

# NRS DRILL OF THE WEEK

## Offensive Strategy

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### Overview:

- Beginner L Support Drill
- Drop Pass and Drive the Triangle
- Picks

Title: Beginner L Support

Content elements:

Components :

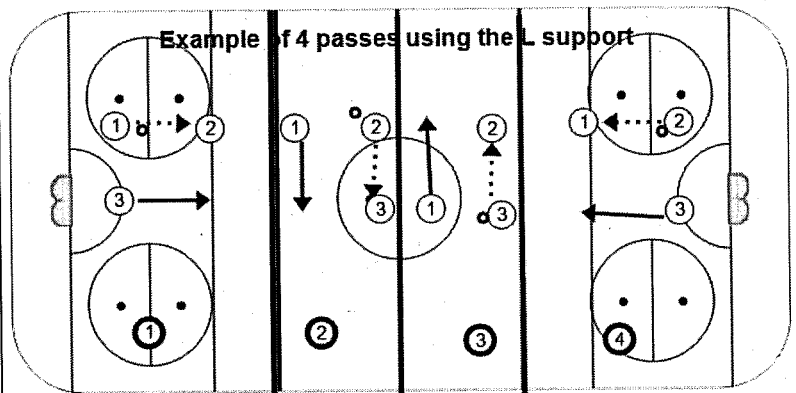
### Description

The 'L' is the simplest way of generating speed in the offensive end by moving the ring.

For it to work, the ring carrier always needs 2 teammates as passing options.

To practice this, do an 'L support' passing drill... whoever is on the diagonal from the ring carrier has to move so she is in a better support position.

Players work in groups of 3. Pass for 30 seconds, rest for 15 seconds. Repeat 4 times.



Key Points :





Title : Drop and Drive

Category #1 : Drive the Triangle

Category #2 : Drop Pass

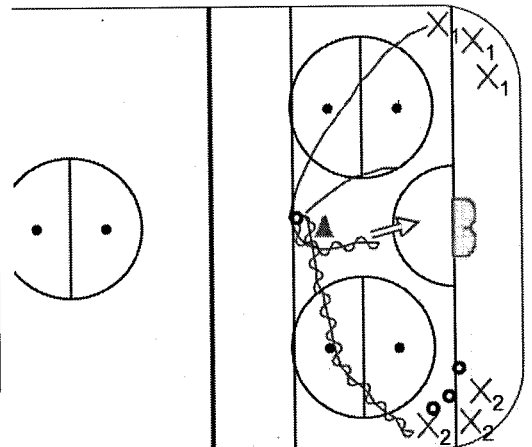
### Description

An instructor will stand at the top of the triangle. X1 and X2 leave at the same time. X2 skates close to the instructor trying to pull the instructor with them. Then X2 drops it back to X1 and X1 drives around the instructor to the net for a shot.

If they are doing the drill well have X2 set up on the low post for a cross crease pass.

### Key Points

- drop the ring beside body away from center
- get the instructor to skate with you before dropping the ring
- drive right around the triangle
- drop the ring right when X1 and X2 meet.



Key points:

Title : Pick Drill

Category #1 : Offensive Play

Category #2 : 3 on 3

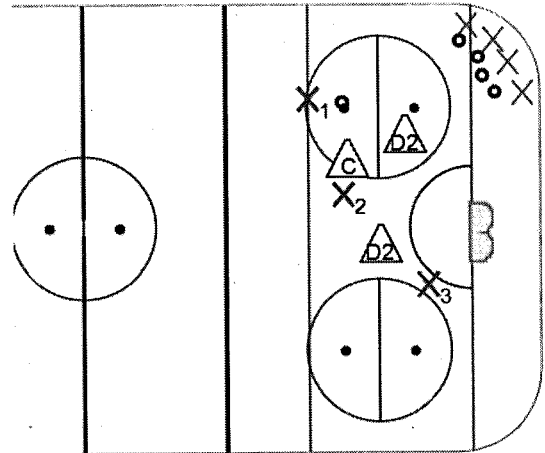
**Description**

X1 from the line skates with the ring and uses the pick set by X2 to get around the center and into the middle of the triangle. Then X1 drives to the net and shoots or makes a pass to X3 on the corner for a one timer.

X2 sets a pick with the right timing avoiding a penalty but also surprising the center.

X1 becomes X2 and X2 becomes X3. X3 joins the line. The triangle can be made up of coaches or players.

