

NRS DRILL OF THE WEEK

Chase Drill

www.thenrs.com

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 :

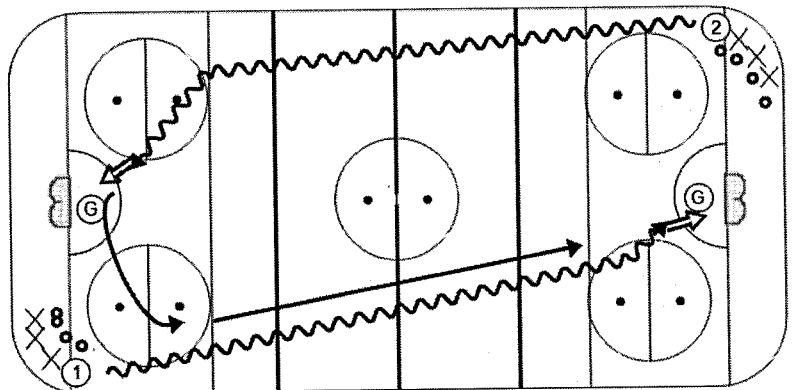
Description

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 :

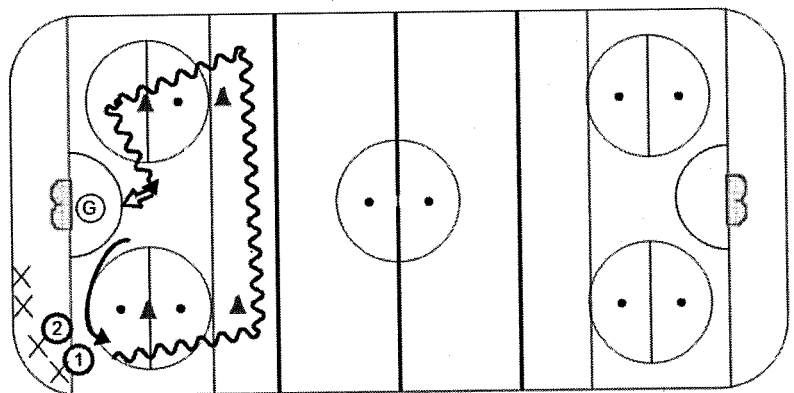
Forward stride

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

Stop & Go

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Overview:

This drill has players working on quick stops and starts. Players need to make full stops on each cone. As the player is stopping, they should be turning their body in the direction that they want to start skating in after.

Title : Stop & Go

Category #1 :

Category #2 :

Description

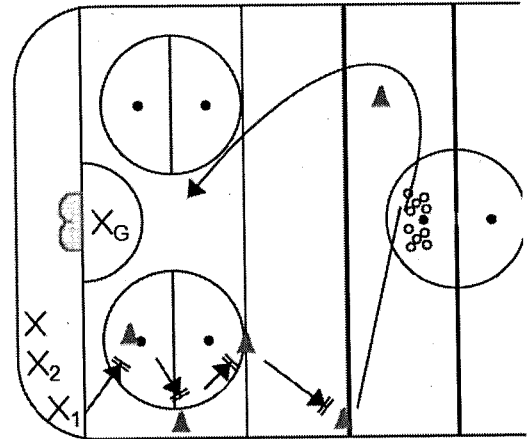
Players will line up in the corner and the rings will be placed in the centre circle.

X1 will start the drill by skating hard to each cone and doing a full stop, skate to the circle, pick up a ring, do a turn around the far cone and take a shot.

X2 will go when X1 has stopped on the 3rd cone. Switch corners halfway through

Modification:

After X1 takes the shot, they will turn around and play defence against X2. Rotation: Shoot, defend, back in line.



Key points:

NRS DRILL OF THE WEEK

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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

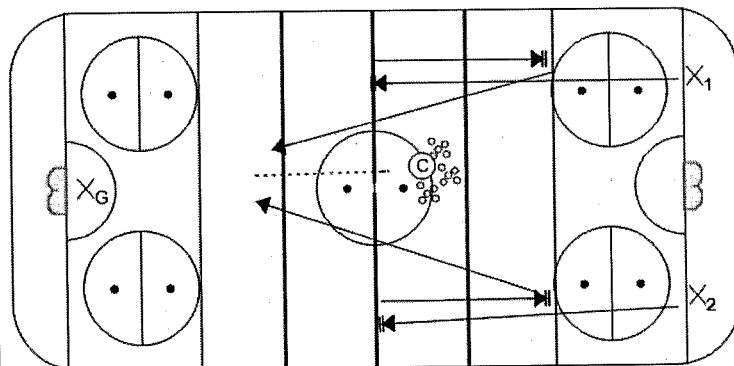
Description

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 :

