

Jeff Jackson
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Drill of the Week



Defensemen Skill:

Title : Retrieve and 2 Shot

Category #1 :

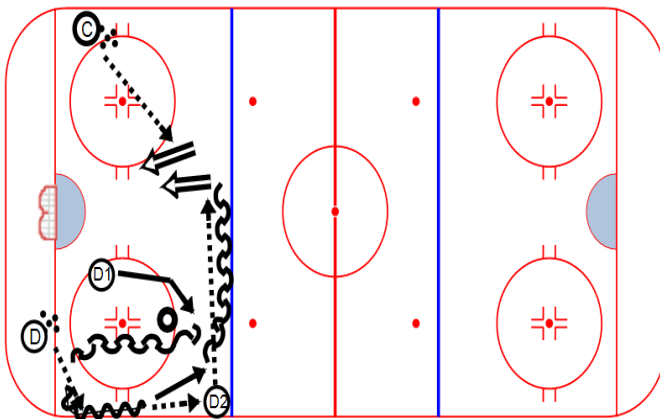
Defense Skill

Category #2 :

Shooting

Description

D1 gaps without puck to 1st tire and pivots. D1 backskate and check shoulder for puck on wall. D1 step out and retrieve puck. D1 3 hard strides and move puck to D2 at blueline. D1 follow pass and open up across blueline. D2 returns puck to D1 for shot on goal. D1 control body and set for 2nd puck from Coach. D1 catch load release puck on net.



Team Warmup:

Title : ND 2 Shot Cross Pass

Category #1 :

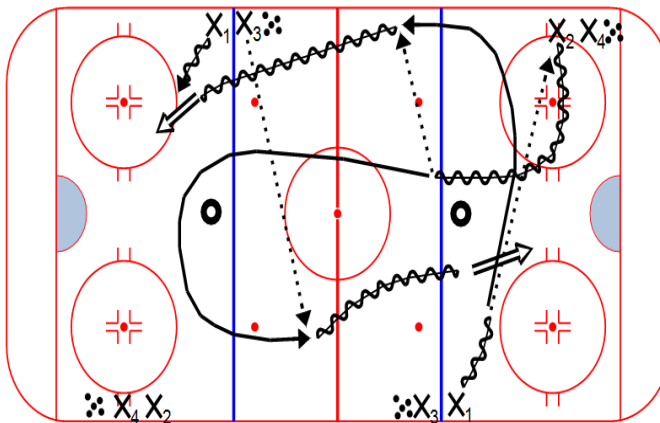
WARM UP

Category #2 :

Tempo

Description

On whistle, X1 leaves with puck 3-4 hard strides then moves puck to X2. X1 continues to loop wide to wall. X2 comes off wall and carries puck to BL 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 X4. X2 long middle shot. Both sides go at same time.



Team Offensive Defensive: (Transition)

Categories

Offensive Transition

Drill Title : Islander (AO's)

Attack Options

Components : 2 on 1/4 on 2

Content elements :

Description

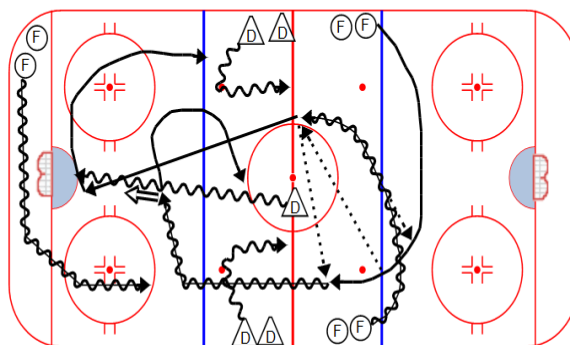
2 F's cross from the blueline, drop pass, touch pass and attack D, 2 on 1; whistle; F3 breaks out 2F's and D back the other way, 4 on 2 new D; whistle; F3 from the rush backchecks the next 2 on 1.

Key Points

drives/crosses

dot wide

2nd wave



Compete Game:

Title : Layers

Category #1 :

Offensive Transition

Category #2 :

Game

Description

- Team 1 on one side Team 2 on the other side.
- 3v3 or 4v4.
- Goalie in each net.
- Dump a puck in and send the selected amount of players(3v3,4v4). When a team gets the puck they HAVE to hit coach to gain possession and the ability to score. If the defensive team steals puck they HAVE to hit a coach for possession. Players may pass to coaches at all times.
- SCORE ON EITHER NET

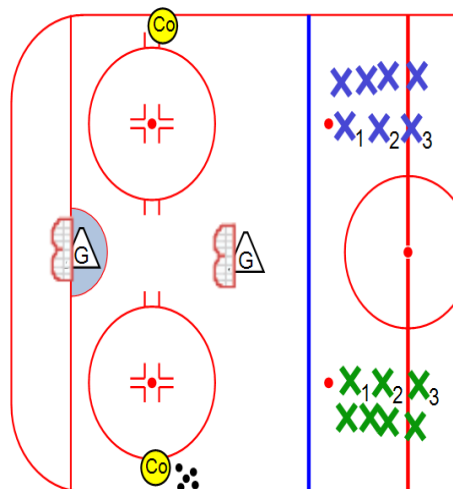
Key points:

Find Quiet Area

Move without Puck

Head on Swivel

Stay on your man



"Alan played a huge role in my development on and off the court, and his guidance helped me get to where I am today. This book is a must read."
—KEVIN DURANT

RAISE YOUR GAME

FOREWORD BY
JAY BILAS

HIGH-
PERFORMANCE
SECRETS FROM THE
BEST OF THE BEST

ALAN STEIN JR.
WITH JON STERNFELD

Raise Your Game

By: Alan Stein JR