

NRS DRILL OF THE WEEK

Shooting Drills

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Overview:

The following shooting drills are designed to give the shooter a chance to work on breakaway shots, cutting the sil, and moving the goalie to create open space to shoot.

- Inverted Shoe
- RMc's Shooting Drill
- Shoot-Breakout-Shoot

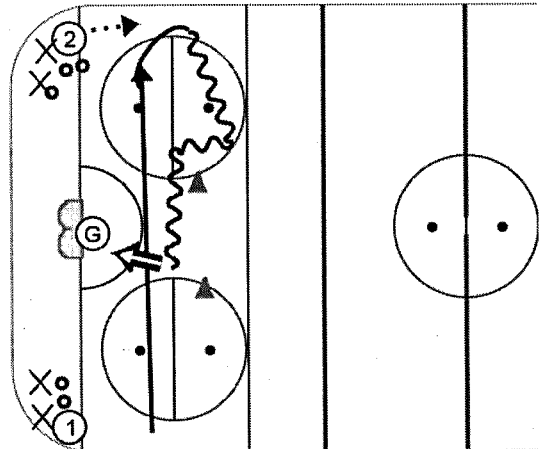
Title : Category #1 : Category #2 :

Description

X1 skates across the top of the crease and receives a pass from X2 on the far side of the ice. X1 skates down straight towards the net and across the top of the crease. At any point as she moves across the top of the crease, she can shoot. The idea is to make the goalie move and look for holes to shoot at.

After X2 passes, she skates the same pattern as X1.

The pylons force the athletes to skate across the crease - they cannot skate between the pylons.



Key points:

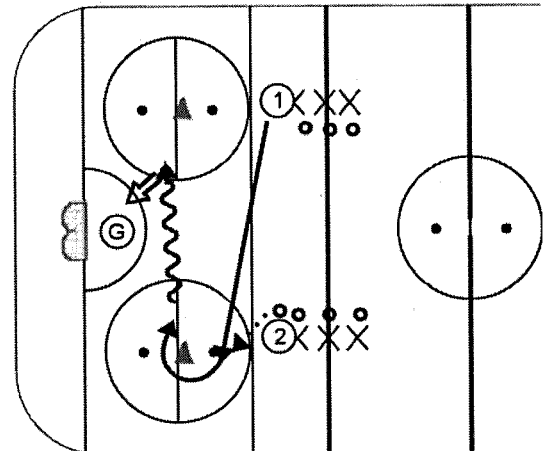
Title : Category #1 : Category #2 :

Description

X1 starts the drill by skating across the ringette line and receiving a lead pass from X2. X1 drives around the pylon and across the top of the crease. Her job is to make the goalie move and then "bury her chance" from the hot spot.

Options are: race the goalie to the far post, shoot five hole, or stop and shoot back where you came from. Coaches may have to demo these moves one at a time to give athletes ideas.

X2 leaves as soon as X1 is around the pylon. Run in both ends.

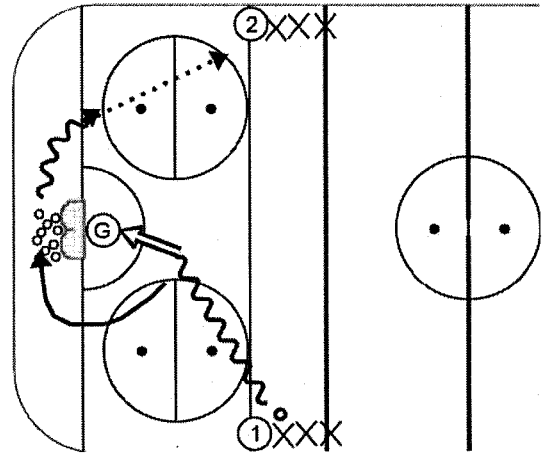


Key points:

Title : Shoot-Breakout-Shoot Category #1 : Coaches Category #2 : Shooting

Description

X1 starts the drill by taking a shot on net. After she shoots, she grabs a ring from behind the net or gets a pass from the goalie and passes it to X2. X2 then skates in with ring and shoots. She grabs a ring from behind the net or gets a pass from the goalie and passes to the X1 line. The drill continues in that pattern.