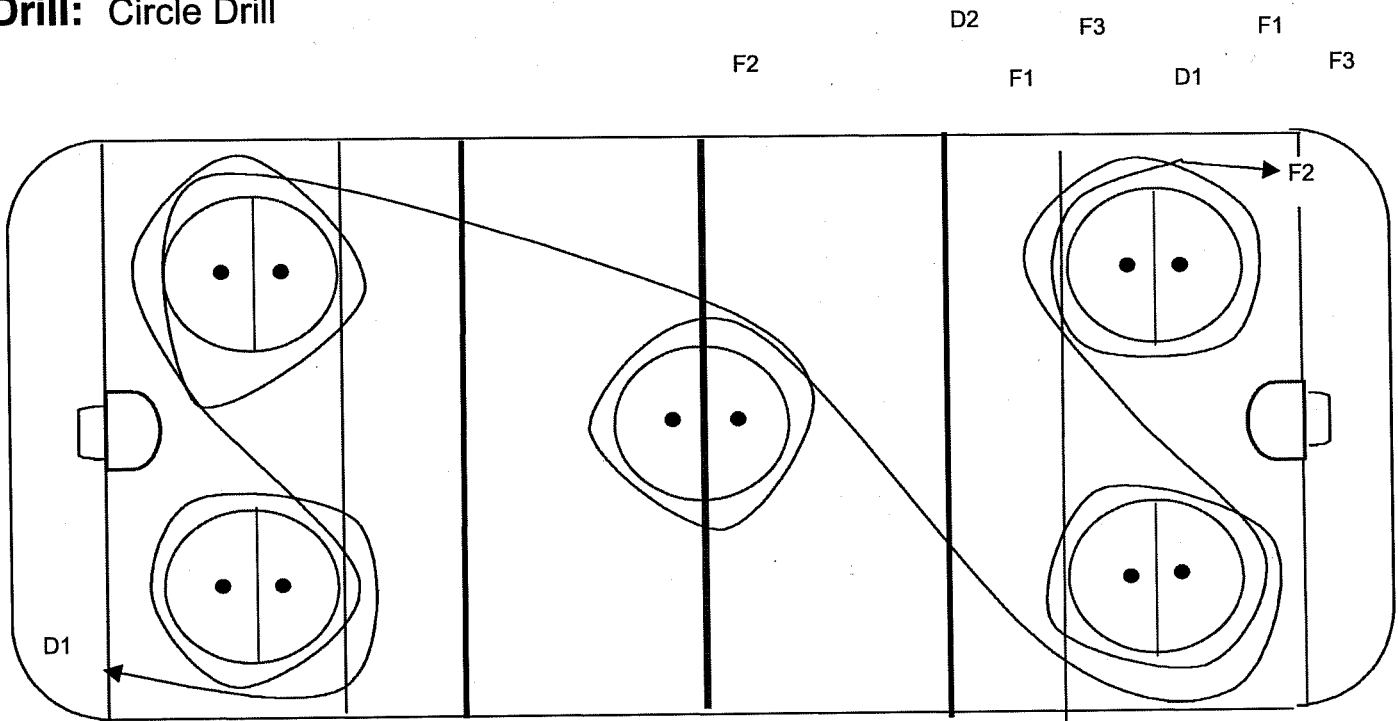
Quick stops & starts

Checking

Keep your head up

Quality shot

Drill: Circle Drill



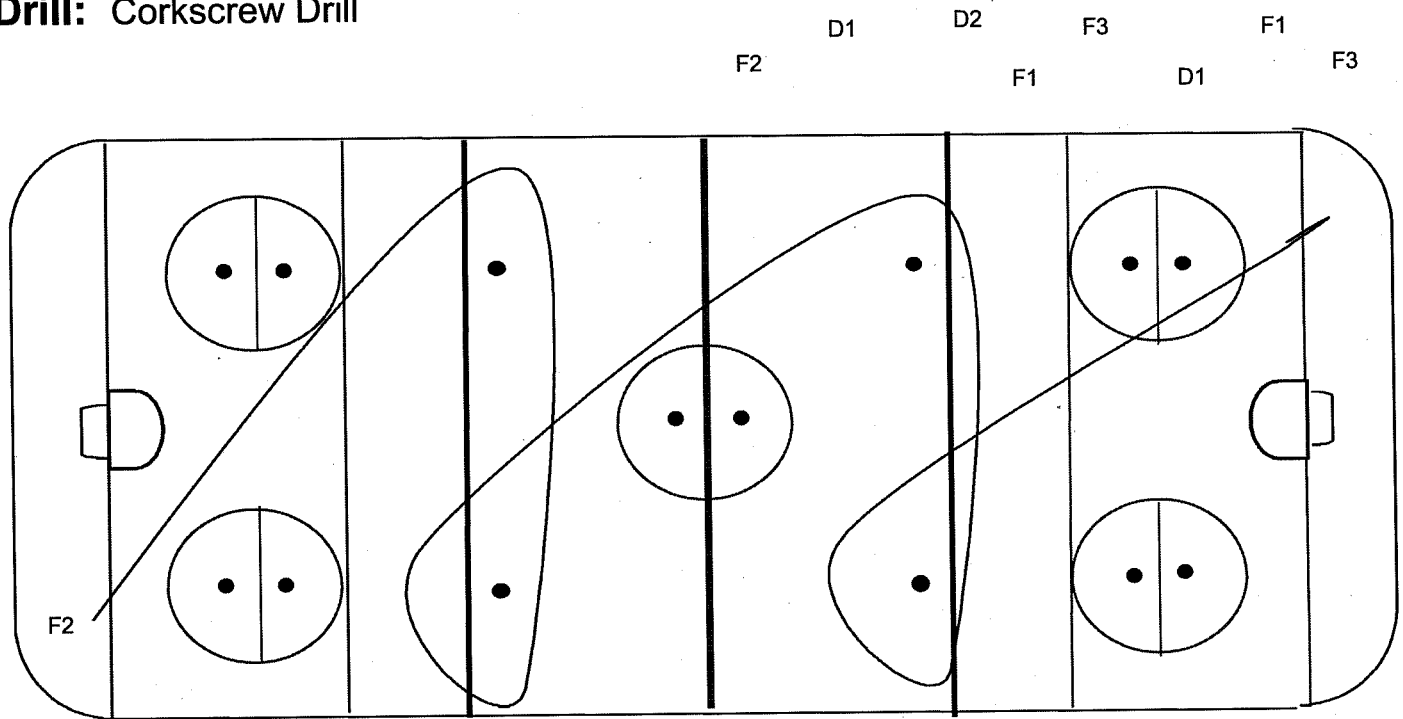
Start in corner can have all girls in one corner or split in two groups so they have to watch for other players coming opposite direction.

Reason. Crossovers.

