

Jeff Jackson

University of Notre Dame

Drill of the Week



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

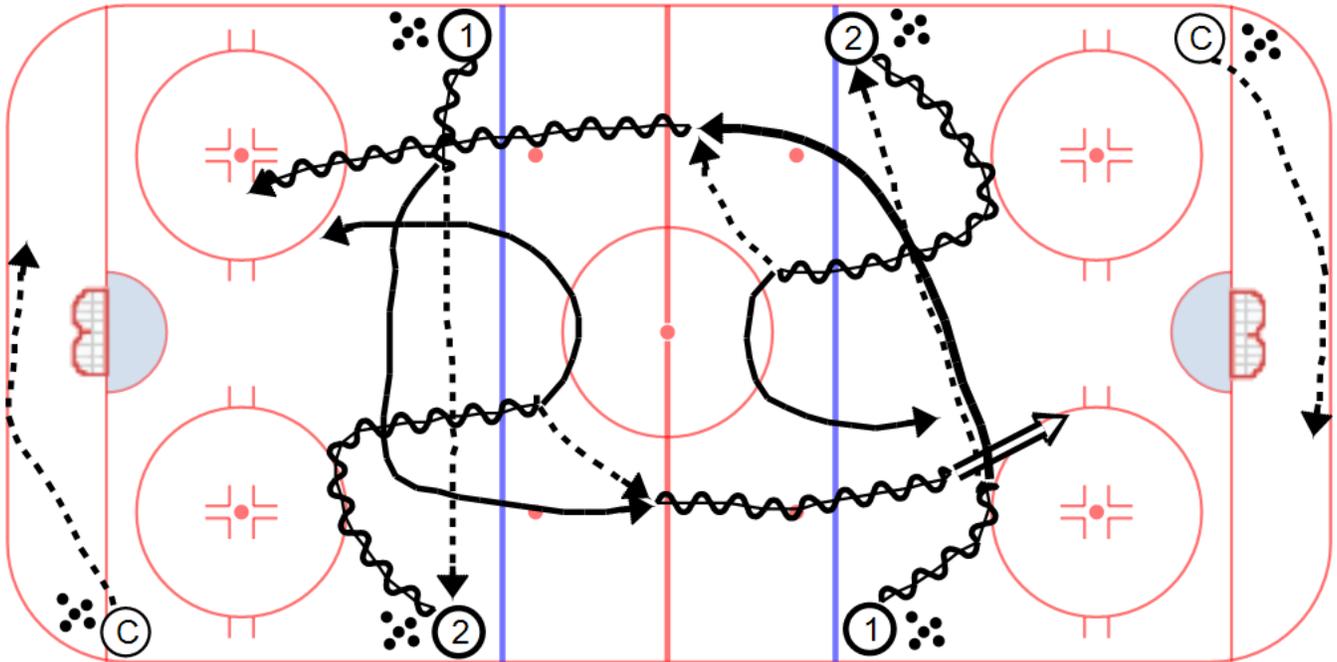
Category #1 :

Title : 1v1 Angle

Category #2 :

Content elements : Gap Control

Components: Attack Options



Key points :

Description

On whistle, O1 carries puck inside dots. O1 passes to stationary O2. O1 continues to far wall. O2 takes middle ice to create passing angle. O2 moves puck to O1. O1 attacks far end. O2 forward angle opposite O1 attempting to keep O1 outside dots. Both sides go at same time. Option to have coach lay second puck into zone for second 1v1.

