

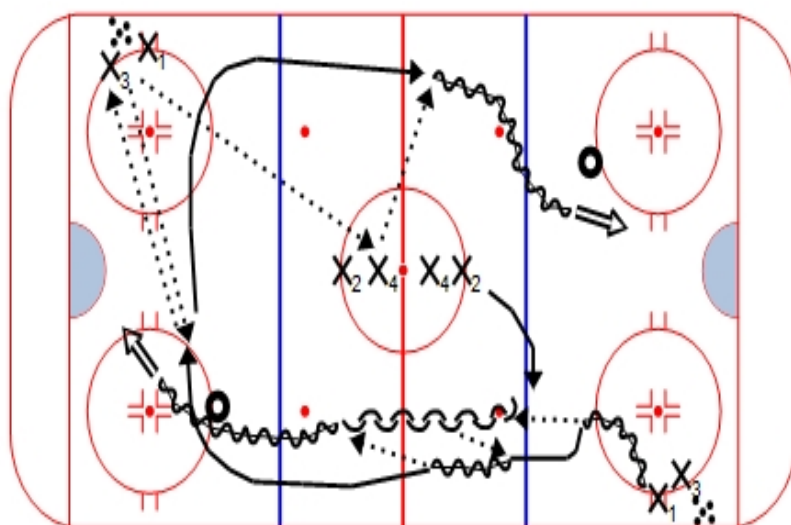
Jeff Jackson
University of Notre Dame
Drill of the Week



Title : 2 Shot Islander Category #1 : Warm up Category #2 : Tempo

Description

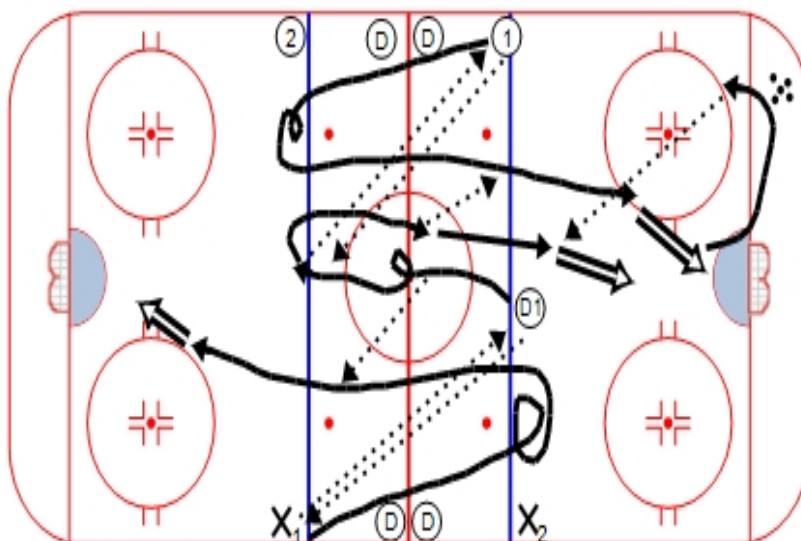
On whistle, X2 gaps to BL and pivots to support X1. X1 leaves with puck and takes 2-3 hard strides to middle ice. X1 passes X2. X2 back to X1. X1 back to X2. X2 pivots and takes long wide shot. X1 continues to loop and receives 2nd puck from X3. X1 one touches puck back to X3. X1 continues to loop wide to wall. X3 passes to X4. X4 touches puck wide to X1. X1 long shot. Both sides go at the same time.



Title : D Agility Skate Content elements: _____ Components : _____

Description

X1 (O1) double touch pass with D1 (D2). X1 opens up and get pass from D1, who skates to red line and then pivots and starts again with O1. X1 (O1) goes down and shoots then to corner to pick up a puck and pass to D1 who follows up O1 after second shot.

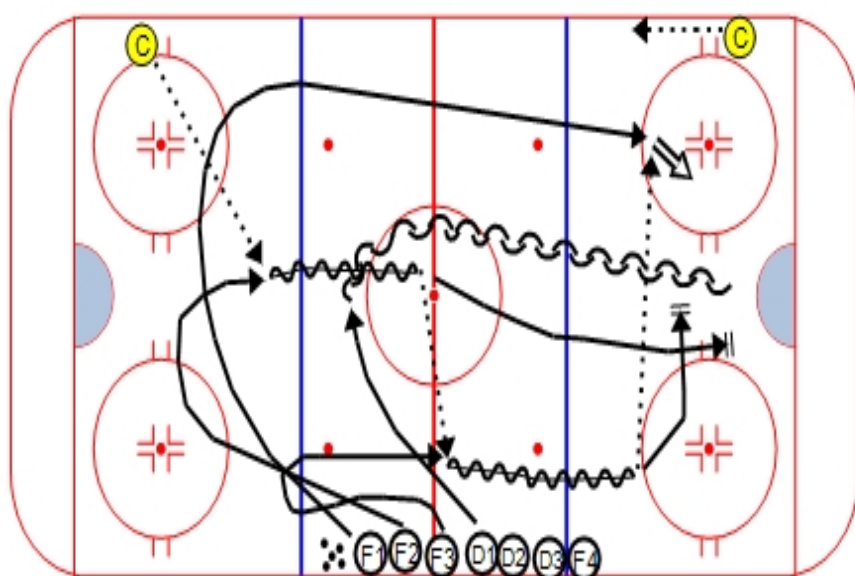


Key Points :

Title : ND 3v1 4v3 Wedge **Category #1 :** Offensive Transition **Category #2 :** Attack Options

Description

On whistle, 3 F loop below BL and receive puck from coach. D1 steps out and defends 3v1 attack. Once the 3v1 crosses OZ BL, D2, D3 and F4 get to spots. On second whistle, 3 F + D1 offensive transition with coach laying puck along wall. F4 wedge with D2 and D3 slide and defend 4v3 (break wedge using PTP + D activate weakside). Alternate ends. Option to have coach ready with third puck in OZ for quick 4v3 OZP around net.



