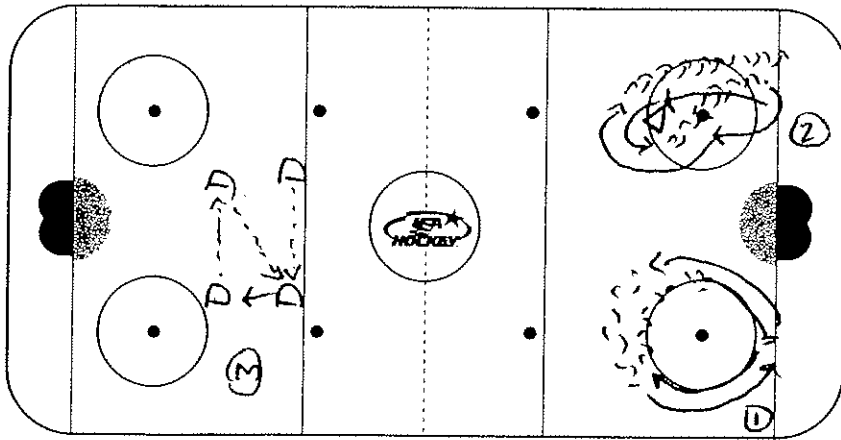


Position Specific Skills (Defensemen)



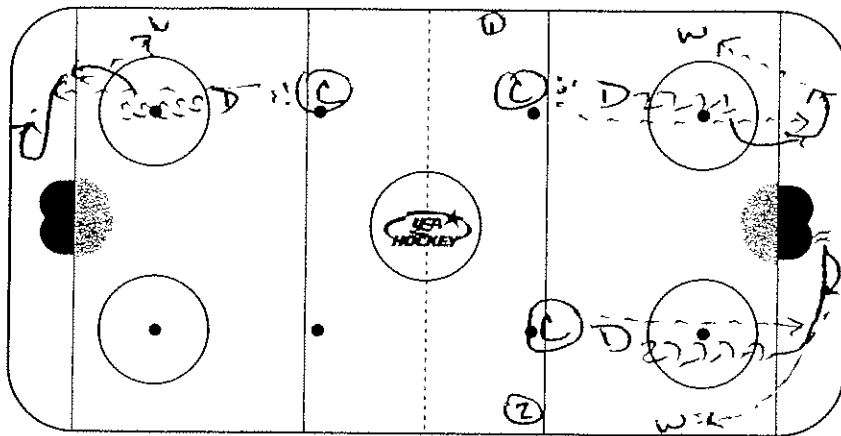
Description

① Butterfly Warm-up

② Agility SKATING
 (DFWD to BWD)
 (2) Figure 8's

③ Box D to D PASS
 - AFTER every PASS you get from opposite side, you must go D to D.

Notes/Systems



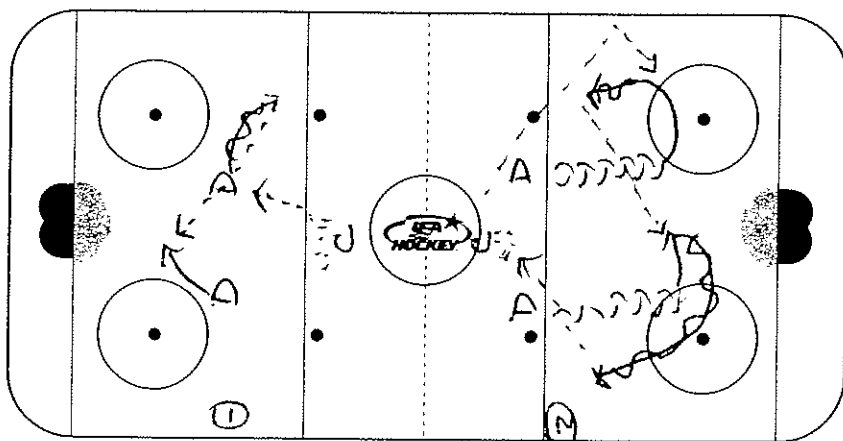
Description

④ Individual Breakout Skills

① Direct PASS
 ② Stop + Back
 ③ Escape

- MAKE SURE D-
 ① Look over shoulder
 ② Control Puck
 ③ Good Hand PASS

Notes/Systems



Description

① N-ZONE Support -
 ① D-Support Partner
 ② Get back into the hole
 ③ work Hand -
 ④ Multiple Passes