Variations :always facing down ice.

Variations: only Half circle

Drill: Corkscrew Drill



Players start in corner.

Head to far blue line face off circle (can use pylons so they don't cheat)

Head back to other faceoff circle to do 360 degree turn.

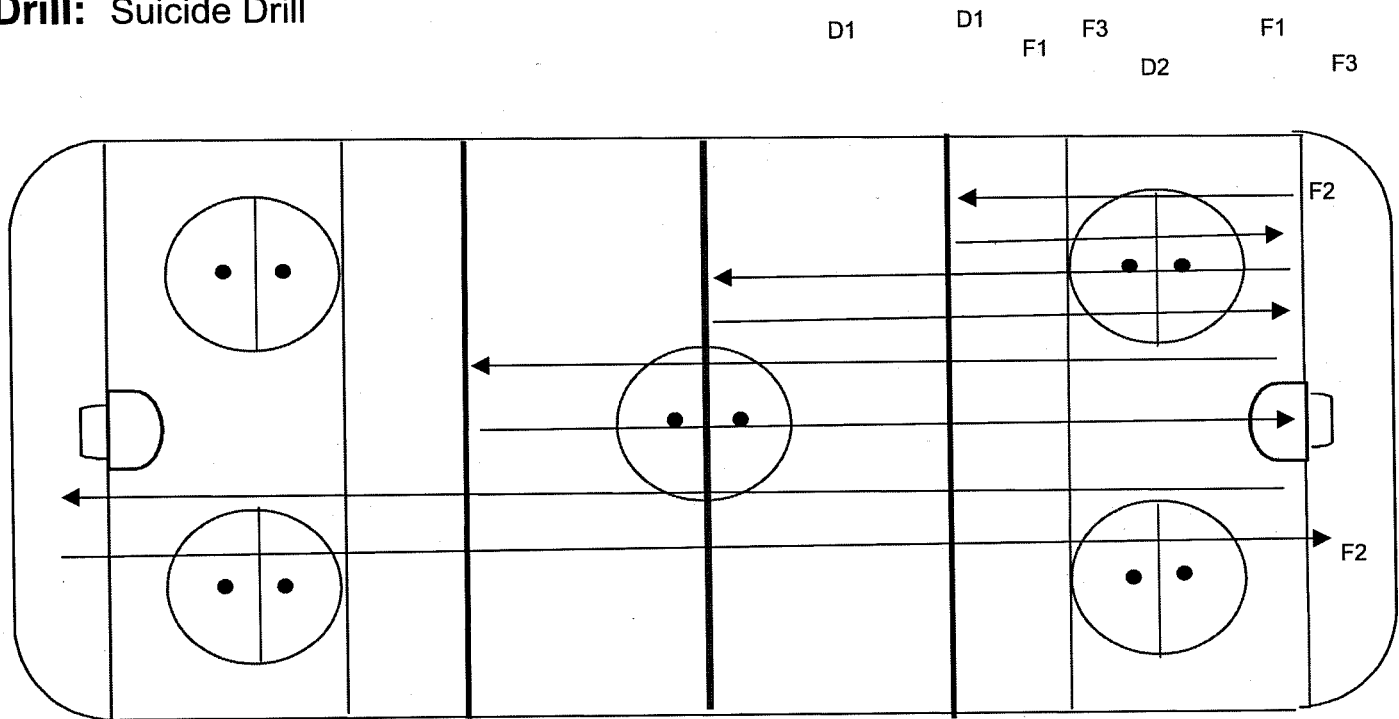
To far Blue line Face off Circle tight and so on.

