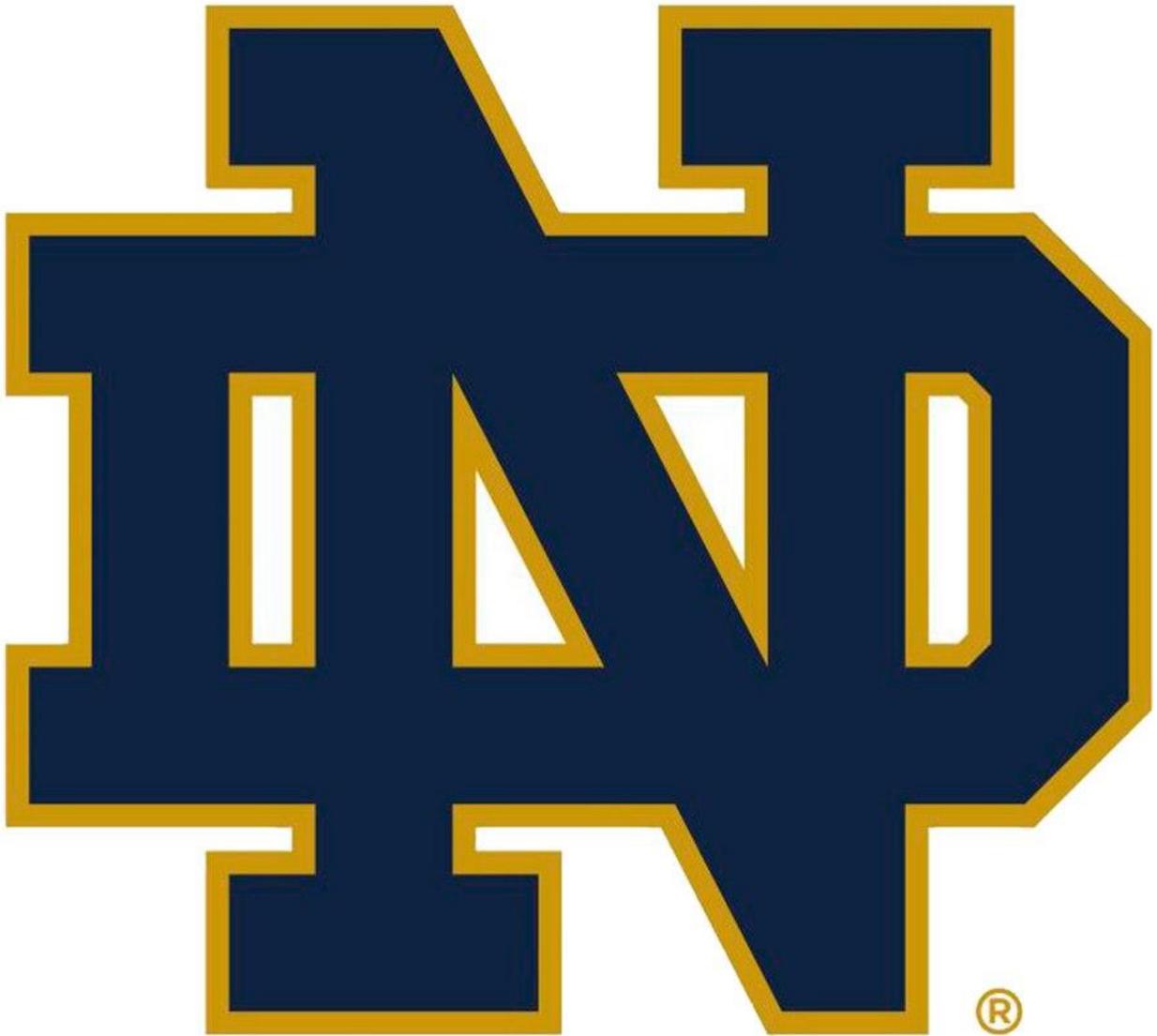


Jeff Jackson
University of Notre Dame
Drill of the Week



Skill:

Title : <u>Inside Edge + Walk Out</u>	Category #1 : Foward Skill	Category #2 : Inside Edge
Description		
<p>X1 leaves without puck. X2 area pass to X1. X1 collects puck then inside edge move at tires. X1 shot on goal. X1 retrieves 2nd puck in either corner and attacks seam below top of circle. X1 square hips to net for shot on goal.</p>		

Team Warmup:

Title : <u>Detroit One Touch</u>	Category #1 : WARM UP	Category #2 : Tempo
Description		
<p>On whistle, opposite corners start with one-touch passing down wall. Outside player (X2,O2) wide angle shot. Inside player (X1,O1) loops to wall. Next player in line (X3,O3) steps to middle with puck. Drill repeats in opposite direction.</p>		

Offensive Transition:

Categories Attack Options	Drill Title : <u>Mazzle Dazzle</u>
Offensive Transition	Components : <u>transition passing/attack options</u>

Content elements : passing/timing

Description O1 initiates touch passing sequence with D1 to the red line; O1 passes to D2 who moves laterally with the puck; D2 back (drop) passes to O2 circling behind the net; O2 joins O1, for a 2 on 1 back on D1; D2 now starts the next rep with X1	Key Points touch passing 2 on 1 attack timing/support	
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Compete Game:

Title : <u>Vermont 3v3 Tight 4 Puck</u>	Category #1 : <u>Small Area Game</u>	Category #2 : <u>DZC</u>
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Description 3 on 3 inside box. Alternate sides that puck enters box. 4 pucks then rotate groups.	
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Book:

