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 :

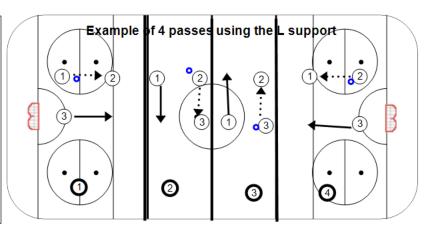
Description

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

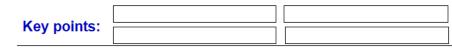
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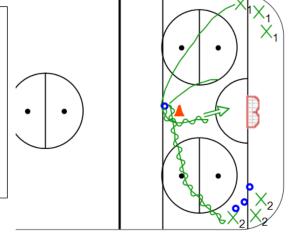
An instructor will stand at the top of the triangle. X1 and X2 leave at the same time. X2 skates close to the instructor trying to pull the instructor with them. Then X2 drops it back to X1 and X1 drives around the instructor to the net for a shot.

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.





Title: Pick Drill	Category #1 :	Offensive Play	Category #2 :	3 on 3
	Description			
around the center and into the the net and shoots or makes	the ring and uses the pick set by e middle of the triangle. Then X1 a pass to X3 on the corner for a	drives to one timer.		X ₁ • · ×
X2 sets a pick with the right the center.	iming avoiding a pentalty but also	surprising		(c) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c
X1 becomes X2 and X2 becomes made up of coaches or p	omes X3. X3 joins the line. The layers.	trangle can	•)	A B
	t timing. X1 also needs to drive a her against the player setting the			
Key points:				