

## Developing Skilled Defensemen - Level 1 - On – Ice Plan

### Drill Name & Description

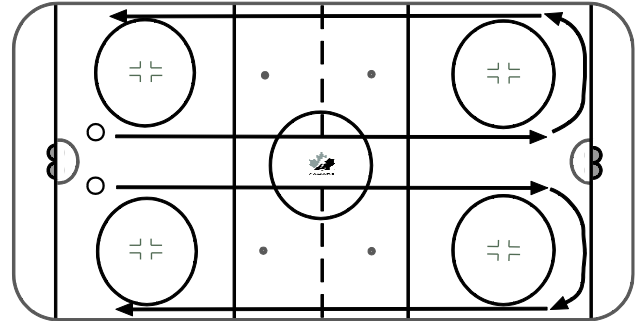
#### Skating Warm – Up 1

#### Skating Warm – Up 1 - Forwards

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform each skating skill as shown.

#### Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



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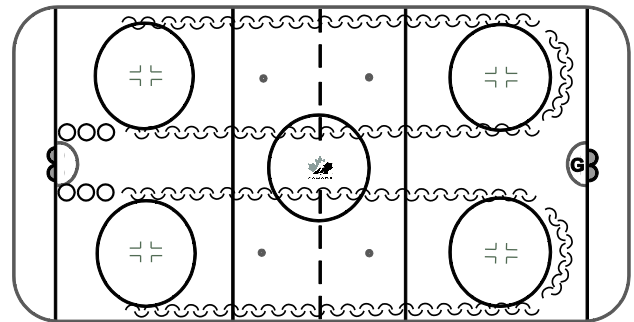
#### Skating Warm Up – Backwards

#### Skating Warm – Up – Backwards 1

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.
- Perform each backward skating skill as shown.

#### Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



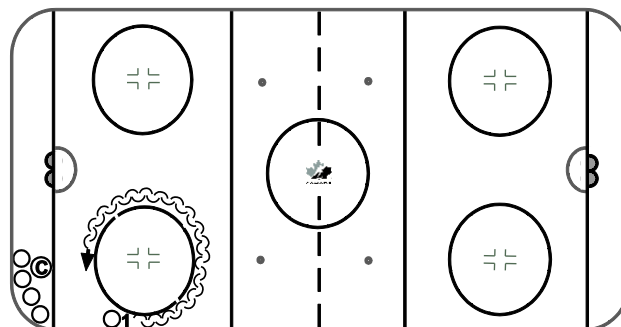
**Drill Name & Description**

**Skating – Bwds Crossover Progressions**

- Players start in corner
- Skate around circle backwards
  - Crossunder
  - Crossover reach, grab ice
  - Inside pivot, exit with 1 crossover

**Key Teaching Points**

- Outside foot must stay on ice
- Inside foot stays on ice
- outside edge of inside foot



**Drill Name & Description**

**Skating – Transition Pivots**

**Heels First**

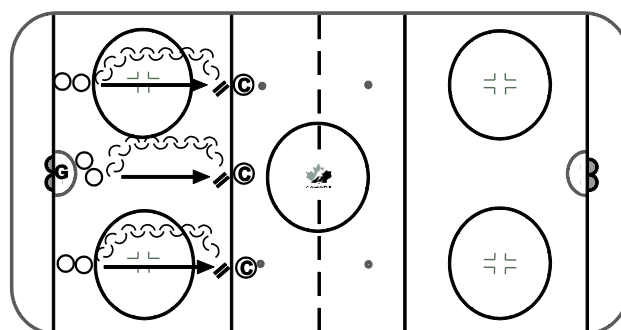
- Players focus on heels first transition from forward to backward
- This is used when containing the rush
- Always pivot to the middle of the ice
- Players are allowed one crossover after pivot then get into backward stride
- On transition from backward to forward players “ride” and do not cross feet
- On backward to forward pivot, lift the foot in the direction you are going and “load” the other foot

**Toes First**

- Players focus on toes first transition from forwards to backwards
- This is most often used when aggressively closing the gap
- Players point toes, “unload” and then start backward stride
- Players are allowed one ( or none) crossover after pivot then get into backward stride
- On transition from backward to forward, players “ride” and do not cross feet
- On backward to forward pivot, lift the foot in the direction you are going and “load” the other foot