Key points:

NRS DRILL OF THE WEEK

Rebounds

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Overview:

This is a great drill to help goalies to work on controlling rebounds. Players get a chance to practice their shots from different angles and working on taking quick shots from a rebound.

This drill can be done as a station, with 5 players involved in the rebound drill, the other players can work on their passing (see week 9: Circle Passing).

Title : Rebounds

Category #1 :

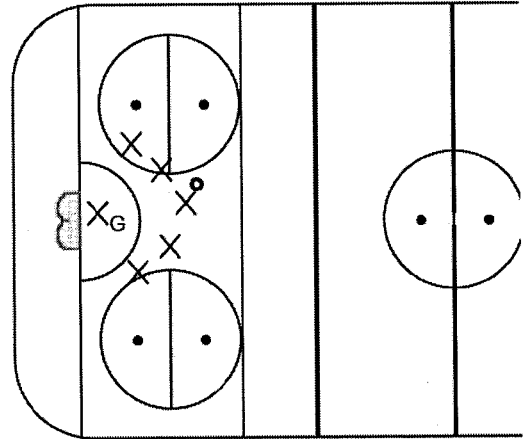
Shooting

Category #2 :

Goalie

Description

Place 5 players around the crease.
The player at the top will start with the ring and take a shot.
If there is a rebound, any of the players surrounding the crease can take a shot.
The game is played to 5 - if the goalie stops the ring, if it stays in the crease, or the ring goes behind the goal line then the goalie gets 1 point. If a goal is scored, the players get 1 point. If a goal is scored, the players around the crease will rotate to the left.



Key points:

Rebound Control

Focus

Quick Shots

Goalie Angles

NRS DRILL OF THE WEEK

Double Barrell

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Overview:

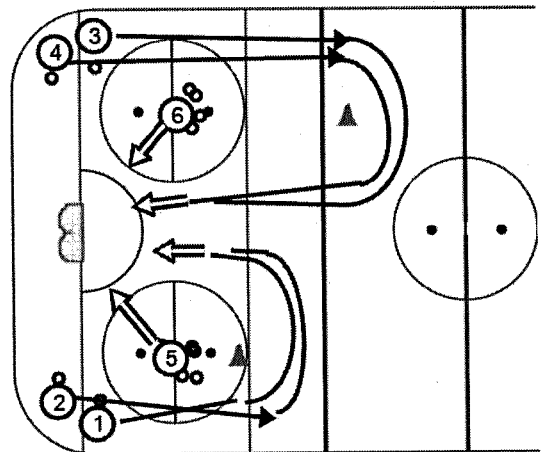
There are two versions of this drill provided; one is more challenging with 6 shots per round, the other has 4 shots per round. This drill helps goalies with quick movements and shots from different areas. They will need to move quickly from one side of the crease to the other.

Title : Double Barrell Category #1 : Coaches Category #2 : Shooting

Description

Players 1, 2, 3, and 4 leave at the same time. 1 and 2 skate around the pylon at the top of the circle and shoot one after another. 3 and 4 skate around the pylon at the blue line and shoot one after another. As soon as player 4 has shot, 5 shoots and then 6 shoots.

Players 5 and 6 stay in for 3 shots and then switch out with other players in line.



Key points:

- | | |
|-------------------------|---------|
| Quick Shots | Skating |
| Goalie needs to be read | Focus |

Title : Double Barrell - Modified Category #1 : Coaches Category #2 : Shooting

Description

Players 1 and 2 leave from the corner at the same time, go around the cone and each take a shot.

After players 1 and 2 have shot, 3 shoots.

After 3 has shot, 4 shoots.

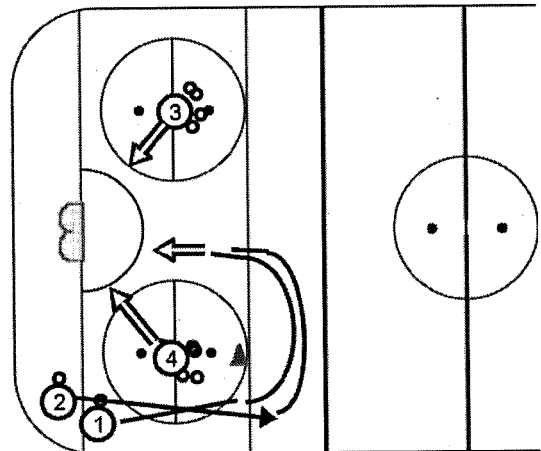
Switch out players 3 and 4 every few rounds.