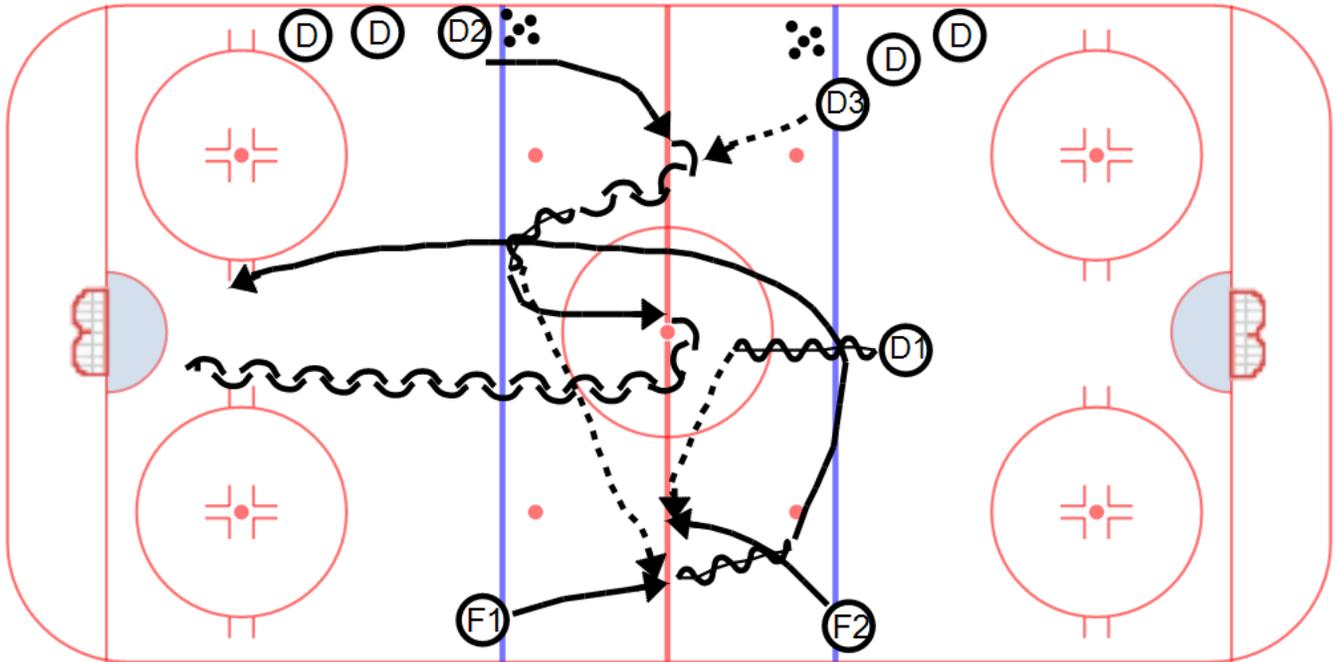
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : Speed 2v1:3v1

Content elements : _____ Components: _____



Key points :

Description

Drill begins with D1 standing in the NZ. On whistle, D2 gaps up to RL then backskates supporting D3. D3 passes puck to D2. D2 pivots and passes to F1 breaking up wall. F1 passes to D1 then loops to far side. D1 takes ice thru middle. F2 activates. F1 and F2 attack D2 on 2v1. Drill repeats with D2 counter next 2 forwards. Option for countering D to activate to make it 3v1 attack.

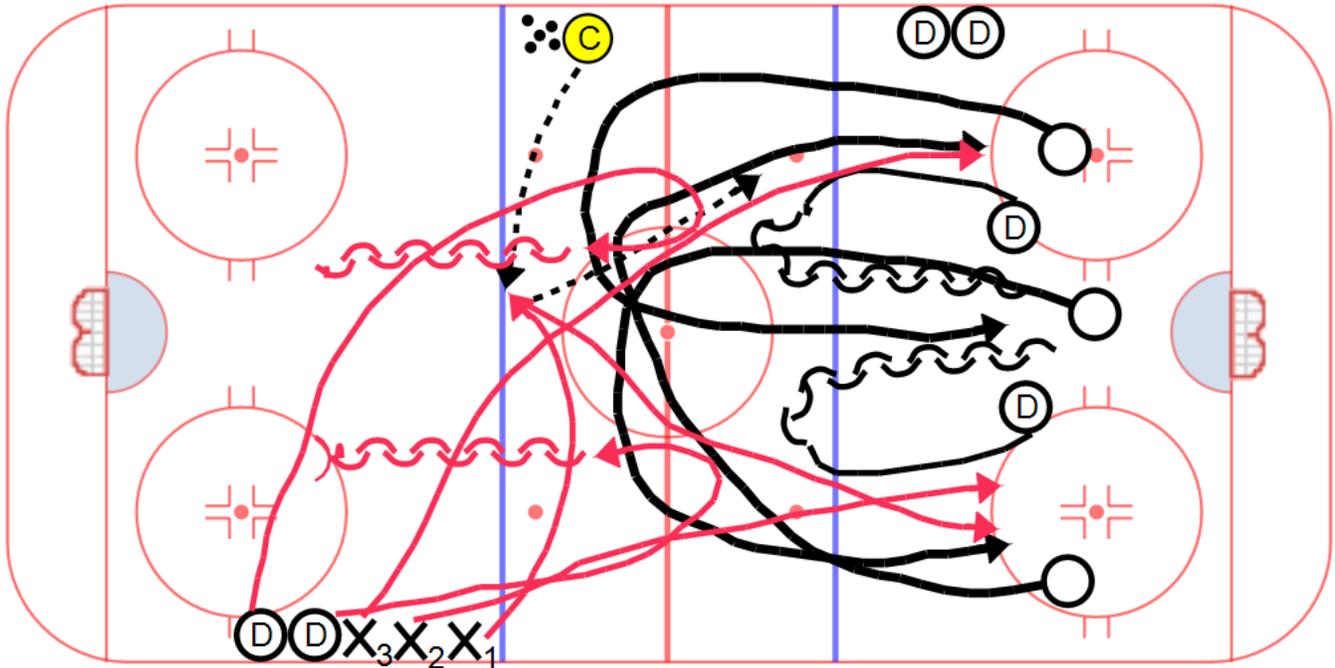
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : 3v2/3v3 Offensive Transition