**Key Teaching Points**

- Players need to have a good knee bend for balance
- Keep chest and toes up ice
- Limit the crossing of the feet as much as possible
- Players to keep their head up, shoulders back and toes up ice
- Heels and hips first to turn



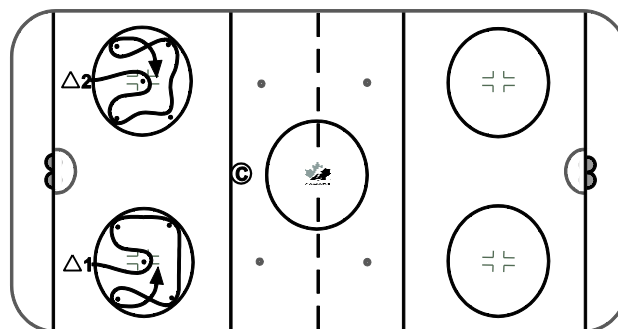
**Drill Name & Description**

**Skating – Transition - 5 Puck Agility**

- Place 5 pucks in circle as shown.
- Player must skate around each of the outside pucks, and always come back to the middle before skating around one of the outside pucks again.
- Toes always pointing forward during transitions
- Add puck for progression

**Key Teaching Points**

- Quick feet, stay low for balance
- Efficient movements ie try to do only 1 crossover to get back to middle



**Drill Name & Description**

**Skating Transition Stations**

**1) Skating – Transition Skating**

- Start by placing two pylons in a line.
- Player starts at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start.
- Progression – Add puck

**Key Teaching Points**

- Quick feet, acceleration into and out of the pivot, maintain speed

**2) Skating – NZ Agility**

- Players start on blue line in neutral zone.
- Skate patterns as shown working on agility, balance and foot speed.
- Controlled repetition to perform skating skills.

**Key Teaching Points**

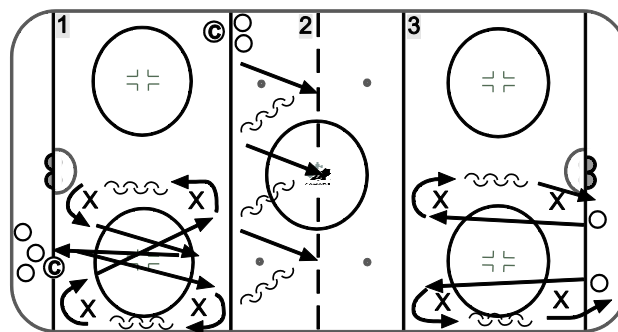
- Change up pattern and go both ways to ensure repetition in turning and transitioning both ways.

**3) Skating – Transition Races**

- Start with 2 lines each with two pylons in a vertical line.
- Players start at bottom pylon, on coach's signal the player's race to top pylon, pivot and skate backwards to bottom pylon.
- Repeat by pivoting the opposite way the next time.

**Key Teaching Points**

- Efficient turns, blow as little snow as possible
- Quick feet



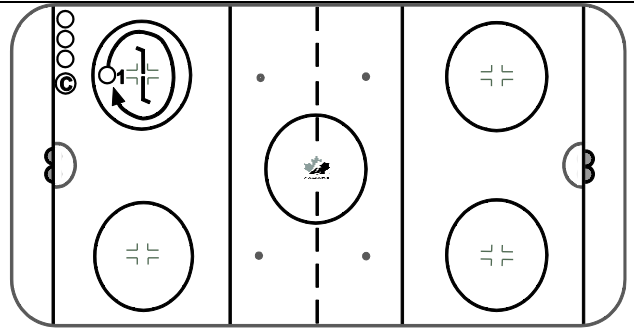
**Drill Name & Description**

**Skating – Heel to Heel**

- Place two sticks on the ice, player skates with heels facing each other in circular pattern around sticks - go both ways
- Add second player to act as chaser – turn into a race, or tag
- Quick feet, change directions

**Key Teaching Points**

- Take your stick with you, lean forward and open knees
- Find balance point, turn hips, and unweight to change feet