A successful pick is all about timing. X1 also needs to drive at the center as close as possible to trap her against the player setting the pick.



Key points:


# NRS DRILL OF THE WEEK

## Offensive Passes & Shots

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### Overview:

This drill works on different offensive passing strategies - the drop pass and one timer. Drop passes are an effective way to beat the triangle and can be done anywhere on the ice.

Title : Offensive Passes & Shots

Category #1 :

Shooting

Category #2 :

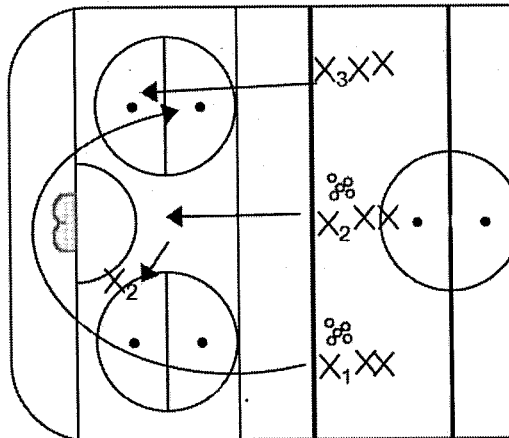
Passing

### Description

X1 and X2 leave at the same time  
 X2 skates towards the net and takes a shot and then stands on the side of the net and is ready for a one timer  
 X1 skates behind the net with the ring  
 X3 times it to receive a drop pass from X1 near the middle of the circle  
 Once X3 gets the ring, she can either pass to X1, or take a shot  
 When both shots have been taken, all 3 players skate hard out over the blue line

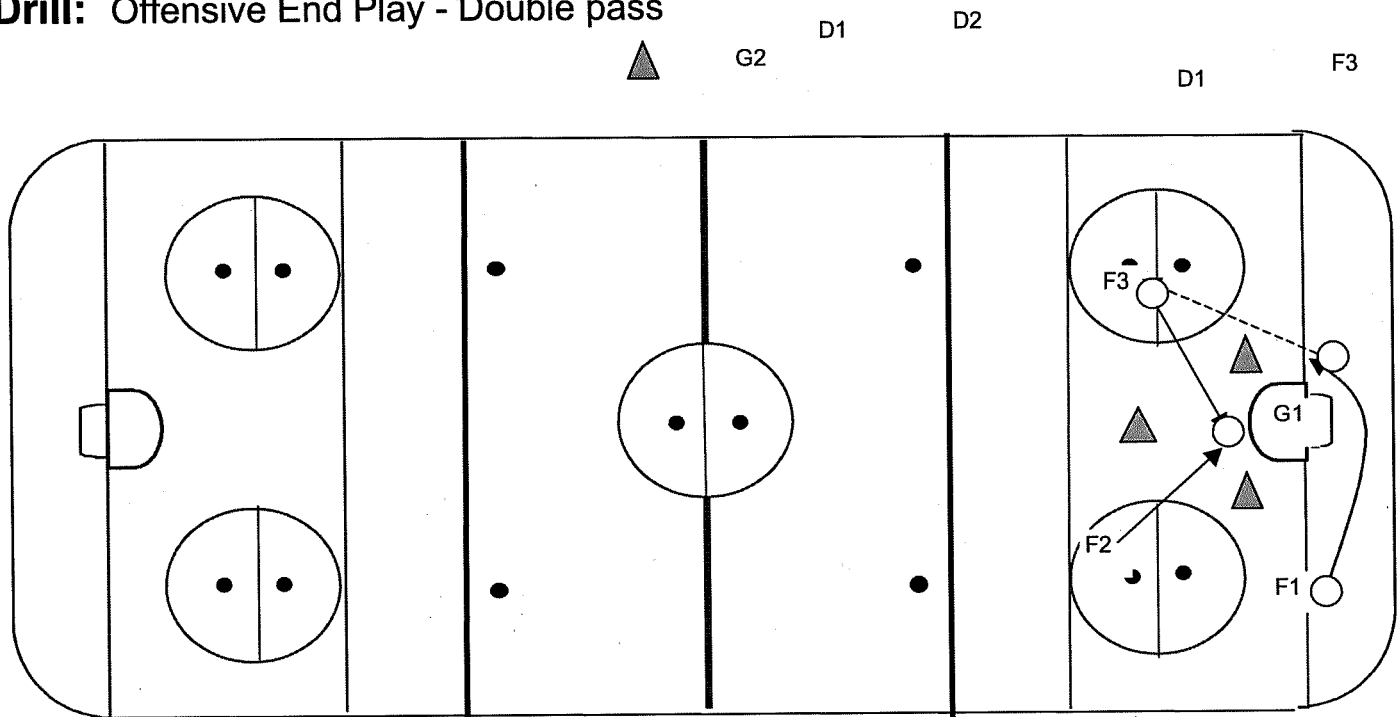
\*Remind players that for a drop pass, the ring carrier always needs to be closest to the opponents net