Content elements : _____ Components: _____



Key points :

Description

On whistle, 3 O's attack 2D, 3 on 2. X1 moves to the blueline (from the bench in red). On whistle, 3 O's regroup (tag redline) on pass from Coach to X1. X1 backchecks the rush to create a 3 on 3 in the zone. X2 and X3 skate back into the zone (from the bench in red) to the top of the circles. On possession, the 3 X's transition into 3v2 rush in the opposite direction. Continuous drill.

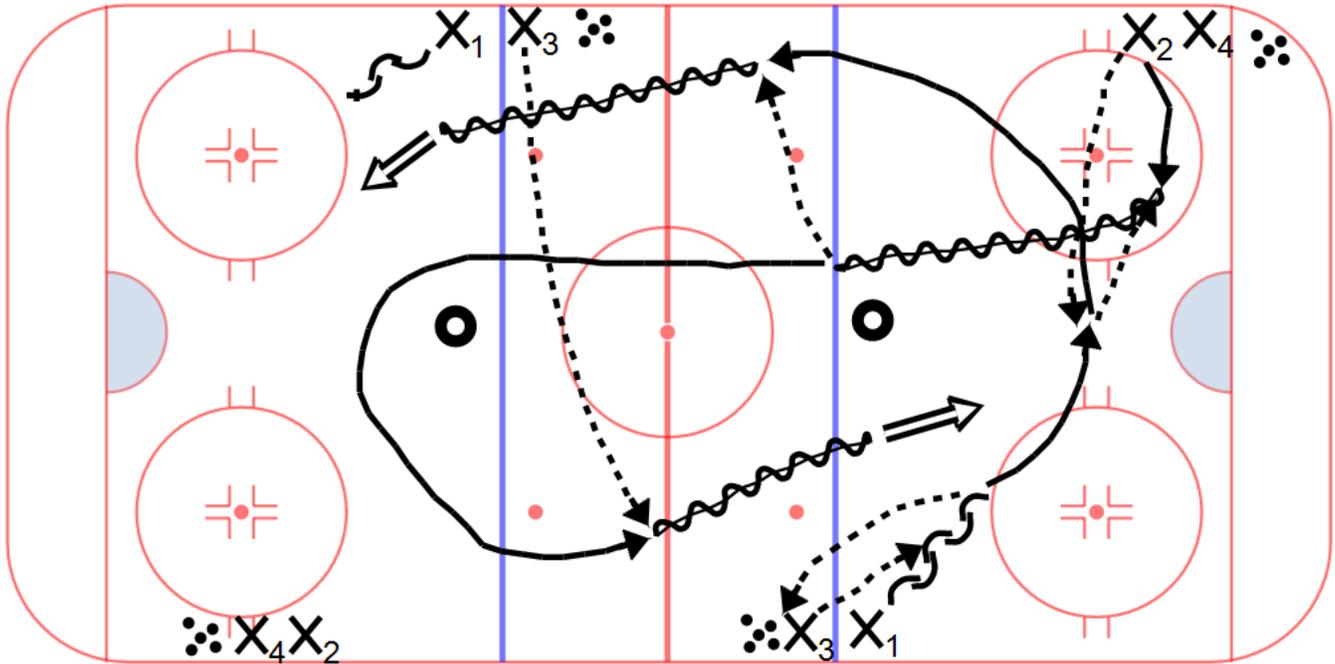
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Category #1 :

Category #2 :

Title : Touch Cross-Ice Passing Drill

Content elements : _____ Components: _____



Key points :

Description

On whistle, X1 backskates supporting X3. X3 passes to X1. X1 touches back to X3. X1 pivots forward and supports X2. X2 passes to X1. X1 touches back to X2 then loops to wall. X2 comes off wall and carries puck to blueline then moves puck back to X1. X1 wide angle shot. X2 continues up ice and loops at tire up middle ice. X2 receives pass from X3. X2 long middle shot. Both sides go at the same time.

What Drives Winning

Brett Ledbetter