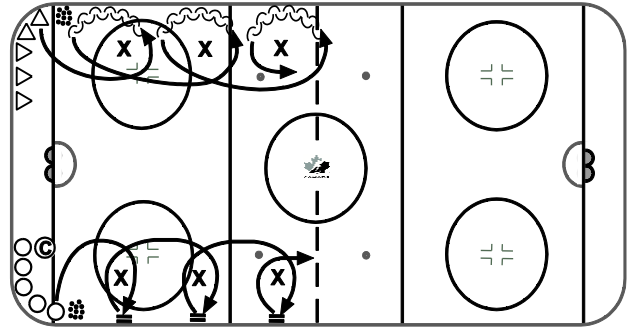
**Drill Name & Description**

**Skating – Quick Feet Crossovers**

- Players start in corner
- Skate to first pylon, turn towards boards. Stop at boards, and accelerate out with 2 – 3 quick crossovers to next pylon and repeat
- Repeat with toes facing up ice entire time, grab ice and reach inside to accelerate out turn from backwards to forwards.
- Repeat with pucks.

**Key teaching points**

- Toes around, accelerate out
- Toes up ice as much as possible



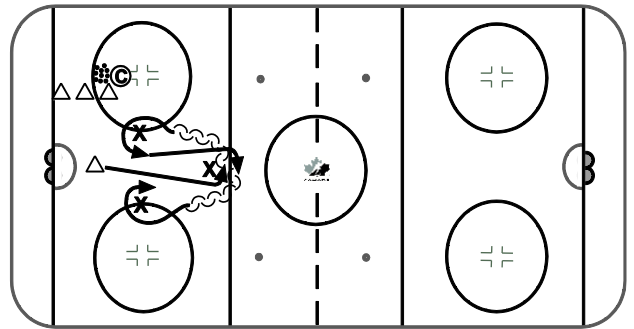
**Drill Name & Description**

**Skating – Transition Triangle**

- Players start forward but then turn toes up ice
- Players will transition both forward-backward and backward-forward
- Start by getting the puck at the bottom pylon
- Progress to starting with a puck and making a pass
- Final progression is transition with one touches

**Key teaching points**

- Good transitions
- Toes up ice
- Keep your speed
- Control the puck



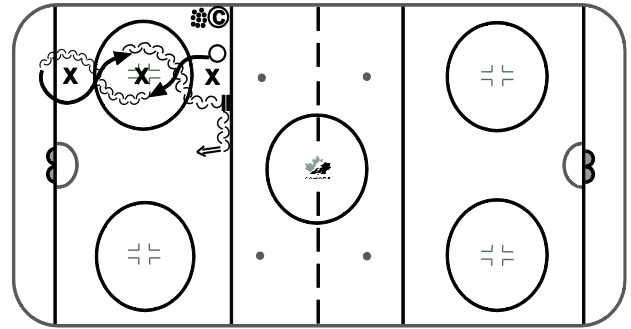
**Drill Name & Description**

**Skating – Puck on forehand Pivots**

- Players always face the middle pylon
- Keep puck on forehand, except on escape moves
- Good shooting principles at blueline

**Key teaching points**

- Keep the puck on forehand
- Keep speed in both backward-forward and forward-backward pivots
- Try to keep crossing of your feet to a minimum



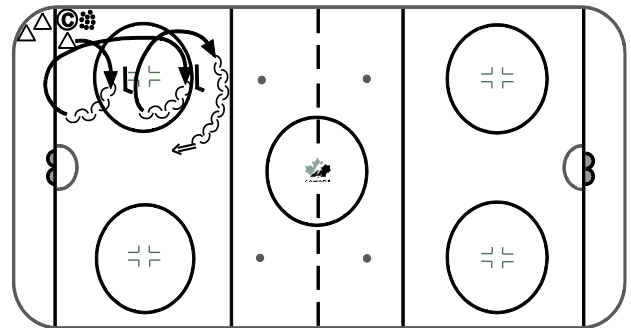
**Drill Name & Description**

**Skating – Lateral Transition**

- Agility “slide stops” from forward to backward and backward to forward
- Keep toes up ice and pivot in front of each stick
- Good shooting principles on blue line

**Key teaching points**

- Keep your speed
- Keep shoulders square and toes up ice
- Get the puck on your forehand as soon as possible
- Work on quick feet



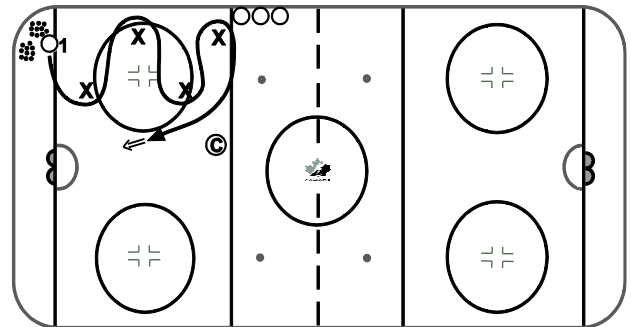
**Drill Name & Description**

**Puck Control - Escapes**

- Defensemen skate the drill backwards. When they come to a pylon, turn away from it in an escape move fashion
- Shoot at the end of the drill

**Key teaching points**

- Maintain your speed
- Bend your knees and keep good balance
- Control the puck keeping the full blade on the ice
- Turn your head and shoulder first into the escape turn



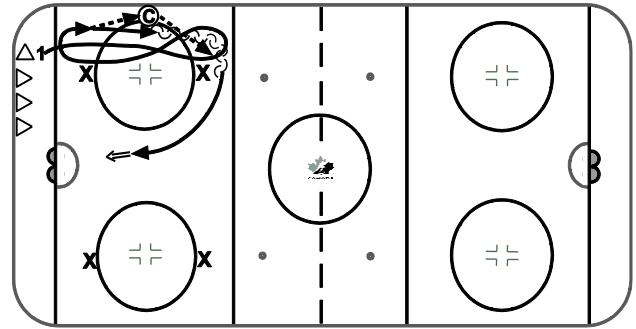
**Drill Name & Description**

**Puck Control – Toe Turns**

- Defenseman skate up to pylon, turn toes and then cuts back
- Defenseman comes back down wall, turns toes and cuts back
- Pass to outlet, open up and receive pass and shoot on net
- Use different shooting options at the blue line
- Progression: add a passive fore-checker to challenge the defenseman
- Progression: after the toe turns, wheel the net and make a good outlet pass

**Key teaching points**

- Defenseman turns toes in an effort to deceive the fore-checker
- Defensemen need to be able to fake, cut back and maintain speed
- Make a good first pass
- Good shooting fundamentals at the blue line



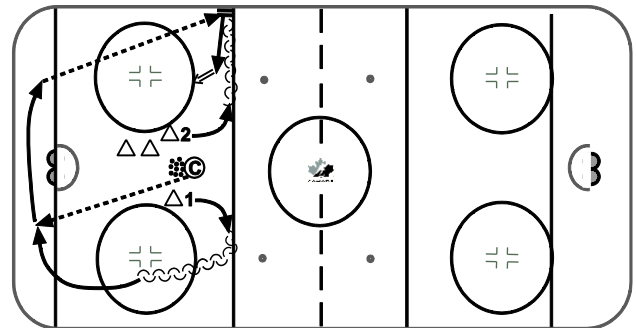
**Drill Name & Description**

**Breakouts - Wheel with Point Shot**

- Coach lays in puck
- One defenseman retrieves pucks and the other goes to the blue line on wall
- Defenseman who retrieves the puck shoulder checks, sees where the other D is, angles to pick up the puck and makes a pass to his partner. That D will shoot on net

**Key teaching points**

- Quick to the puck, the faster you get there the more time you have
- Shoulder check for pressure and support; both shoulders if time
- Watch where your support is as it will affect how you pick up the puck
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass



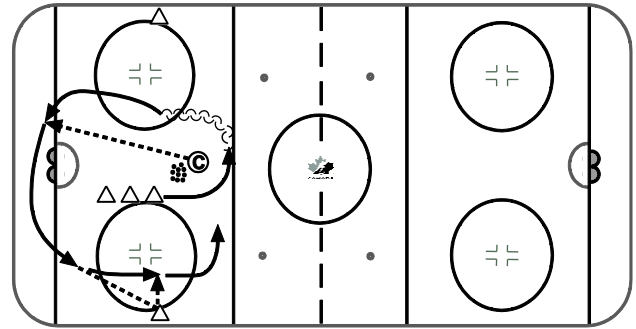
**Drill Name & Description**

**Breakouts - Wheel**

- Coach lays in puck.
- D tags up, retrieves the puck, skates behind the net and passes to the outlet player
- Keep play on your forehand if no pressure from fore-checker
- D jumps into play and receives a return pass