Switch the order of lines (X1 becomes X3 and X3 becomes X1)



Key points:


**Drill: Offensive End Play - Double pass**



F1 starts going behind the net with the ring

F3 receives a pass from F1.

F2 is skating towards the net for the pass from F3.

F1 stays at the corner of the net Hopefully holding the Defence there.

F2 receives pass from F3 and shoots.

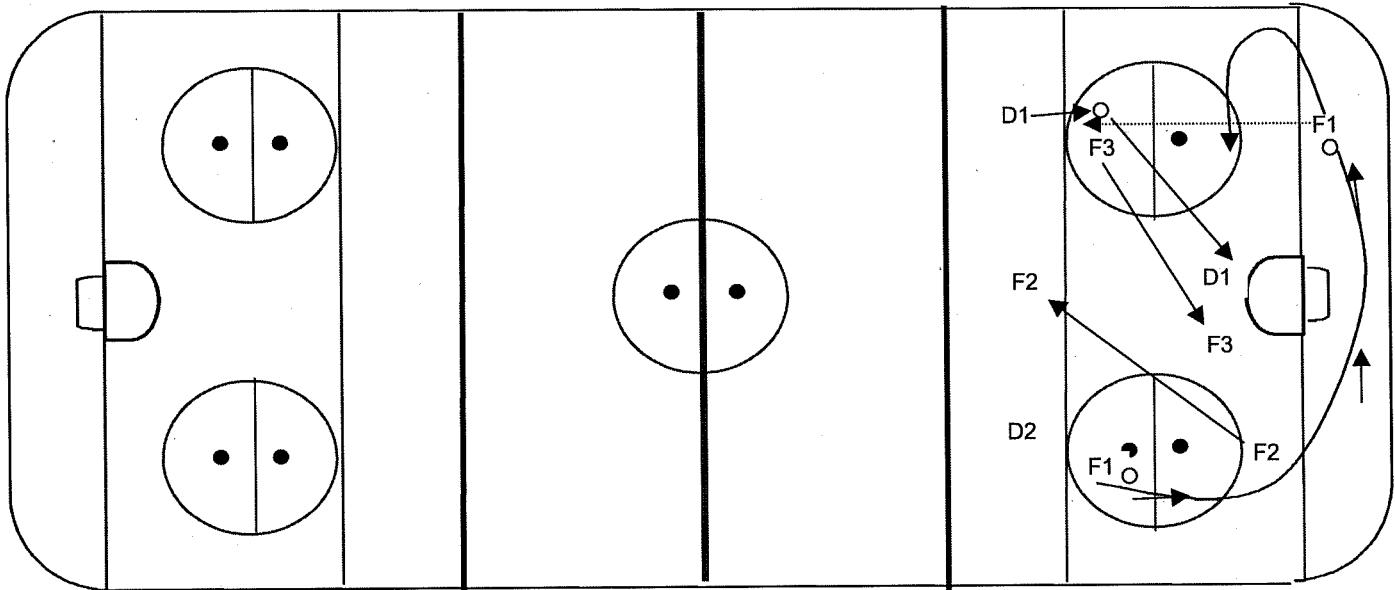
Things to look at. Which way does a player shoot: Right or Left.

Trying for one time shot.

Passes have to be crisp. On the ice.

Option of passing back to F1 if F2 covered.

**Drill:** Offensive End Play - Switch



F1 has the ring, circles behind net and tells F2 "Leave" or "Switch".

F1 circles net as F2 leaves over free play line.