Switch corners half way through.

*Remind players 3 and 4 to not take their shots until the goalie has come over and is in position for a shot. The goalie needs to move quickly to be ready for the sheets.

Modification:

- Have only 1 player from the corner at a time go, this gives the goalie 3 quick shots and then a small break.



Key points:

- | | |
|--------------|---------|
| Quick Shots | Skating |
| Goalie Ready | Focus |

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 :

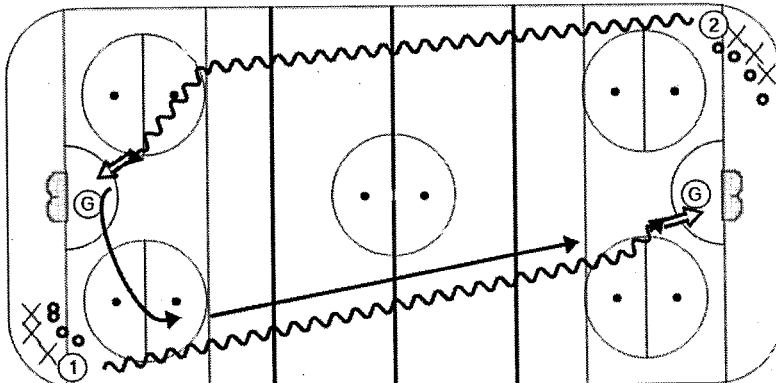
Description

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 :

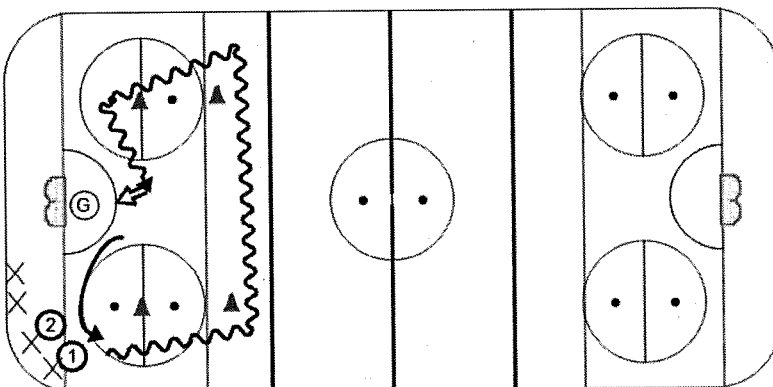
Forward stride

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

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 :

Passing

Category #2 :

Warm Up

Description

X1 skates and passes to X2, continues to skate around X2, receives a pass back and goes in to shoot.

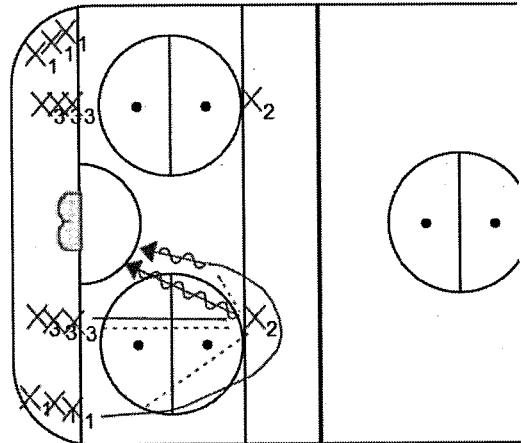
X3 then passes to X2 and X2 goes in to shoot.

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:

Goalie Warm Up

Passing

Communication

Shooting

NRS DRILL OF THE WEEK

Too Many Shots

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Overview:

This drill allows the goalie to get many shots, they need to be ready for 8 different shots each round.

The skaters in this drill need to skate game speed and take quality shots.