**Key teaching points**

- Pivot to the inside of the ice on tag ups
- Quick to the puck, the faster you get there the more time you have
- Shoulder check for pressure and support; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass
- If no immediate pressure, keep the puck on forehand behind net
- Pass as soon as the puck "sees" the outlet. This gives the outlet more time to make next play



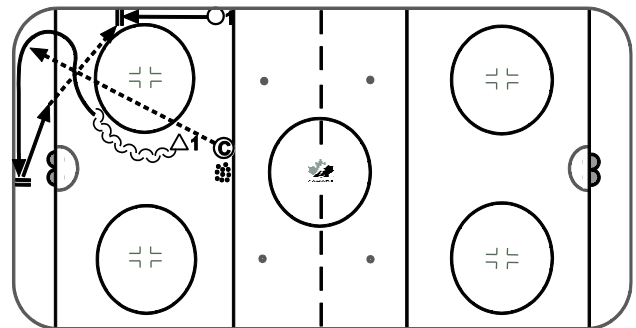
**Drill Name & Description**

**Breakouts – Stop Behind Net**

- Coach spots puck to corner
- Defence starts backwards, pivots, shoulders check and picks up puck
- Skate hard behind net to give appearance of a wheel, stop and come back out same side
- Make outlet pass to wall

**Key teaching points**

- Must look like going to go behind net for wheel
- Get puck loaded for quick pass



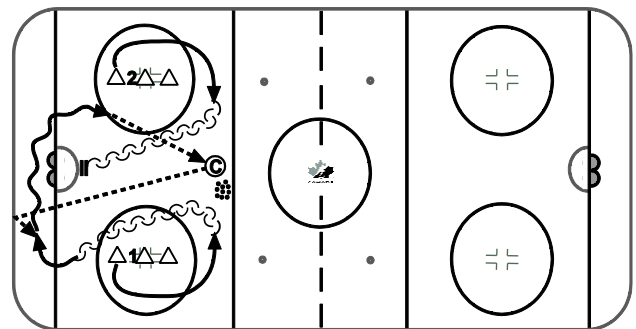
**Drill Name & Description**

**Breakouts - Wheel**

- D partners will tag up. Coach spots puck and one D will wheel, other D will get net front
- D's tag up a second time and coach dumps to other D and repeat.
- Two repetitions and change D

**Key teaching points**

- Pivot to the inside of the ice on tag ups
- D man that wheels picks up puck with speed
- Wheel man will cut tight to the net and come up between hash marks if possible
- D partner will stay net front and yell "wheel". He is in position for a possible reverse



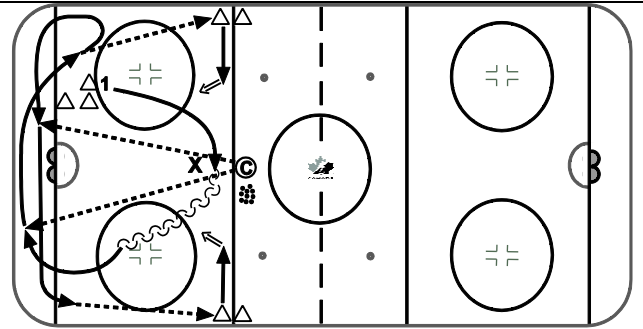
**Drill Name & Description**

**Breakouts – Wheel Both Sides**

- Defenseman steps up around pylon, retrieves the puck and makes an outlet to defenseman at blue line who then shoots
- Defenseman keeps going up around pylon, retrieves puck from other corner and makes an outlet at blue line who then shoots
- Next defenseman goes

**Key teaching points**

- Quick to the puck
- Shoulder check ; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass
- Good shooting fundamentals at the blue line



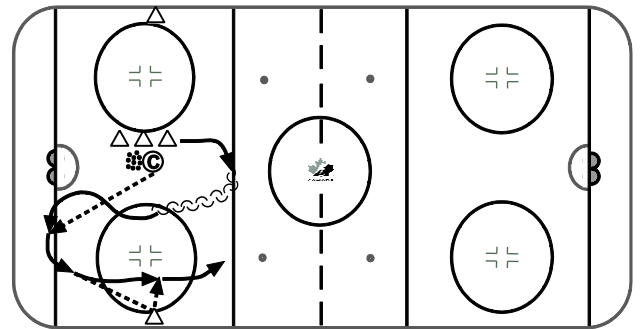
**Drill Name & Description**

**Breakouts – Quick Up**

- Coach spots puck
- Defenseman tags up and turns to get the puck
- Defenseman needs to shoulder check, decide what to do before he touches the puck
- Try to pick up the puck on the forehand and make a strong pass to outlet