F3 seeing F2 leaving, crosses to other side of imaginary centre line (length of ice)

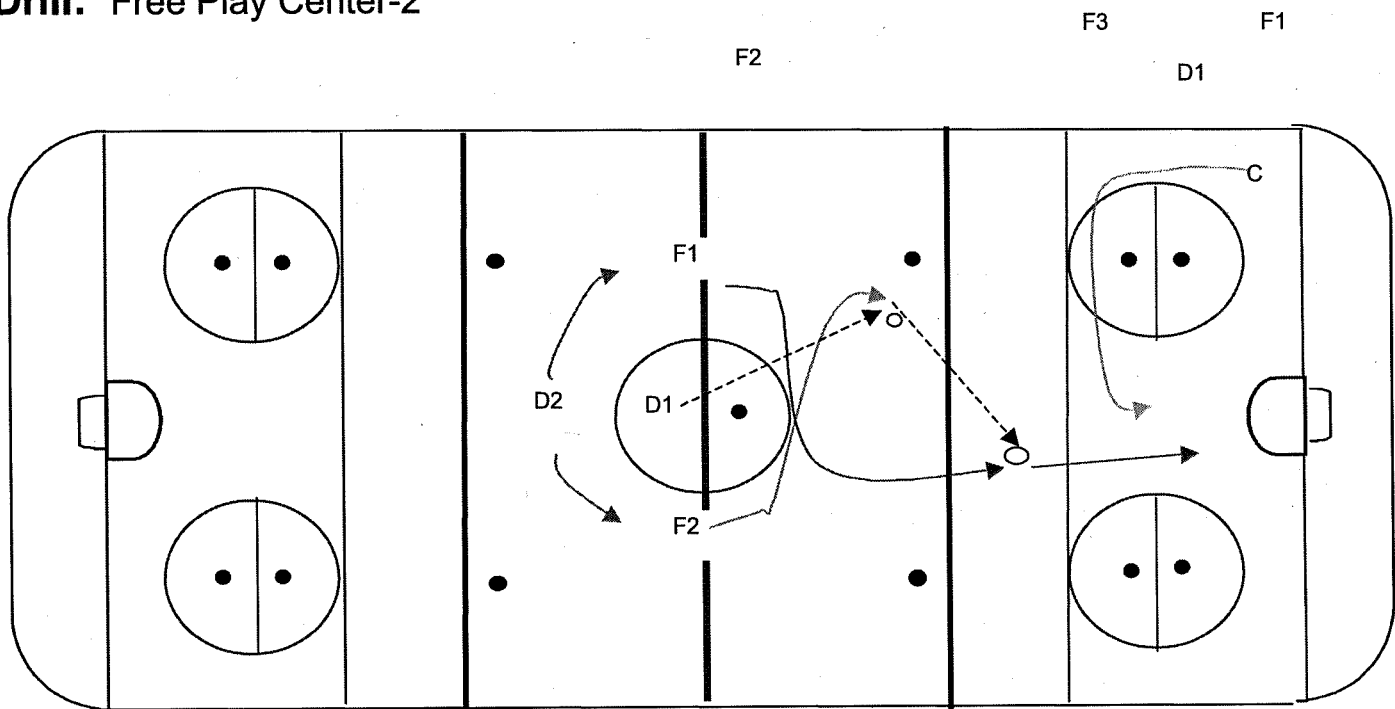
F1 passes towards D1 who comes in fast and goes directly at the net.

F3 can receive a pass.

F1 also heads for the net.

Variation: F1 goes behind D1 who can now drop the ring to F1 for screen shot.

**Drill: Free Play Center-2**



Players line up as shown.

D2 is secondary pass if forward pass is not possible

D1 passes to F2.

F2 passes to F1 who has crossed Blue Line. F1 breaks for the net.

Pass to C if open who has skated out towards blue line and then curled in towards net with F1.

F2 of Course is following up.

