners

NRS DRILL OF THE WEEK

www.thenrs.com

Overview:

This is a good drill to use for a warm up. Players need to focus on stabbing the ring and on making good passes to each other. The pass over the blue line should be a lead pass.

Title : Continuous Pass, Skate, Shoot Category #1 : Category #2 :

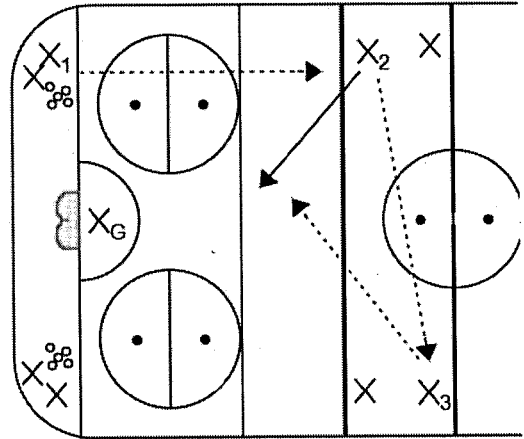
Description

Players will line up in both corners. 1 player will stand in each of the lines in the neutral zone.

- X1 passes the ring to X2 and X1 skates to where X3 is standing
- X2 passes to X3
- X2 will skate over the blue line towards the middle of the ice and get a pass back from X3
- X3 skates to where X2 was and will get a pass from the next player in line

The same thing will happen on the other side. Once X2 has received the pass, the first player in the other corner will make their pass

This drill is continuous



Key points:

- | | |
|-------------------|---------------|
| Focus on stabbing | Quality shots |
| Lead passes | Quick skating |

NRS DRILL OF THE WEEK

Quick Passes

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Overview:

This is a good drill to use at the beginning of an ice time after a skating warm up. It gives the goalie a chance to stretch before a shooting drill and the players a chance to work on quick passing and stabbing.

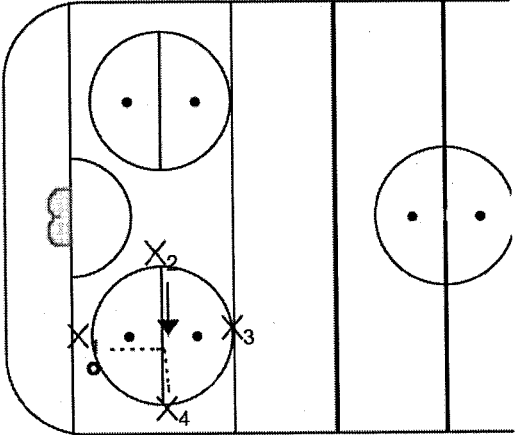
Title : Quick Passes Category #1 : Category #2 :

Description

Players will get into 4 lines around the circle

X1 starts with the ring
 X2 skates through the middle, gets a pass from X1 and passes to X4
 X1 skates through the middle, gets a pass from X4 and passes to X3
 X4 skates through the middle, gets a pass from X3 and passes to X2
 X3 skates through the middle, gets a pass from X2 and passes to X1
 Follow your pass and go to the back of the line where you passed to.
 The next player going will go once the player they are getting a pass from has stabbed the ring

The focus for this drill is quick stabbing and passing. Remind players to skate quickly to get to the line that they have just passed to.



Key points:

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-