Title : Too Many Shots!

Category #1 :

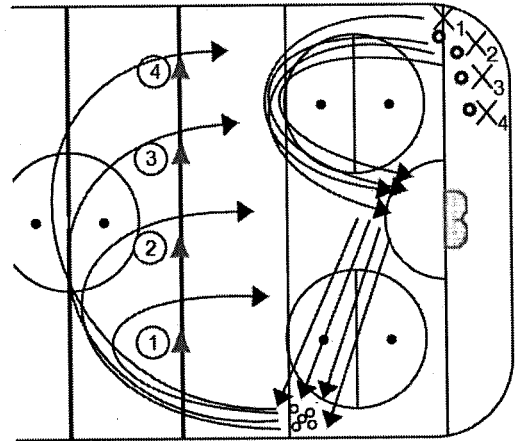
Shooting

Category #2 :

Skating

Description

X1, X2, X3 & X4 leave at the same time from the corner, skate around the top of the circle and take a shot on the net. Once the shot is taken each player will pick up a ring. X1 goes around cone #1, X2 goes around cone #2 and so on. Each player will shoot the ring twice during this drill. Players should make sure they are rotating through which cone they go around. Switch sides halfway through.



Key points:

NRS DRILL OF THE WEEK

Shot to 1 vs 1

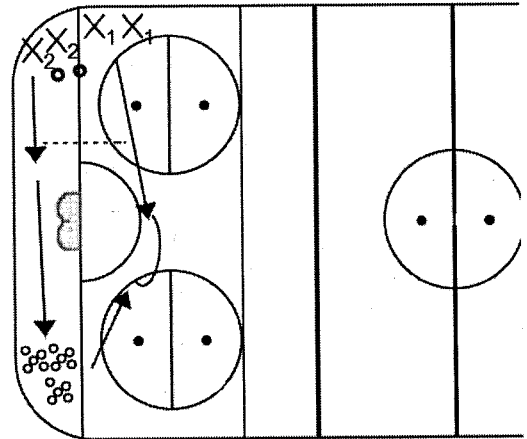
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Overview:

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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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

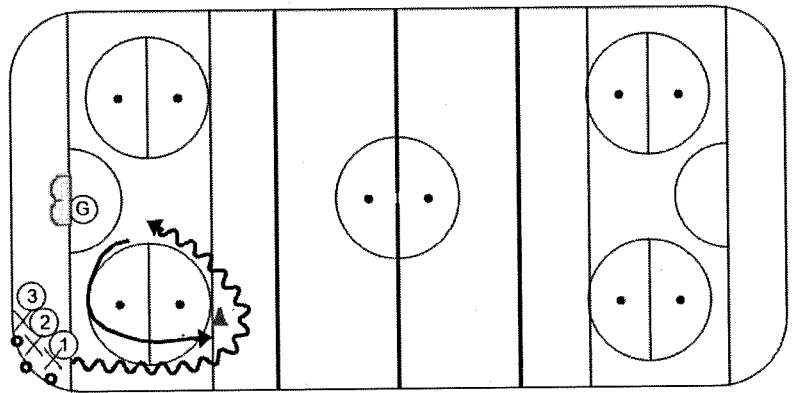
X1 skates with the ring around the pylon and takes a shot on goal.

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 :

NRS DRILL OF THE WEEK

Quick Thinking

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Overview:

This drill works on players abilities to think and react quickly. In games, players need to think quickly and make fast decisions, this drill helps players to react quickly to different cues from the coaches.

Title : Quick Thinking Category #1 : Quick Thinking Category #2 : Shooting

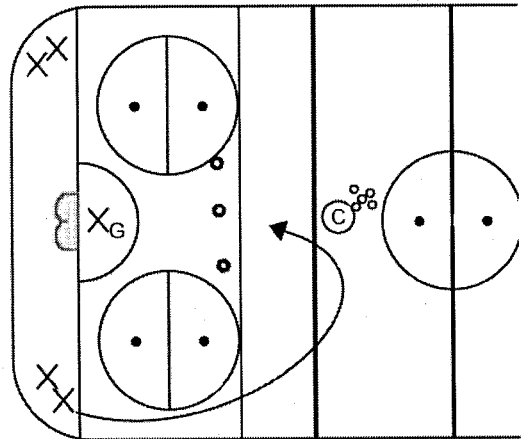
Description

The coach will name the three rings (ex. 1, 2, 3; chocolate, strawberry, vanilla; etc.). The first player leaves from the corner, after she comes back over the blue line, the coach will call a name, the player picks that ring and takes a shot.