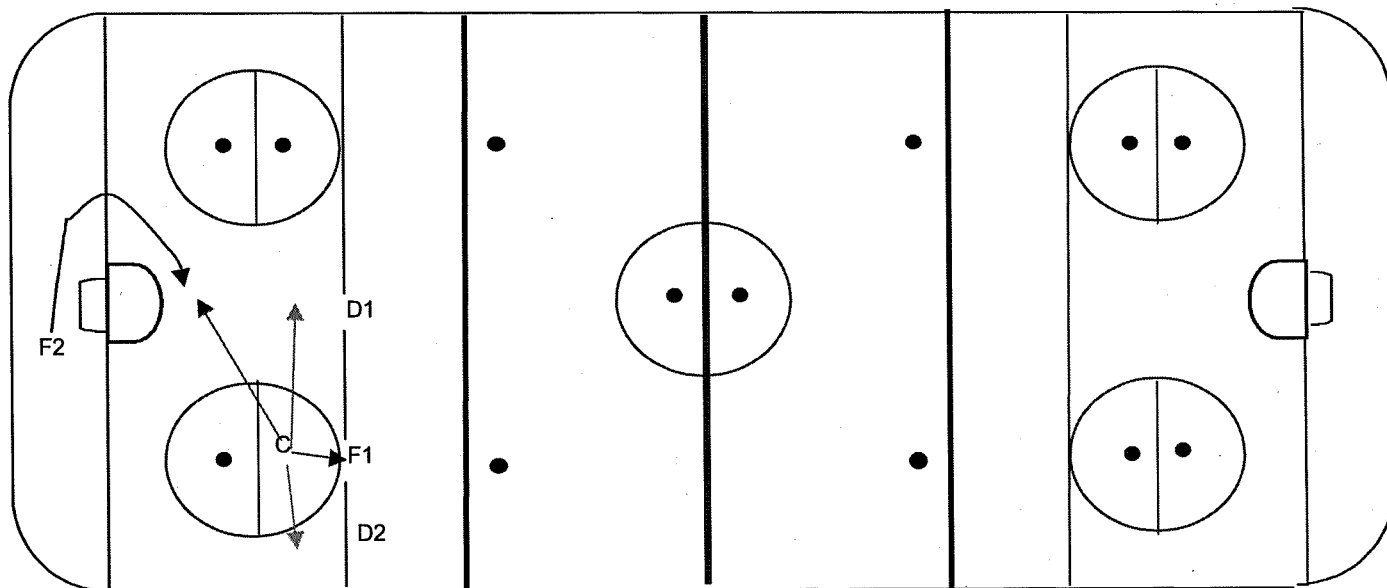
## Drill: Free Play Offensive end1

D1

F3

F1

F3



Center has the ring and has 4 options to pass from this position.

Center and other players must communicate as to where the ring will go.

Except for pass back to F1 which is a skate pass that goes outside the free play line, all others are inside Free play Line.

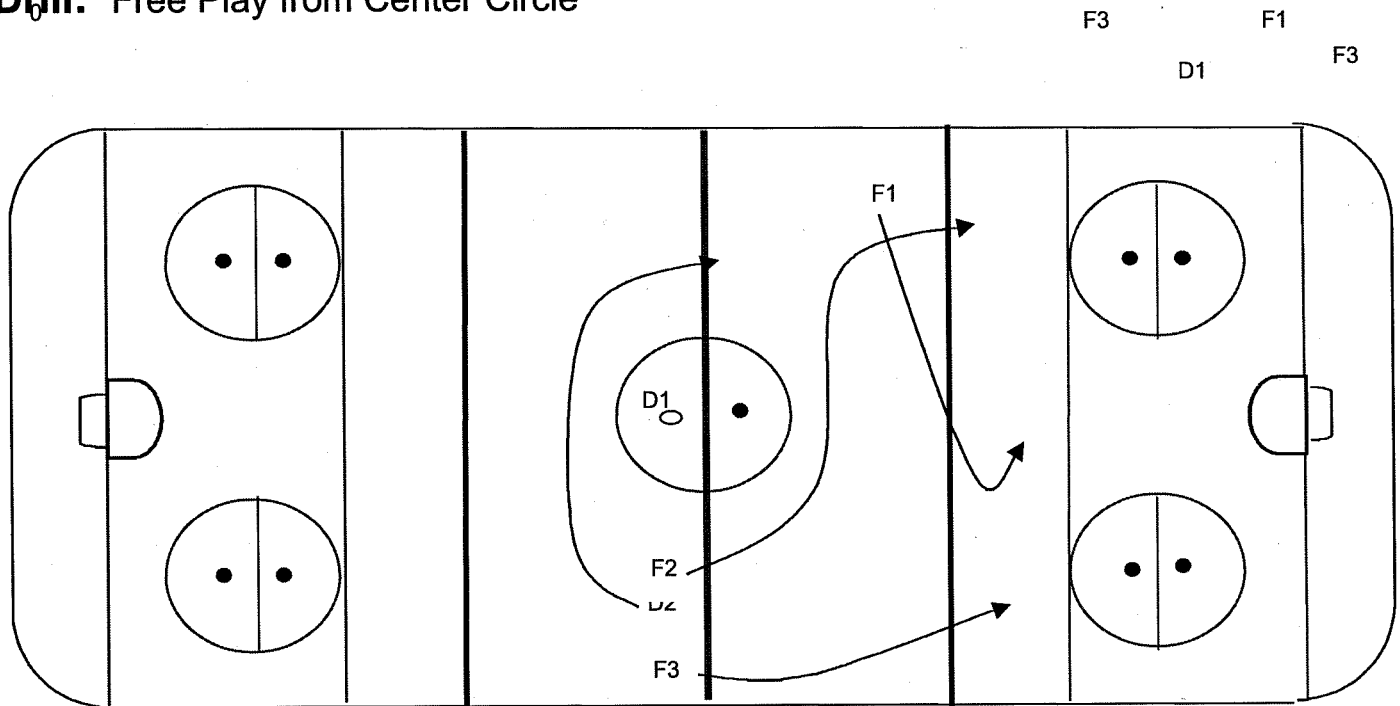
Pass to F2 would be looking for a one time shot.

