

# NRS DRILL OF THE WEEK

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## Overview:

This is a good warm-up drill for younger teams to have them practice their skating, passing, and shooting. Remind players to pass the ring along the ringette line, rather than up towards the neutral zone. Passing along the ringette line makes the ring easier to stab as the player receiving the pass can continue to skate forward onto the ring.

**Title :** Two Loop Drill      **Category #1 :** Passing      **Category #2 :** Shooting

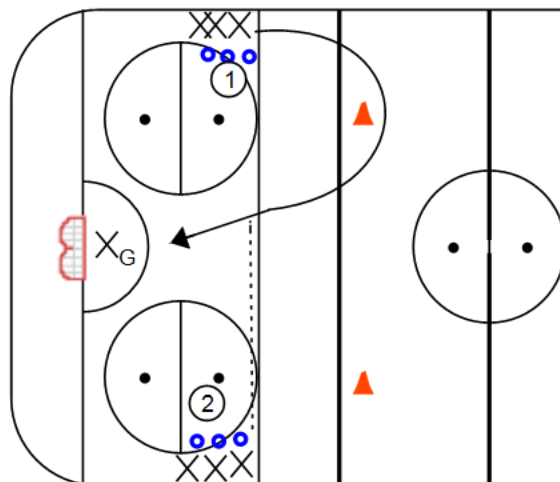
### Description

Players will start in two lines below the ringette line.

X1 will skate up and around the cone, down the middle of the ice and receive a pass from X2 along the ringette line and go towards the net and shoot. After X2 has passed, they will skate up and around the cone, down the middle of the ice and receive a pass from the next player in line 1. Players will switch lines after they shoot.

This drill is continuous.

\*\*Remind players to make their passes along the ringette line and to call for the ring if they want to receive a pass.



### Key points:

- |                          |                    |
|--------------------------|--------------------|
| Pass along ringette line | Always ready to go |
| Call for the ring        | Skating fast       |