Remind them to take quality, high scoring opportunity, shots.

Progression:

1. Name the three rings multiple names, ex. 1 is also chocolate.
2. Have a coach stand behind the net. The coach will either hold their stick up in the air or keep it on the ice. If the stick is in the air, the player must shoot high, if the stick is on the ice, the player must shoot on the ice.



Key points:

NRS DRILL OF THE WEEK

4 Line Pass and Shoot

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Overview:

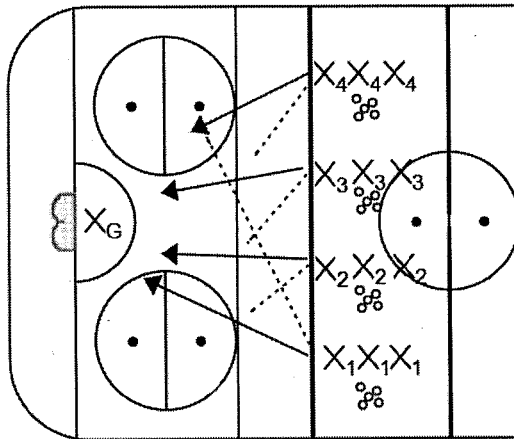
This drill helps the goalie with getting quick shots on net.

The player that is receiving the pass needs to turn stick and body towards passer. Remind players that when receiving a pass to not have their back to the passer.

Title : 4 Line Pass and Shoot Category #1 : Category #2 :

Description

Each line has rings
 X1 starts skating towards the net and calls for the ring, gets a pass from X2
 When X1 reaches the ringette line, X2 will start skating and get a pass from X3
 X3 from X4
 X4 from X1
 Switch lines after shot is taken. Skate up the boards not the middle
 Switch the direction halfway through (X4 line becomes X1, X3 - X2, X2 - X3, X1 - X4)
 Remind players to call for the ring



Key points:

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NRS DRILL OF THE WEEK

Goalie vs. Shooters

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Overview:

This drill is a great drill to end an ice time with. Players can work on their shot accuracy, rebounds and quick one timers. The goalie will be challenged to make 3 saves in a row and control rebounds.

Title : Goalie vs. Shooters

Category #1 :

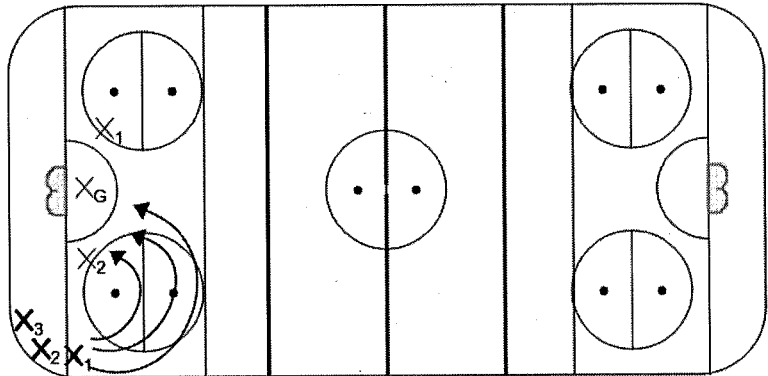
Game

Category #2 :

Shooting

Description

X1 shoots and goes to opposite post.
 X2 shoots: if there's a rebound then X1 and X2 can play it. They are allowed 1 shot and 1 pass.
 X3 shoots: if there's a rebound all can play it; still only one pass and one shot.
 If no goals are scored: three shooters skate hard to far blue line, back to red line, hard to far blue line and then back to the goal line.
 If 1 or more goals are scored, then the shooters don't have to skate. They simply return to their line.
 Switch corners half way through.