Pass going to F2, then D1 goes for net and F1 stays outside until they can switch.

Pass to D2, F1 stays out.

Pass to D1 F1 stays out.

## Drill: Free Play from Center Circle



D1 has the ring at the Center ice circle

F1(Center) lines up opposite of the three players outside opponents blueline

F2(left wing in above) lines up on Center line

D2 lines up behind F2

F3(Right wing in above) lines up behind D2 close to boards.

D2 skates behind D1

F2 skates in front of D1

F3 skates towards opponents end

F1 skates across vertical center line and curves back towards left boards

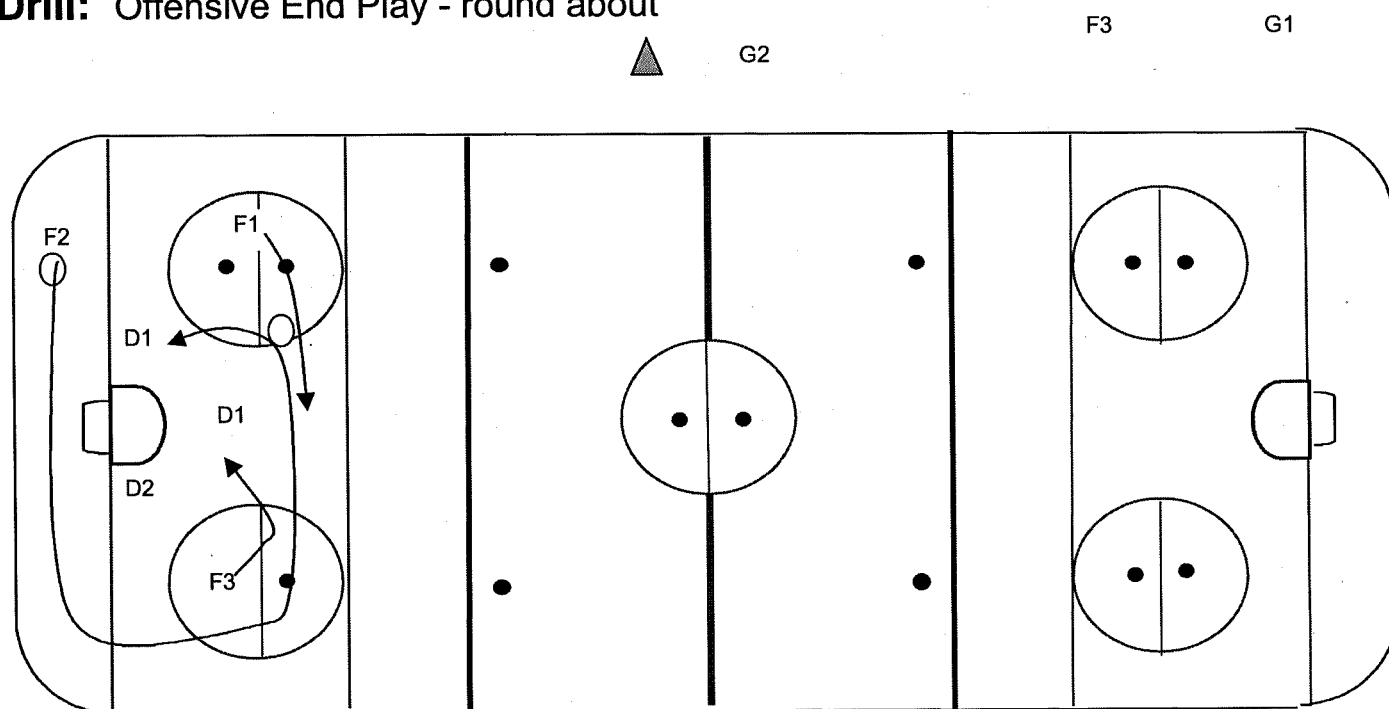
options are dependant on defensive positions

safe play to D2 if not covered.

