



University of Notre Dame Hockey

Drill of the Month

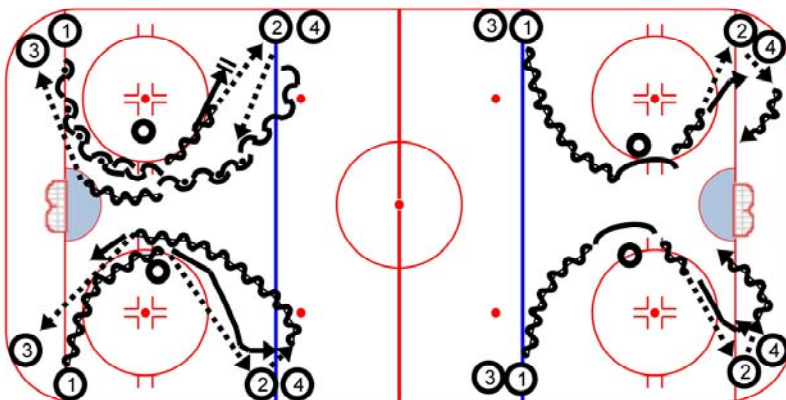
From Jeff Jackson, Head Coach

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

Title : Edge SEQ open ice Category #1 : Small Group Category #2 : Puck Possession

Description

Each station is done over-back-over.
Station 1: Power Turns (Player 1 carrier moves puck to next line at tire. Player 2 re-directs puck to area. Player 1 takes a good angle and retrieves puck on forehand. Repeat pattern back-over.
Station 2: Pull and Step Out (Player 1 pulls puck to tire and steps out. Explode 2-3 strides toward Player 2. Player 1 moves puck to Player 2. Player 1 tight pivot and back skate. Player 2 returns puck to forehand. Repeat pattern back-over.
Station 3: Heel to Heel Outside Edge Move
Station 4: Heel to Heel Inside Edge Move
USE WEIGHTED PUCKS.

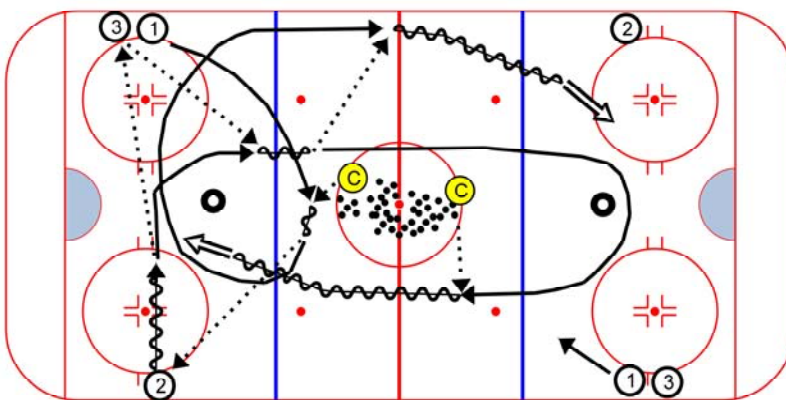


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : TIGER FLOW 2 SHOT Category #1 : WARM UP Category #2 : Puck Movement

Description

On whistle, Player 1 skates hard to center circle to retrieve puck that coach bumped to space. Player 1 quickly moves puck to Player 2 on wall. Player 1 continues to loop back to same side wall. Player 2 explodes on pass, three hard strides, then moves puck to Player 3. Player 2 cuts up middle lane. Player 3 returns puck to Player 2. Player 2 moves puck to Player 1 for wide angle shot. Player 2 loops around tire and receives 2nd puck from coach. Player 2 long middle shot. Both sides go at the same time.



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

Categories

Attack Options

Breakout

Drill Title : Cunny 2 or 3 on 1

Components : G-set/breakout/neutral zone transition

Content elements : Breakout/NZ offense/attack options

Description

O1 raps a puck for G stop (and set); D1 gaps up and pivots for breakout with O1 and O2; D1 to O's to D2, who has gapped up and pivoted in the neutral zone; D2 stretches and transition passes to O's who support and attack back on D1, 2 on 1; D2 tags the redline and then X's start the next rep.