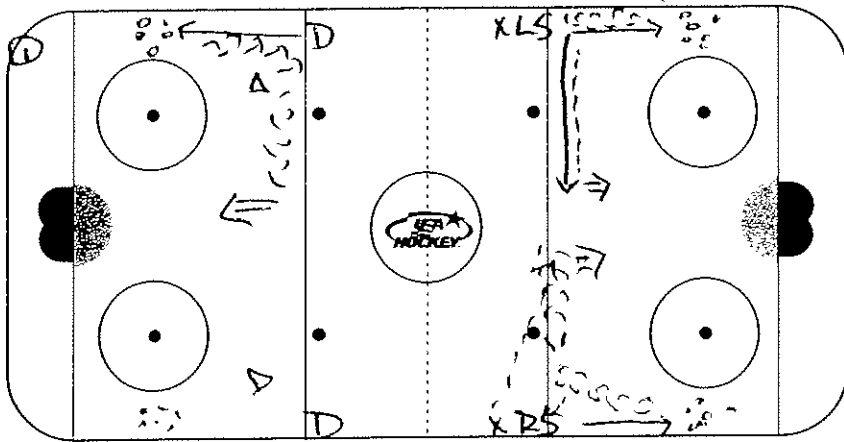
② Quick Regroup Support
 - Go each side w/ soft Dump
 - 1- D to D then hit coach
 - D must get above Blue line
 after they hit the coach

Notes/Systems





SYSTEM/DRILL Tuesday 8/2/05 D-Session



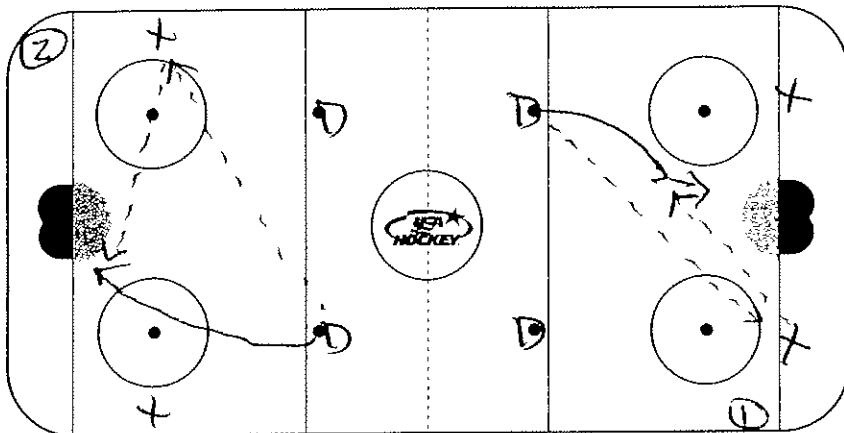
Notes/Systems _____

Description _____

① Push-Pull Shooting
 + pick up puck + go around the cone either pushing or pulling puck for a shot.

② Push-Pull 1 timer

Pick up puck + drop it to next player in line. Be ready for a 1 time pass.



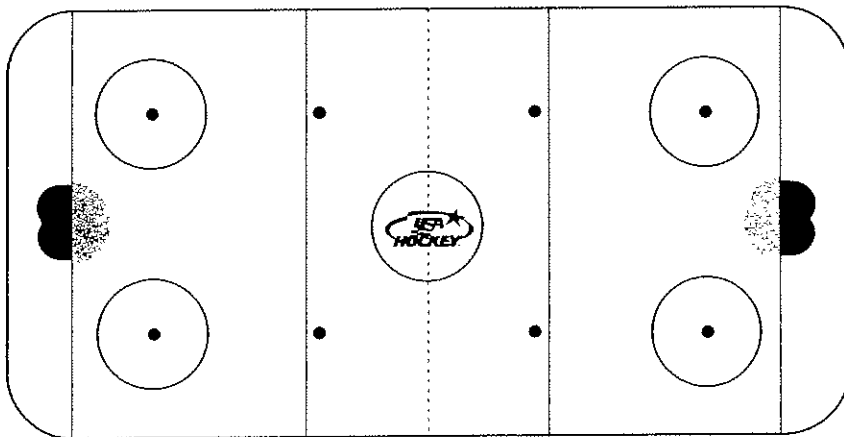
Notes/Systems _____

Description _____

① - WEAKSIDE D shooting
 - Catch + Release from weakside. Shoot from 90'