Dump in Play to F3 if defence not covering



**Drill:** Offensive End Play - round about



F2 starts with the ring and skates fast behind the net

F2 circles outside of F3 who is static(stationary)Once F2 has circled F3 then

F1 starts coming across outside of F2.

Remember that defence will be trying to keep ring carrier high. Stay inside the free play line.

F1 gets ring from F2 who continues and turns towards the net in front defence at corner.

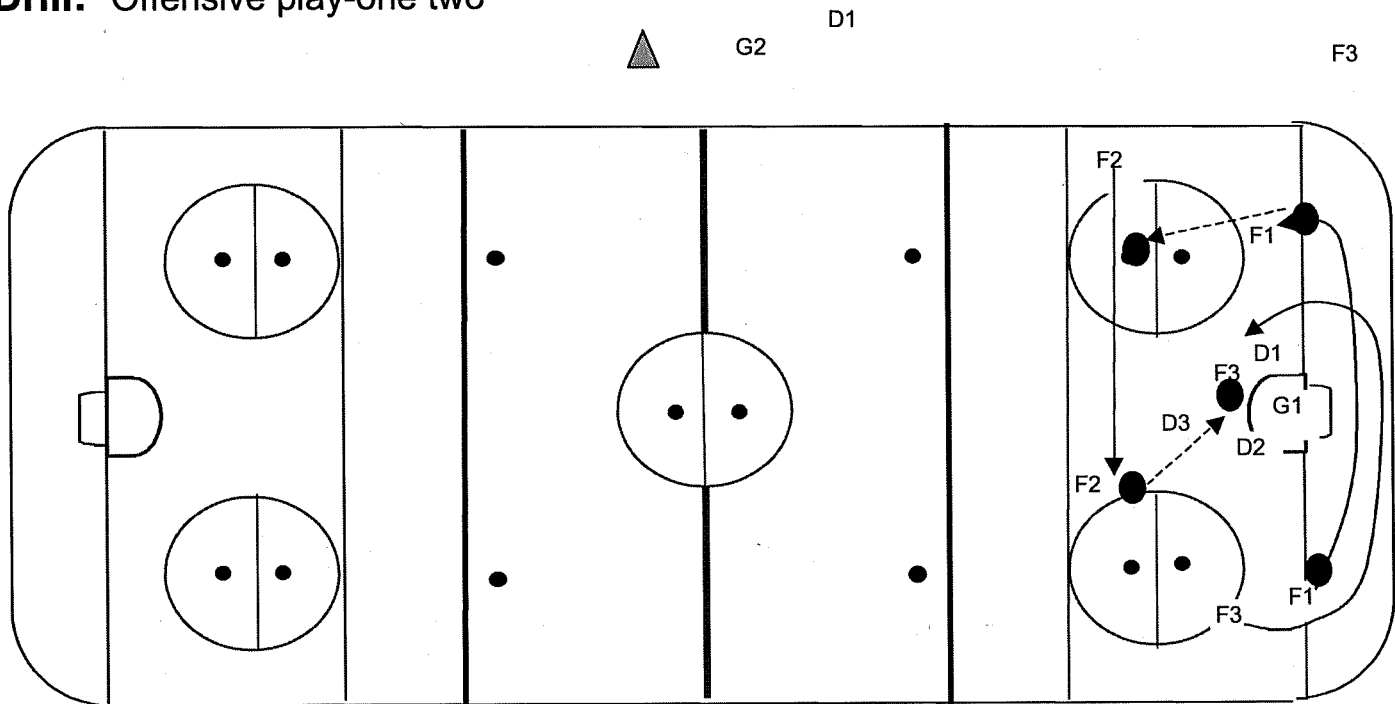
F1 if able goes straight for the net.