Reason . Tight turns. Not looking at speed to start but need speed to do properly.

Variation: with Rings

With Pucks(ring Control)

Drill: Suicide Drill



Line skaters on Goal Line .

Skaters skate as above, blue line , back to goal line, to center line, back to goal line, to far blue line, to goal line, to far goal line and back to starting line.

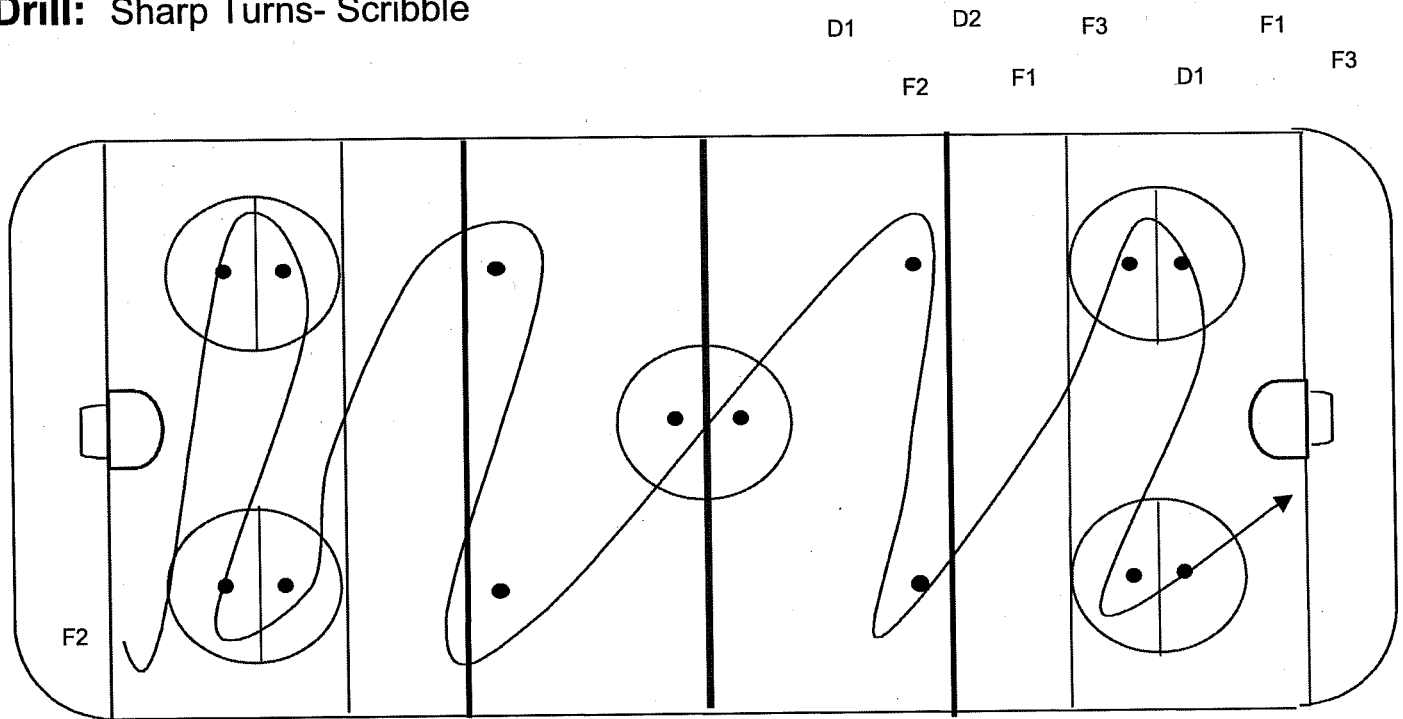
Points: always stop facing the same direction.(facing stands for Evaluation)

Complete stop and cross over start.