② Backdoor Shooting

- pass + go backdoor for quick shot -



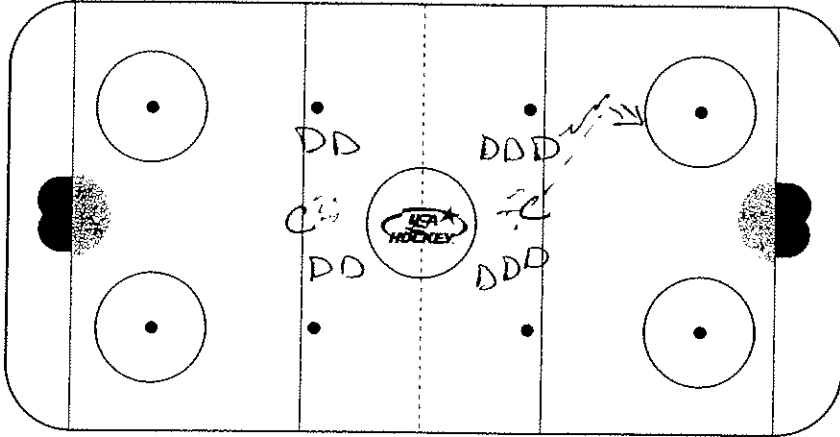
Notes/Systems _____

Description _____





SYSTEM/DRILL TUESDAY DEFENSIVENESS SKILLS

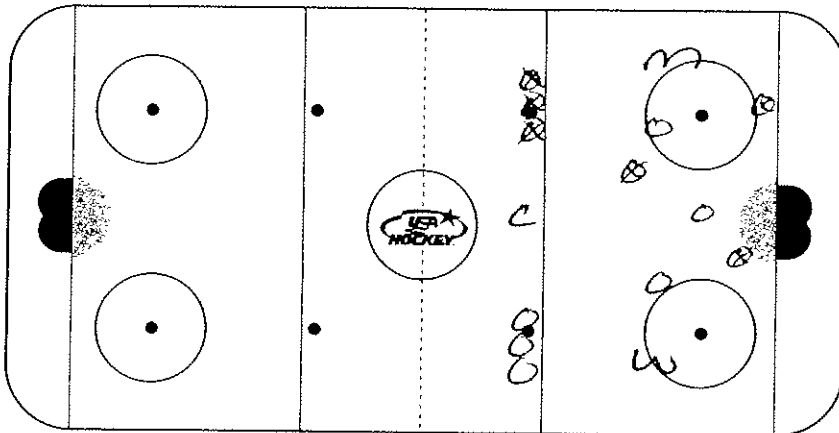


Description 1 TIMERS

① GLOVE UNDER TOP
HAND ELBOW - HIP ROTATION

② NORMAL

Notes/Systems _____



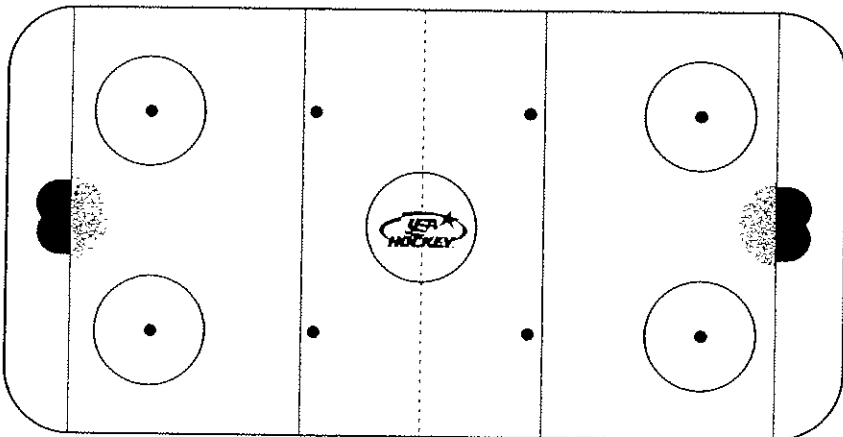
Description 3V3 BACKWARDS

① PLAY 3V3 CROSS ICE.
PLAYERS CAN ONLY SKATE
BACKWARDS.