**Key teaching points**

- Pivot to the inside of the ice on tag ups
- Quick to the puck, the faster you get there the more time you have
- Shoulder check for pressure and support; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass
- Follow the play up ice



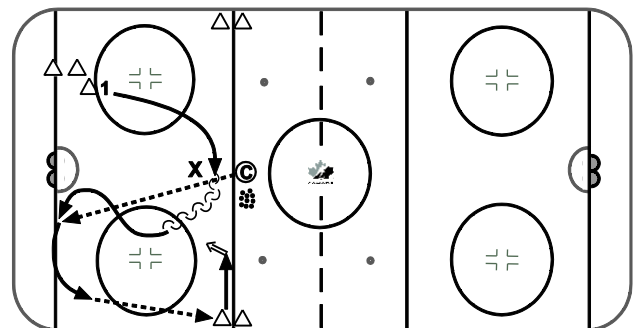
**Drill Name & Description**

**Breakouts – Quick Up Both Sides**

- Defenseman steps up around pylon, retrieves the puck and makes an outlet to defenseman at blue line who then shoots
- Defenseman keeps going up around pylon, retrieves puck from other corner and makes an outlet at blue line who then shoots
- Next defenseman goes

**Key Teaching Points**

- Quick to the puck
- Shoulder check ; both shoulders if time
- Decide what to do before you touch the puck
- Pick puck up on a good skating angle, get it on your forehand and make a good pass
- Good shooting fundamentals at the blue line



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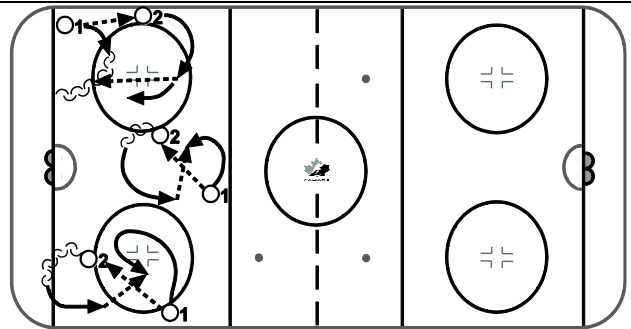
**Transition - Partner Support Passing**



- Defenseman will pass with a partner
- Players can go anywhere but the key is when you receive a pass you need to get your head up to see the ice, move your feet and get it loaded which means be ready to pass the puck preferably on your forehand
- Coaches whistle will control the pace

**Key teaching points**

- Head up to see ice as soon as you receive the puck
- Move your feet
- Get it loaded. Get the puck in a “triple threat” position where you can pass, shoot or carry
- Quick feet and good puck control



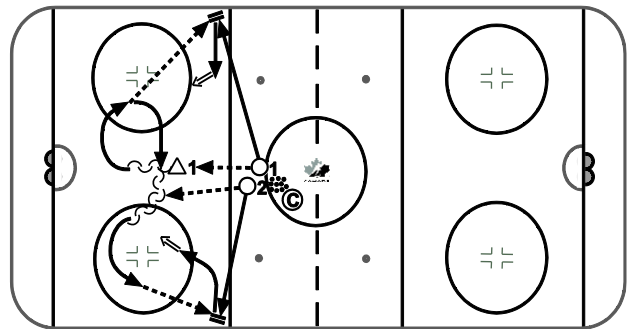
**Drill Name & Description**

**Transition – Step Up with Outlet**

- 3 defensemen; one steps up and passes and other 2 are shooters
- Defenseman back peddles and receives pass, steps up and passes back to D who shoots
- Defenseman back peddles and receives pass from other D, steps up other direction and back to D who shoots

**Key teaching points**

- Receive passes on forehand
- Step up quickly and make a good pass to the line
- Accelerate on step up and keep the puck loaded