Key points :

Accurate Shots

Be ready for a rebound

Fakes

Goalie always ready

NRS DRILL OF THE WEEK

Shots & Rebounds

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Overview:

This drill has players working on taking shots and quickly stabbing a rebound to pass to their teammate.

The goalie will work on making saves and controlling rebounds.

Title : Shots & Rebounds Category #1 : Rebounds Category #2 : Shooting

Description

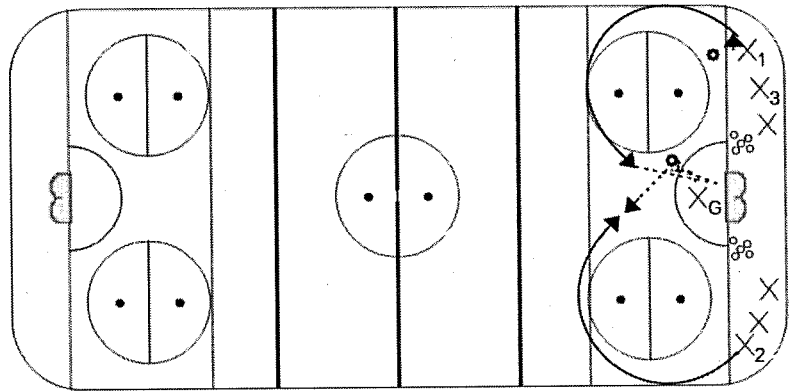
Players will line up in both corners.

X1 will start with a ring, skate around the top of the circle and take a shot. If there is a rebound, X1 will take that ring and pass to X2. If there is no rebound, X1 will take a ring from the side of the net and pass to X2.

X2 needs to leave the line and skate around the top of the circle and time it to receive the pass from X1 near the hashmarks.

X2 will continue the drill and make a pass to X3

The drill is continuous.



Key points :

NRS DRILL OF THE WEEK

Shooting Star

www.thenrs.com

Overview:

This drill allows the goalie to get many shots, all from different angles.

Players need to allow time between each shot to allow the goalie to get set up.

Title : Shooting Star Category #1 : Shooting Category #2 : Goalie

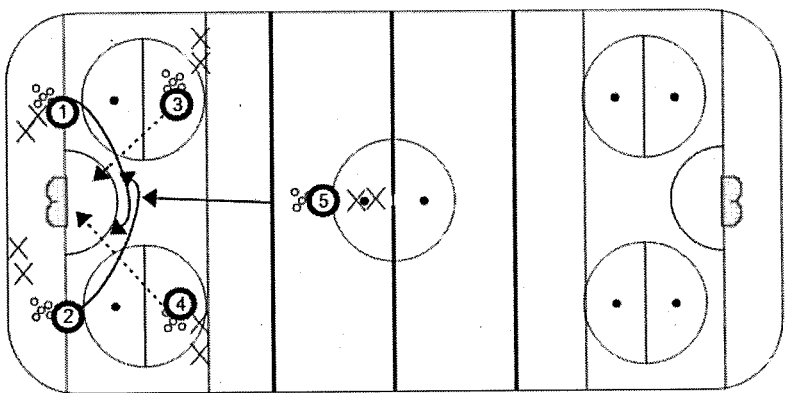
Description

Players will line up in 5 lines, each with rings.

Player 1 starts by cutting to the front of the net and shooting, then Player 2 cuts to the front of the net and shoots. Player 3 shoots, player 4 shoots and then player 5 comes in on a breakaway.

There needs to be a slight delay between each shot to give the goalie a chance to quickly set up.

Players need to leave the rings after they shoot and go to the next line (1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 1)



Key points : Shooting Skating Goalie - angles Goalie - quick set up

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.

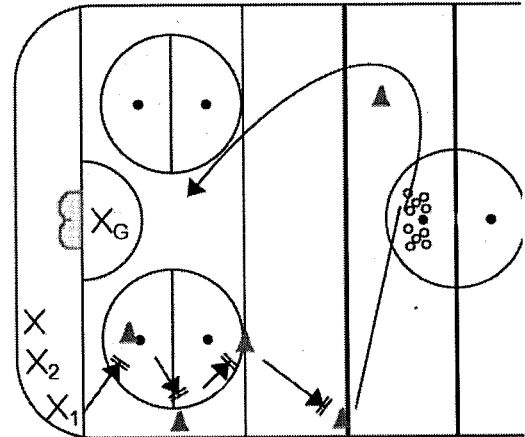
X2 will go when X1 has stopped on the 3rd cone.