② ADD IN - ON PASS
RECEPTION, PLAYER MUST
PIVOT TO FORWARDS FOR
2 STRIDES THEN PIVOT
BACK TO BACKWARDS

Notes/Systems _____

FORCES WORK OF PIVOTING SKILLS



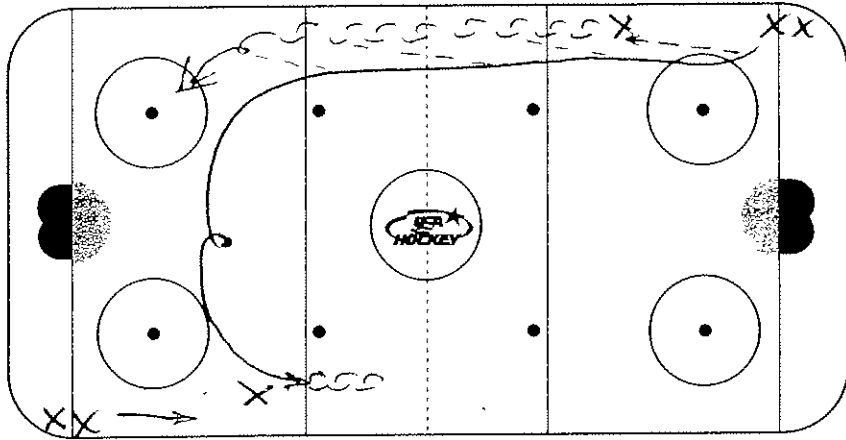
Description _____

Notes/Systems _____



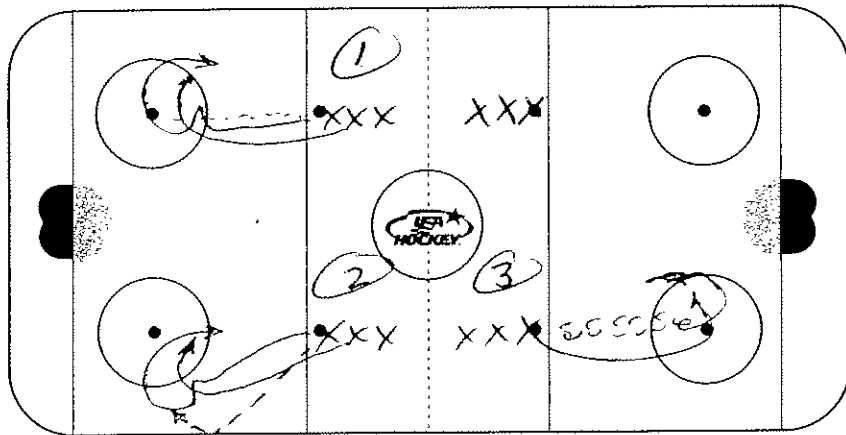


SYSTEM/DRILL TUESDAY DEFENSEMEN SKILLS



Description BACKWARDS CAROUSEL

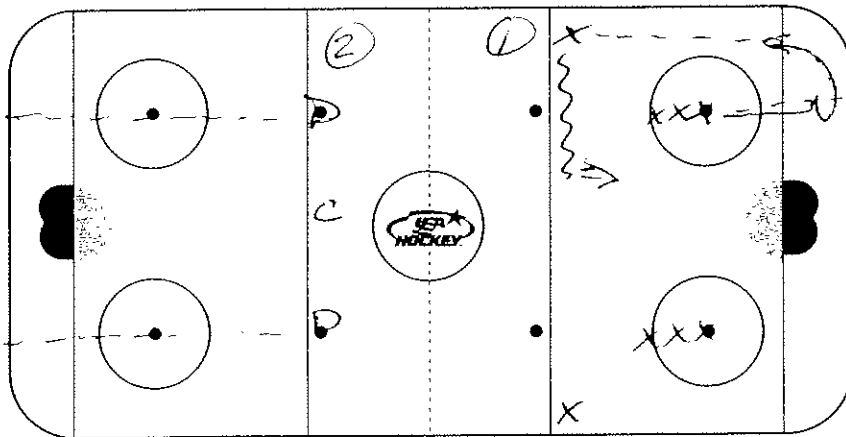
Notes/Systems _____



Description PICK RETRIEVAL