F3 glides as above and can receive a pass from F1.

F2 can receive pass from F3.

at any time when the opportunity arises a shot can be taken.

**Drill:** Offensive play-one two



F1 has the ring and circles behind the net.

F2 is closer to boards seeing F1 going around the net moves forward and receives pass.

F2 skates fast across the front of the net as shown looking for F3

F3 starts in area where F1 started. Timing is important as F3 wants to be arriving in front of G1 as the pass is made.

F3 circles net as F2 crosses in front of the net.

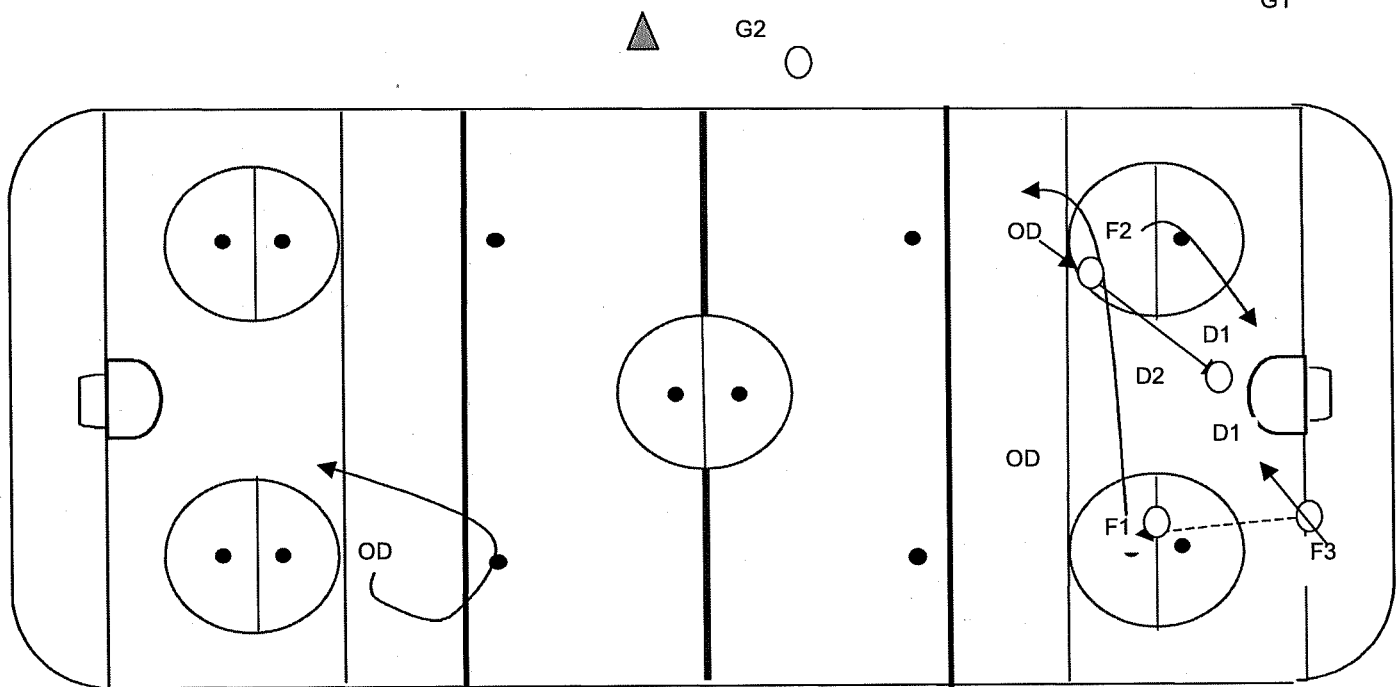
F3 comes from behind taking position in front of D1 and behind D3.

Surprise is required as pass from F2 will come quick.

F3 shoots as soon as she receives pass.

F3 should still be moving.

**Drill:** Offensive play-drop it



Forwards set up in a box-open ended.

F3 passes to F1 who is high in the circle.

F3 then slowly moves to corner of the net.

F1 skates fast across front trying to draw Center with her.

Offensive Defenceman on far side gets ready to come in.

F2 skates to other side of net.

F1 skates out over the free play line leaving the ring inside the free play line.

OD then charges in picking up the ring heading for the net

Option: OD skates outside the blue line as if dropping back then turns and comes

in to pick up the ring as F1 leaves Free Play Zone. TIMING WOULD BE KEY.