Variation. Always facing down ice forwards backwards.

Forwards Backwards without stopping

Drill: Sharp Turns- Scribble



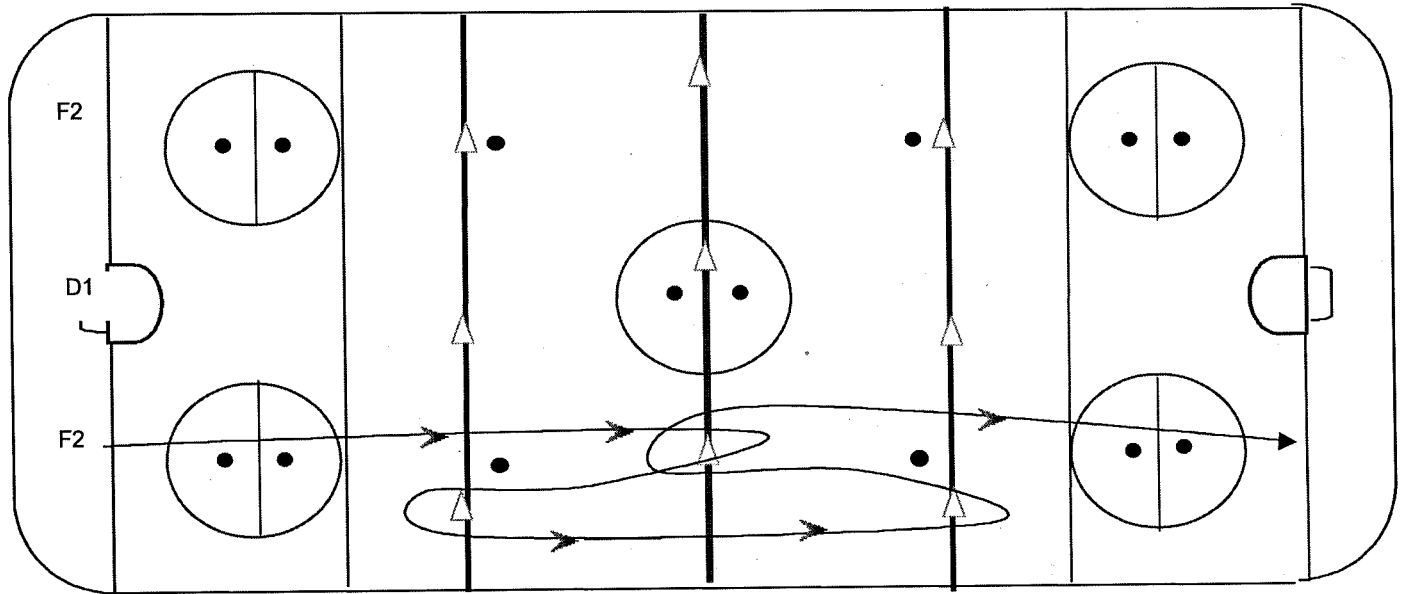
Players line up in corner and do sharp turns around the face off dots ending at far end.

variation: with rings.

Two at a time with one chasing the other(with rings)

Drill: Sharp turn drill

D2 F3 F1
F1 D1 F3



Players line up on the Goal line.