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

Shooting Loop

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Overview:

This is a continuous skating and shooting drill.

When players are passing in this drill, they need to make smart passes that go parallel to the blue line/ringette line. These passes make stabbing the ring easier and allow for a player to keep up their skating speed when going in to shoot.

Title : Shooting Loop Category #1 : Passing Category #2 : Shooting

Description

Rings will go in each corner and the players will line up behind the blue line.

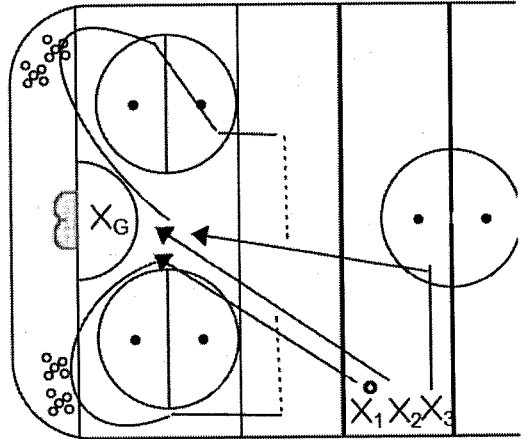
X1 will start with a ring, skate in and take a shot, go to the corner, pick up a ring and pass to X2. X2 needs to skate over the blue line towards the middle of the ice to receive a pass that is made parallel to the blue line.

X2 will stab the ring, skate in and take a shot, go to the other corner, pick up a ring and pass to X3. X3 needs to skate over the blue line towards the middle of the ice to receive a pass that is made parallel to the blue line.

X3 will continue on and run the same pattern as X1.

This drill is continuous
Switch sides halfway through
Remind players that they need to call for the ring if they want the pass

Passes that are made parallel to the blue line are easier to pick up when skating onto the ring, rather than a ring coming diagonally at you.



Key points:

- | | |
|---------------|----------------------|
| Smart passes | Skating hard |
| Quality shots | Calling for the ring |

NRS DRILL OF THE WEEK

Double Shot

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Overview:

This drill has players shooting close to the crease, they need to do quick dekes and make quick shots to beat the goalie. The goalie needs to stay focused and ready for the close shots.

Players need to continue skating while shooting. Remind players that standing still in front of the net is not as effective as skating while shooting.

Title : Double Shot

Content elements: Passing

Components : Shooting

Description

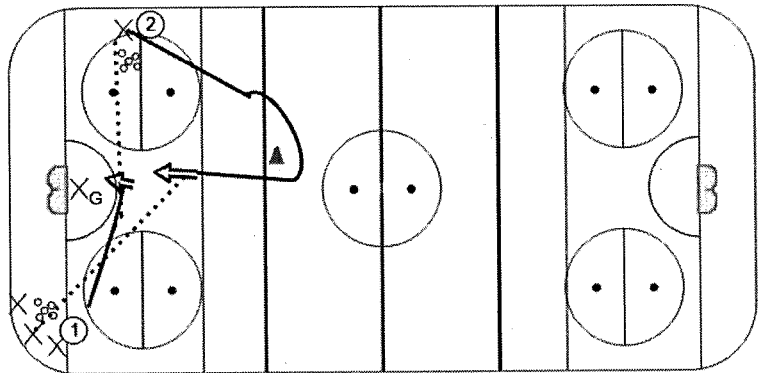
Players are lined up in the corner, with one player starting at the pile of rings in the far circle.

X1 skates across the front of the net and gets a pass from X2. X1 takes a shot.

After X2 gives the pass they skate over the blue line, around the pylon and get a pass from a player in the corner and takes a shot.

X1 now moves to where X2 was and the drill continues.

The drill is continuous, players need to be pay attention as to when it is their turn to pass.



Key Points :

Accurate passing

Game speed

Skating while shooting

Focus