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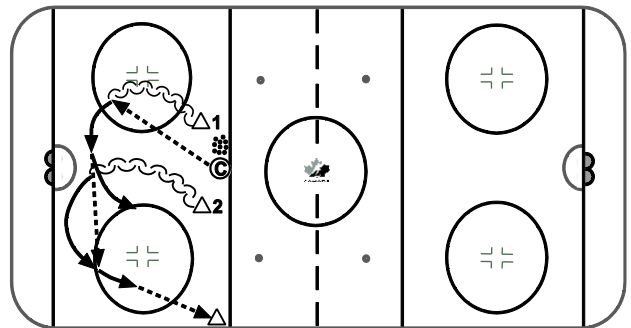
**Puck Support – D to D Stagger**

- D start side by side near blueline
- Start skating backwards and get pass from coach
- Weak side D needs to stagger ( skate lower than D receiving puck )
- Strong side D passes to forehand if possible, receiving D then make outlet pass to boards.
- Try not to stickhandle before making pass “ No Dust “

- D to D
- Double D to D
- Hinge

**Key teaching points**

- Depth and width
- No dust
- Pass to forehand



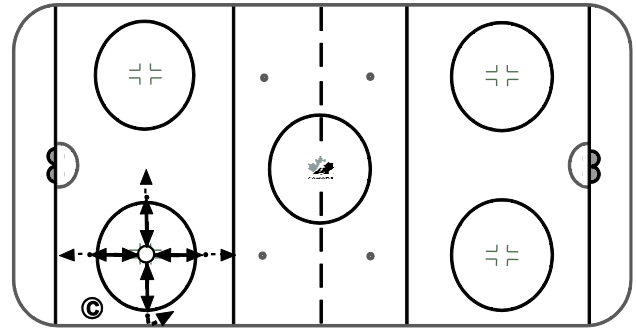
**Drill Name & Description**

**Defensive Zone Coverage – Straight Line Skating**

- Player starts on dot and skates out and poke checks a puck
- Recover to the middle and poke check all 4 pucks and recover to the dot

**Key teaching points**

- Straight line skating/ stops and starts when playing defense
- Poke check pucks and recover back to middle in as straight a line as possible
- Keep square to pucks
- Keep head and shoulder over skates; do not lunge at the puck



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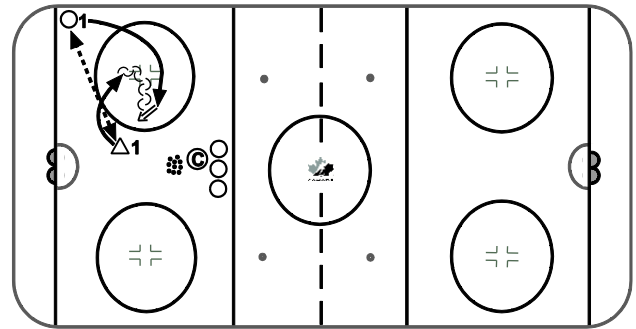
**Defensive Zone Coverage – 1 on 1 Down Low**

- Start with one touch passing. The offensive player on the wall can break to the net anytime he feels he can get an advantage. Defensive player must react and contain the F. Play it out until the whistle.

- Progression: same situation but this time the D will move first. This time he can be more aggressive on the F closing the gap
- Now turn the drill into a 2-2 drill with D deciding whether to pressure or contain. Play it out until whistle

**Key teaching points:**

- D must read puck possession of the F. If F has full control then contain. If D reads poor control or he can get there quickly, then pressure the player
- Stick on puck, body on body
- Stay D-side
- Take your stick with you compete



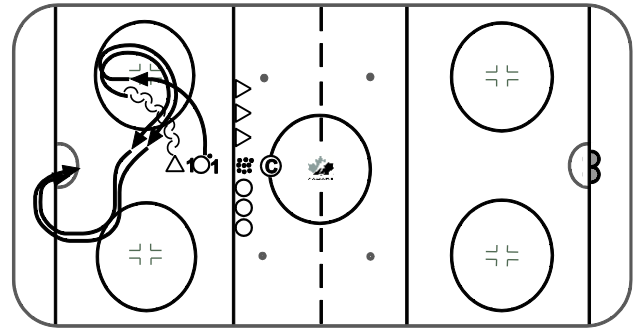
**Drill Name & Description**

**Defensive Zone Coverage – Touch the Paint**

- One player on offense and one player on defense
- Offensive player starts with the puck, defensive player is between him and the net
- Defenseman wins if they strip the puck from offensive player and skates it over the blue line. Offensive player wins if they can skate it through the blue paint of the crease