 - QUICK TO PICK
 - SHOULDER CHECK
 - DECEPTION

- ① FAKE & ESCAPE
- ② OFF THE BOARDS
- ③ STRETCH & ROLL

Notes/Systems _____



Description PICK RETRIEVAL
 ① SINGLES

- ② DOUBLES - INSIDE DOTS
 OUTSIDE DOTS

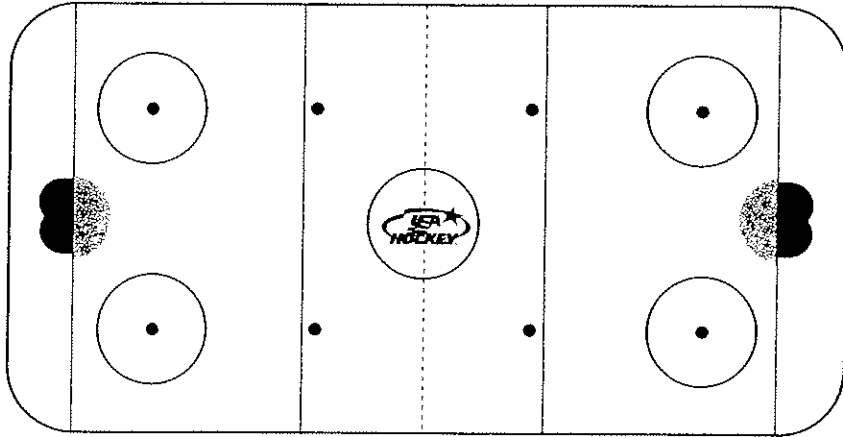
REVERSE OR D TO D
 ROTATION

Notes/Systems _____





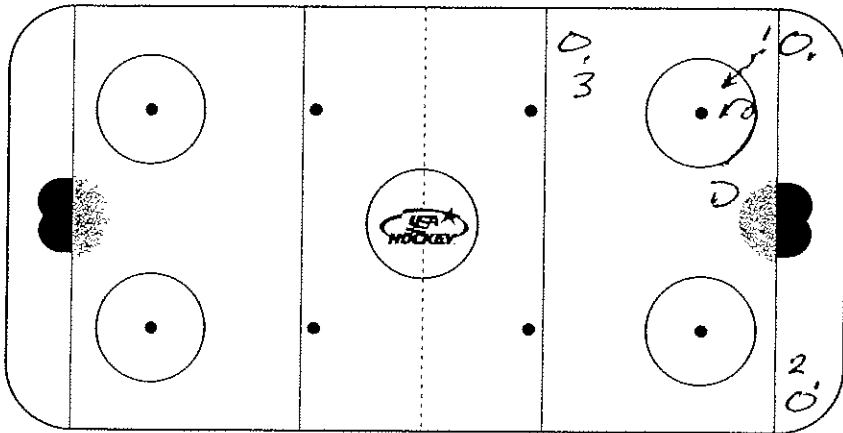
SYSTEM/DRILL WEDNESDAY DEFENSEMAN SKILLS



Description OPPOSITE HAND
2 ROCK WARM-UP

DEFENSIVE STICKS
- PARTNER UP