Option: add O3 for a 3 on 1
Option: add 2nd D for goalie offset breakout and 3 on 2 rush

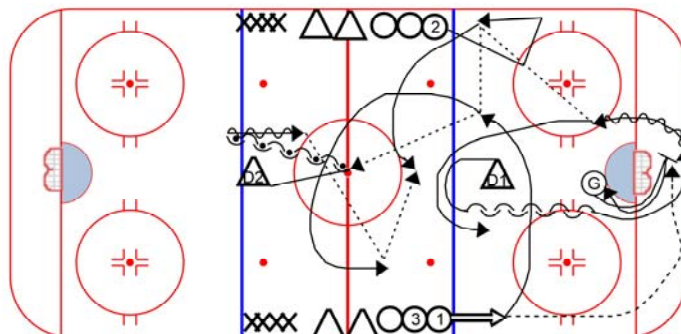
Key Points

goalie touch

communication

offensive transition

rush situations





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Drill of the Month

From Jeff Jackson, Head Coach

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

Categories

Attack Options

Drill Title : 15 in 10

Offensive Transition

Components : attack options and situations

Content elements : 2 on 1/4 on 2/breakaway

Description

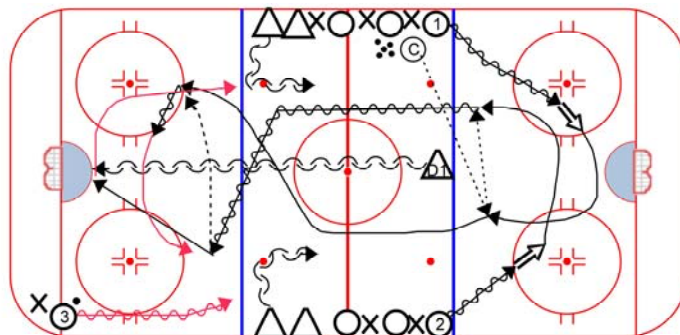
O1 and O2 shoot; C passes to O's to attack D1, 2 on 1 at the opposite end; O3 attacks the opposite end on the whistle; O1, O2 and D1 join O3 to attack 2D, 4 on 2; at end of the rush O3 gets a third puck from C for a breakaway at the opposite end; at the same time 2X's start the drill over with two shots.

Key Points

attack options - rush

offensive transition

breakaways



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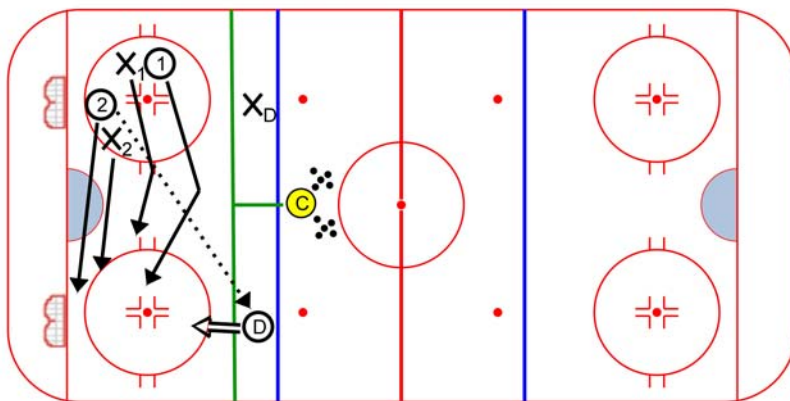
Title : 2v2 Net Front

Category #1 : Small Area Game

Category #2 : 2v2

Description

On whistle, Coach dumps puck deep inzone. X1 and X2 attempt to gain possession of puck and move it to XD posted at BL. X1 and X2 get to net front with XD looking for shot lane or sticks. O1 and O2 defend until they gain possession of puck. Again, O1 and O2 move puck to OD then get to net front. OD look for shot lane or sticks net front. X1 and X2 defend net front or block shot. Both D have to stay inside their box. Drill repeats.



Recommended Book

“Toughness” by Jay Bilas