**Key teaching points**

- Defensive player starts with a good gap
- Take your stick with you on defense and get it on the puck. Keep stick on the ice
- Stick on puck body on body
- Stay defensive side
- Offensive player needs to protect the puck and take the puck to the paint



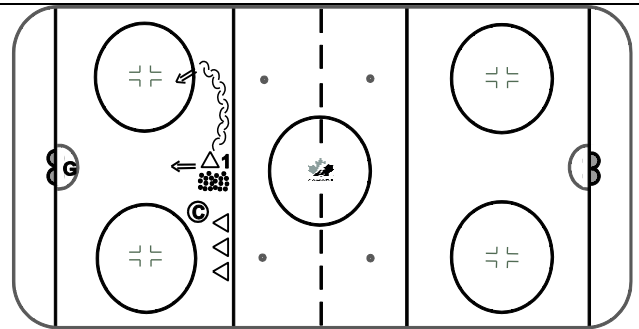
**Drill Name & Description**

**Defenseman Shooting – Shooting Sequence**

- Place pucks in middle of ice near blue line
- Shoot 5 pucks for each type of shot
  - Stationary pull with quick release
  - Drag and shoot
  - Skate to outside and stop – step inside and shoot
  - Drag and 1 Timer
  - Drag, fake shot, escape then shoot
  - Drag to outside, fake shot, step inside and shoot
  - Receive pass across body, and quick release on front foot
  - Bad pass, Fake 1 timer, receive and shoot
  - 1 Timer
  - 1 Touch 1 timer

**Key Teaching Points**

- Eyes, up, look at target
- No Dust, Quick release



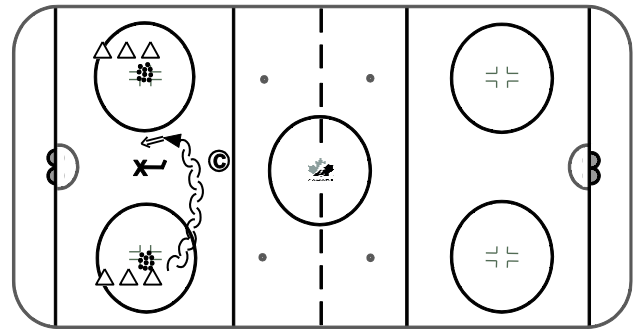
**Drill Name & Description**

**Defenseman Shooting – Get to Middle**

- Players start from the offensive zone faceoff dots
- Left handed defence start from the left side, right handed defence start from the right
- Players back peddle, with puck, around obstacle in the slot
- Player then shoots when obstacle is cleared

**Key teaching points**

- Maintain possession on the forehand
- Move quickly into a shooting lane
- Shoot in stride
- Keep an eye on the target



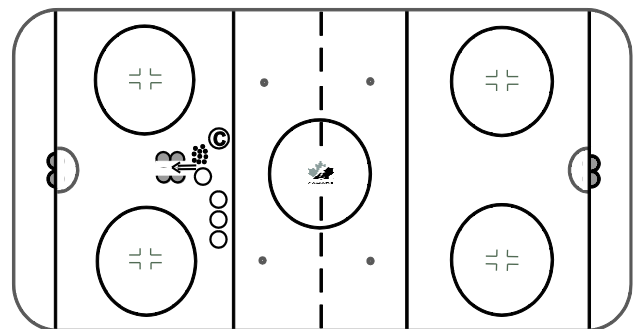
**Drill Name & Description**

**Defenseman Shooting – Find the Lane**

- Place two nets facing each other in the high slot with a small gap between them
- Players are stationary facing the net with a pile of pucks
- Players toe drag and shoot through the gap towards the net on the crease

**Key teaching points**

- Releasing the puck with head up
- Shot accuracy
- Puck placement



**Drill Name & Description**

**Defense Splits – Stations**

- Two defensemen will pick up pucks at circle tops and shoot. Vary the types of shots. If there is a goalie, alternate shots
- Two defense skate “toes up ice” around the 5 pylon obstacle until the top defensemen have shot. Then they alternate and take a shot on net.
- Can use forwards as well to do the 5 pylon agility puck handling

**Key teaching points**

- Defensemen at blue line need to follow good technique and vary the shots they take
- Keep feet close to or outside blue line
- Low defensemen toes up ice transition keeping their speed