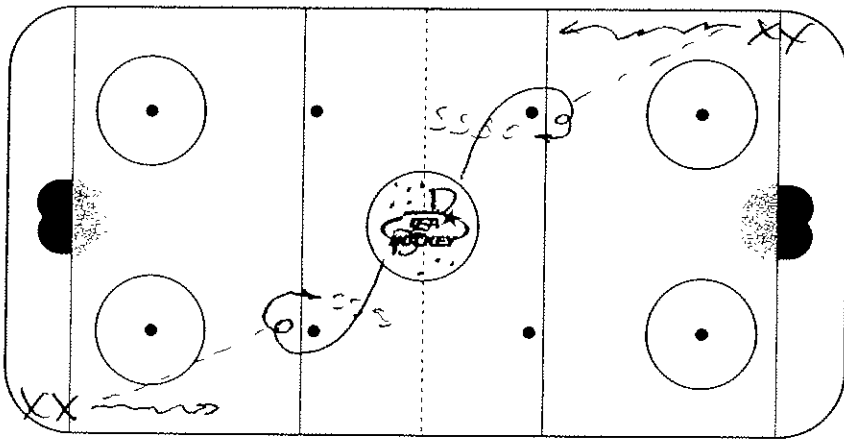
Notes/Systems _____



Description 3X 1V1 NET
FRONT - DEFENSIVE STICKS

PLAY 3-1V1'S PROTECTING
THE NET FRONT AREA
FOCUS - DEFENSIVE STICKS
POSITION

Notes/Systems _____



Description 1V1 FULL ICE
DEFENSIVE STICKS

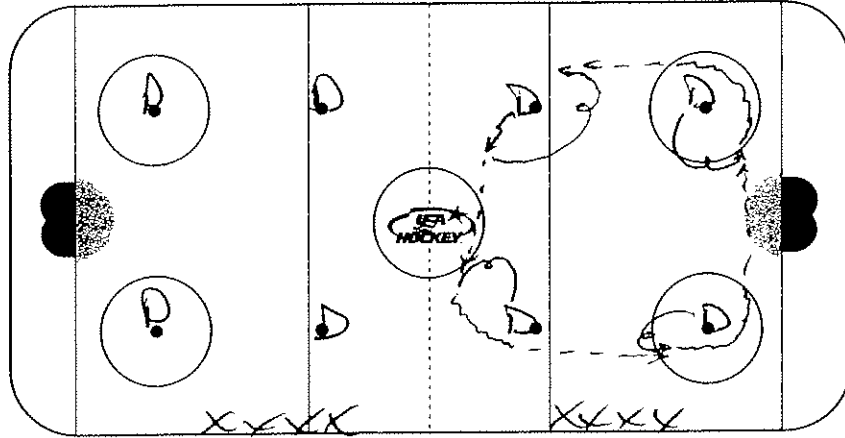
Notes/Systems _____

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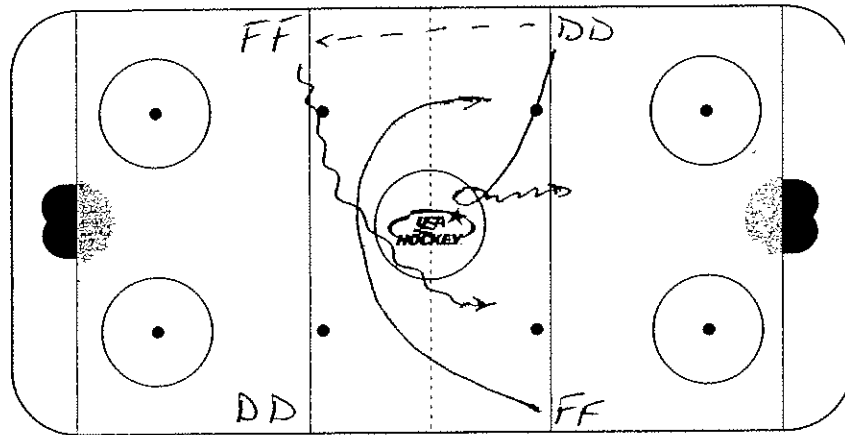
SYSTEM/DRILL WEDNESDAY - DEFENSEMEN SKILLS