Title : Hannu 3v3 **Category #1 :** Small Area Drill **Category #2 :** Net Front

Description

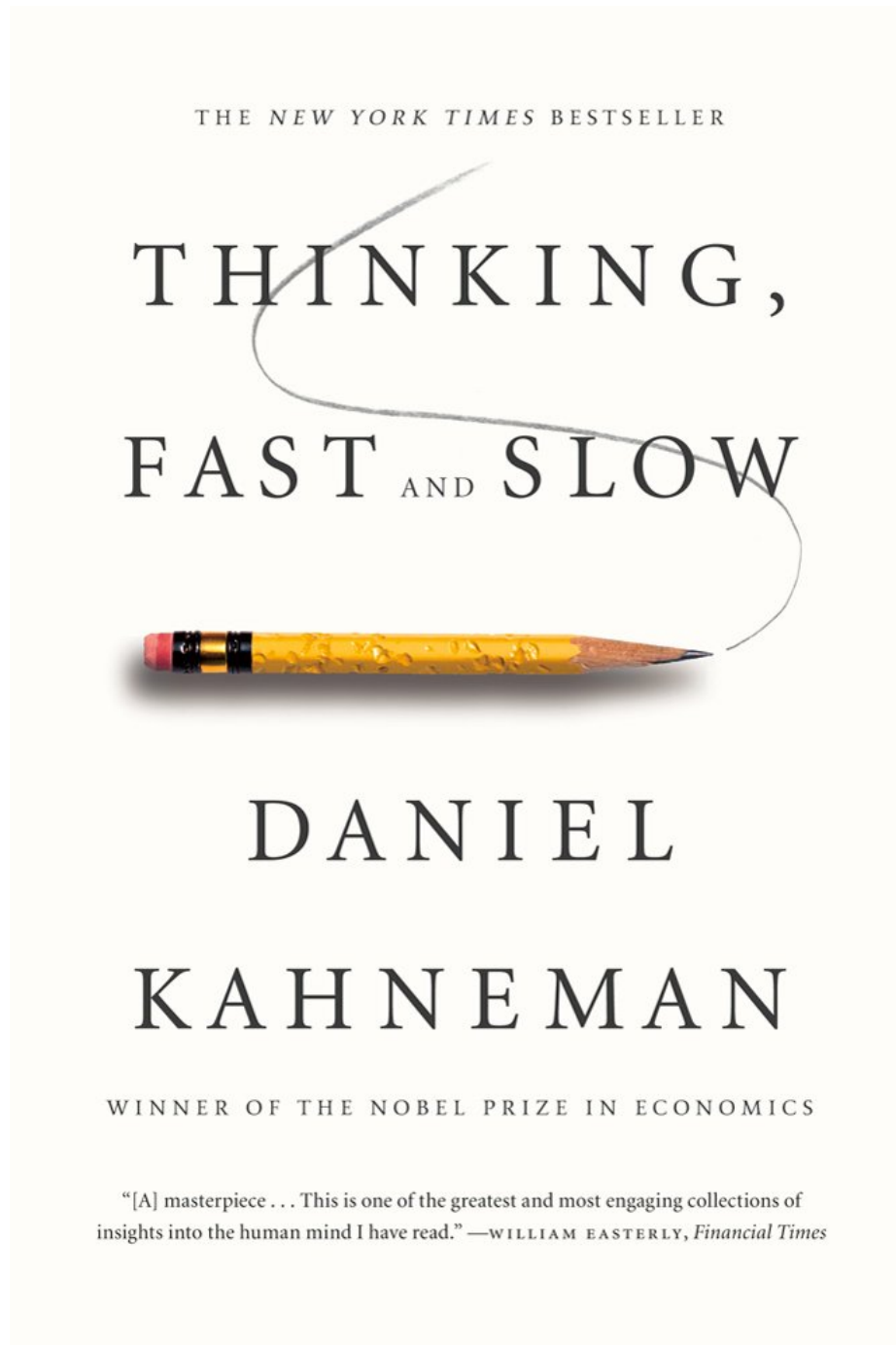
Two teams of players line up outside of the blueline. Place 2 nets back to back in the middle of the zone. Coach starts game with rim around the boards (alternate sides). Two players from each side battle for puck, one player from each side goes to shooter position. Players can score directly or work the puck up to their shooter for shot with screens and tips.

Standard Goal: 1 Point
Screen/Tip/Rebound: 2 points



Key points:

Thinking, Fast and Slow



Daniel Kahneman