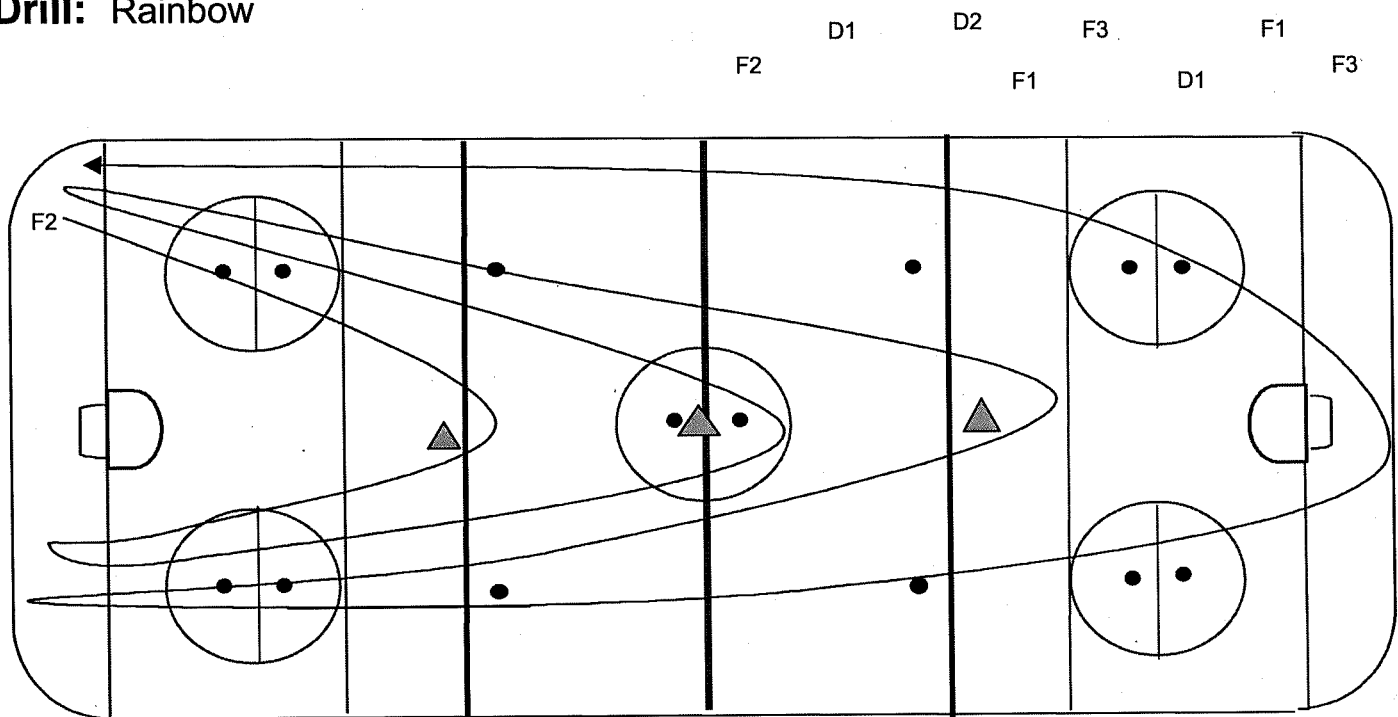
Skate out to centerline on left side and sharp turn around pylon.

Back to close blue line-sharp turn .

To farthest Blue line- sharp turn.

to center line -sharp turn. To end.

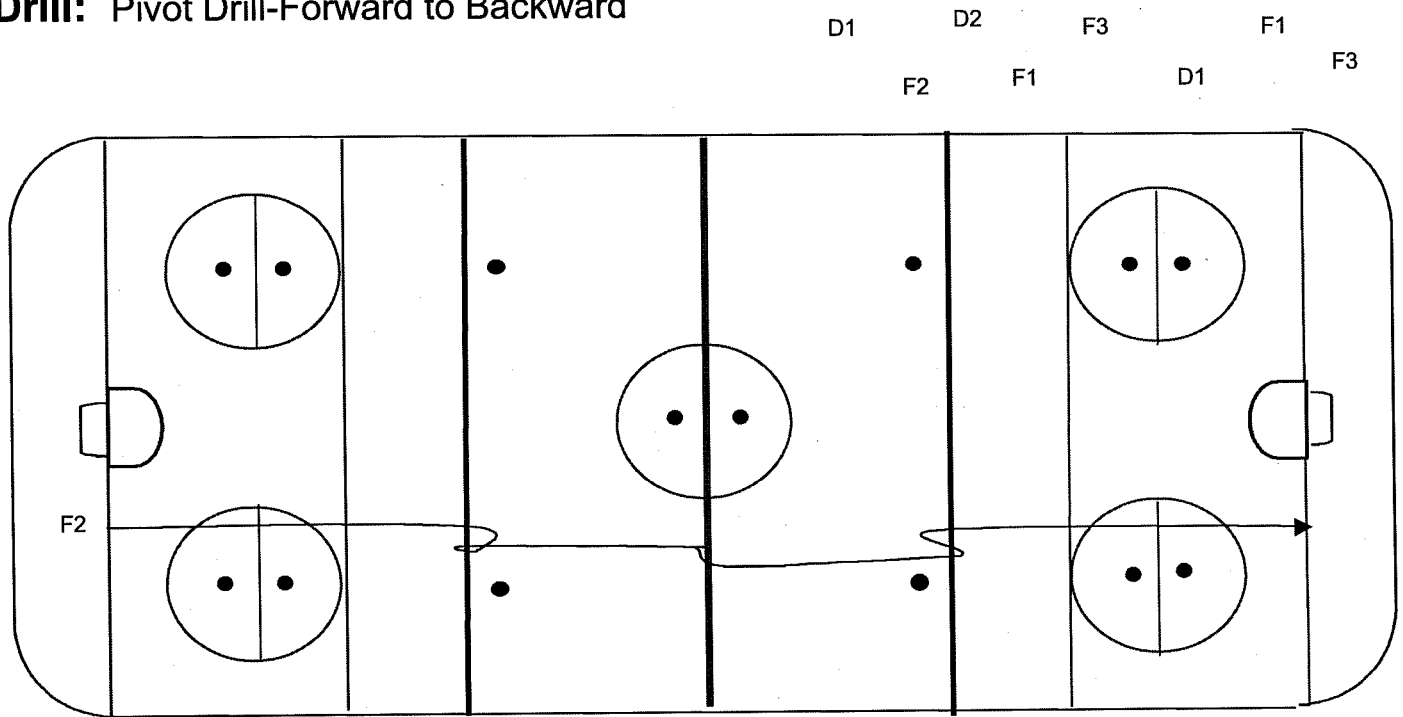
Drill: Rainbow



Start in Corner. Player skates around first pylon, then back to far corner, around second pylon and back to starting corner, around third pylon and back to far corner around far net and back to starting corner.

Variations: Always facing down ice. Transitional forwards to backwards
Carrying rings

Drill: Pivot Drill-Forward to Backward

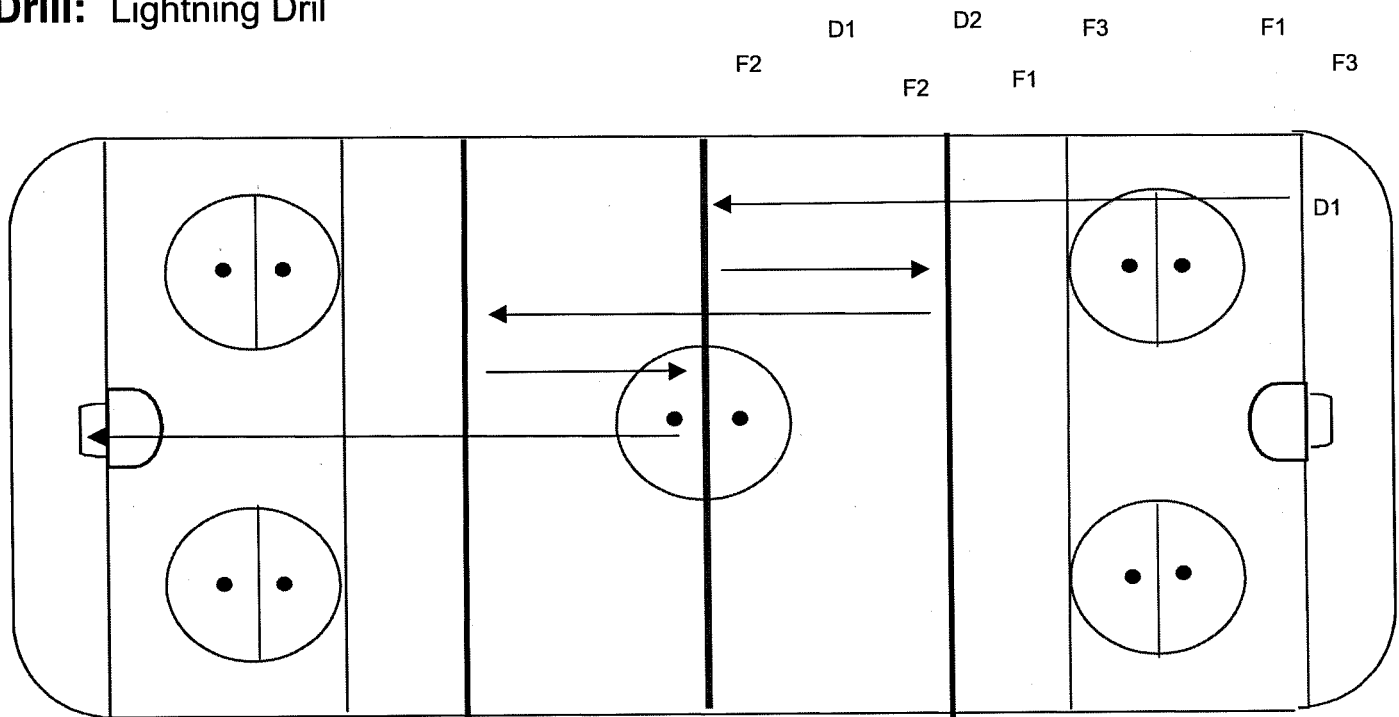


Player starts at Goal line skates to Blue line and turns to skate backwards to Center Line.