Description SPRINT PASSING

UNDERHANDING PUCK

Notes/Systems _____



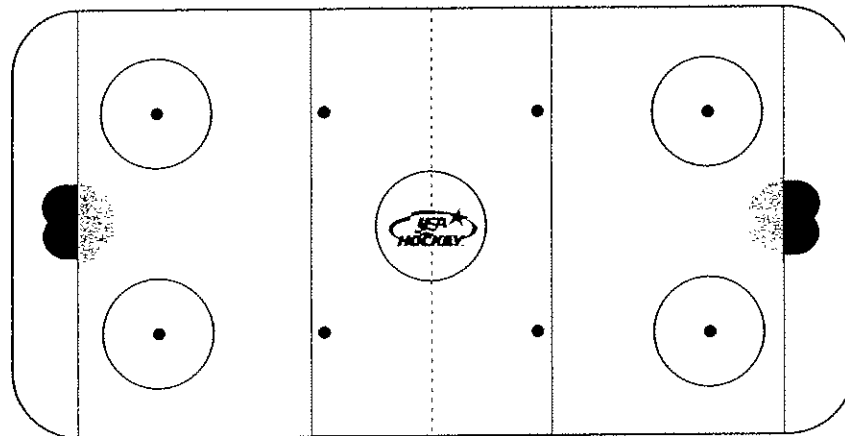
Description 2V1 QUICK HIT

2V1 POSITIONING

GAP - STICK - DECEPTION

FACE - PUCK

Notes/Systems _____



Description _____

Notes/Systems _____



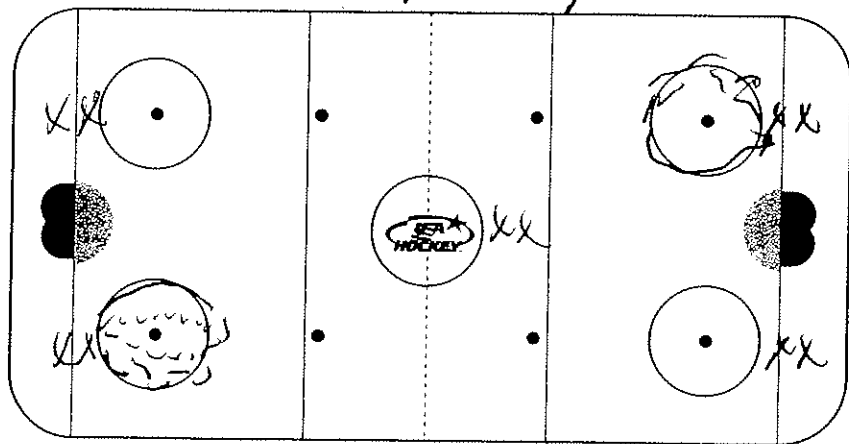


DEFENSE SPECIFIC

SYSTEM/DRILL

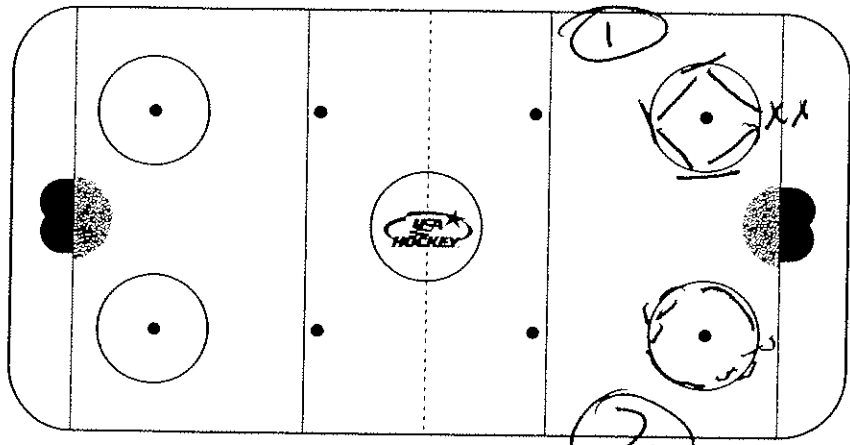
WEDNESDAY, August 3

GREEN, Royal, Purple, Gray Page 1



Description CIRCLE PASS
 D SKATERS CIRCLE PASSING
 W/ NEXT D IN LINE

Notes/Systems _____