Turns to skate Forwards at Center Line and turns at blue line to skate backwards.

Variation: turn only at Blue lines and do backwards crossovers between blue lines.

Drill: Lightning Drill



Players line up on Goal Line

Players skate to center ice. Stop. Go back to blue line. Stop

Go to Far blue Line. Stop. Go back to Center. Stop.

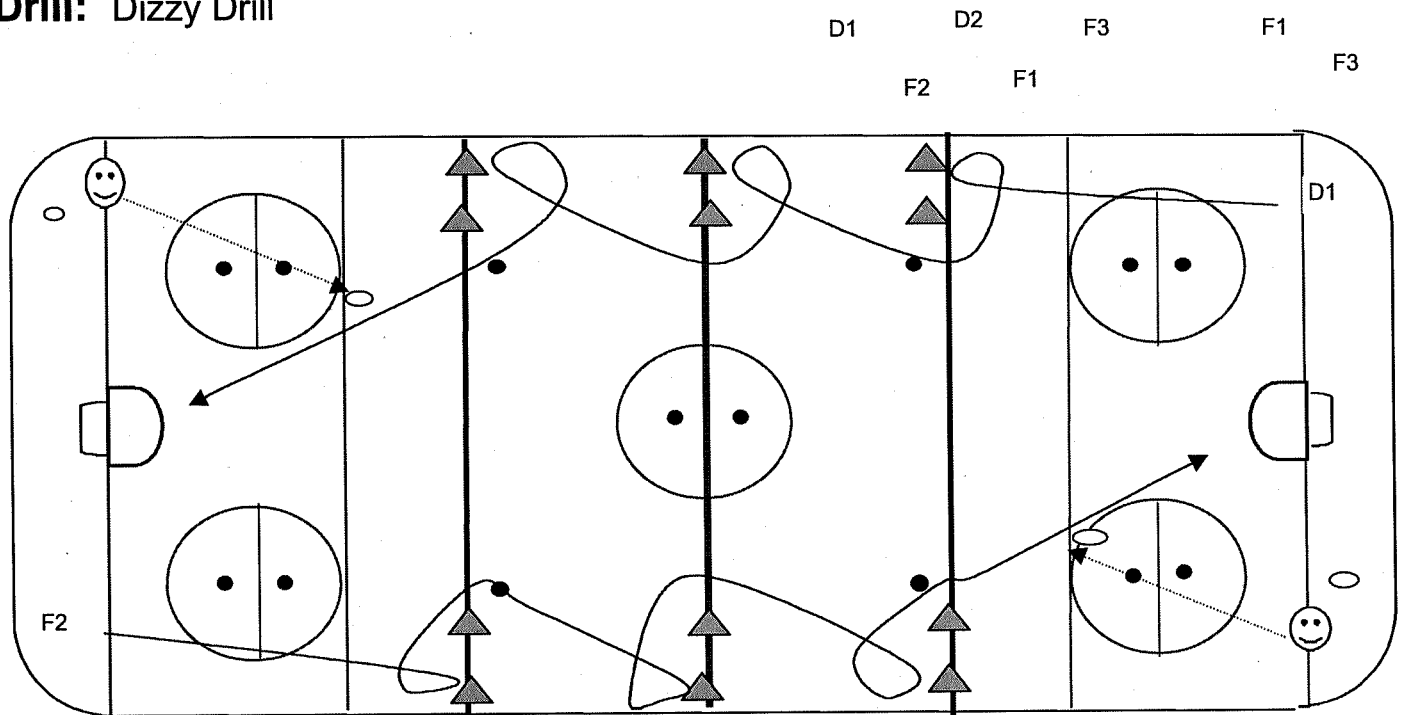
Go far Goal Line. Stop.

Variations: Always facing down ice.

Transition from forwards to backwards.

Crossovers when going forwards and backwards.

Drill: Dizzy Drill



Player starts in corner and skates towards inside pylon does 360 degree Turn.

Goes around outside pylon and heads for next inside pylon.Repeat.

After last 360 degree turn heads for net receiving a pass from coach in corner. shoots at goalie, target etc.

Repeat on far boards.

Switch corners so that turns are done both clockwise and counter clockwise.