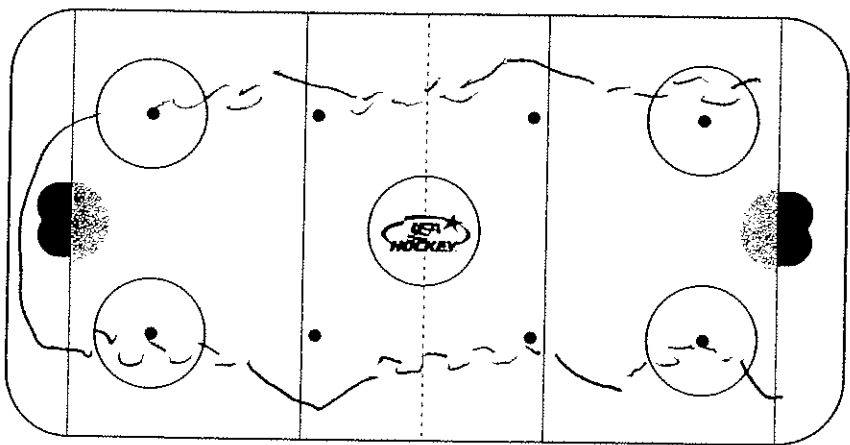


Description CIRCLE SKATES
 1) FORWARD SKATE, STOP
 ON ONE SKATER ROTATE
 BODY DRIVING OFF SKATE
 EAST.

2) Forward to Backward
 to FORWARD Pivots
 facing OUTSIDE of CIRCLE

3) Same as above but
 FACING INSIDE

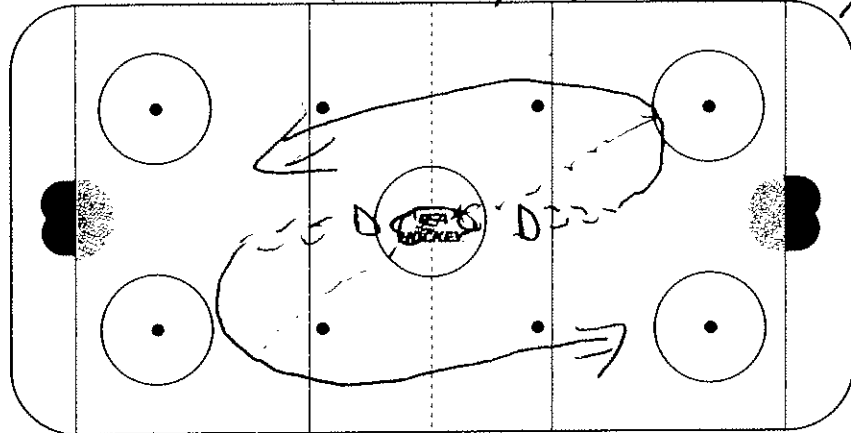
Notes/Systems _____



Description BACKWARD PIVOTS

Notes/Systems _____

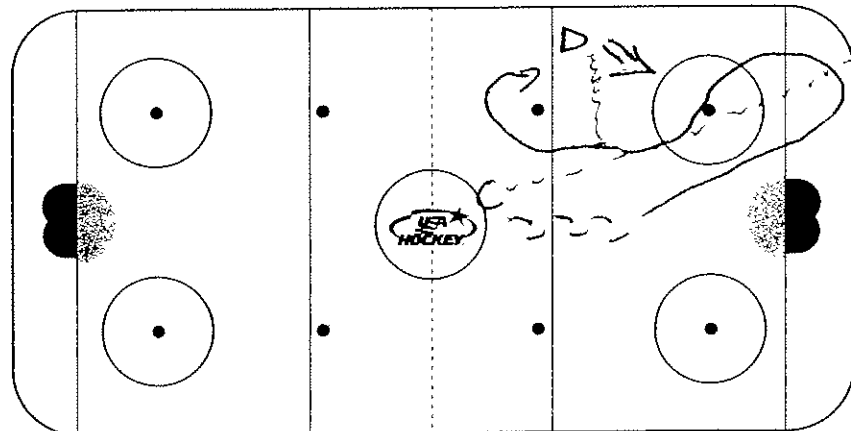




Description

DEFENSEMAN SKATES BACK
WARD, COACH CHIPS
PUCK TO TOP OF CIRCLE
DEFENSE PIVOTS DRIV-
ING THROUGH PUCK FOR
SHOT AT FAR END.

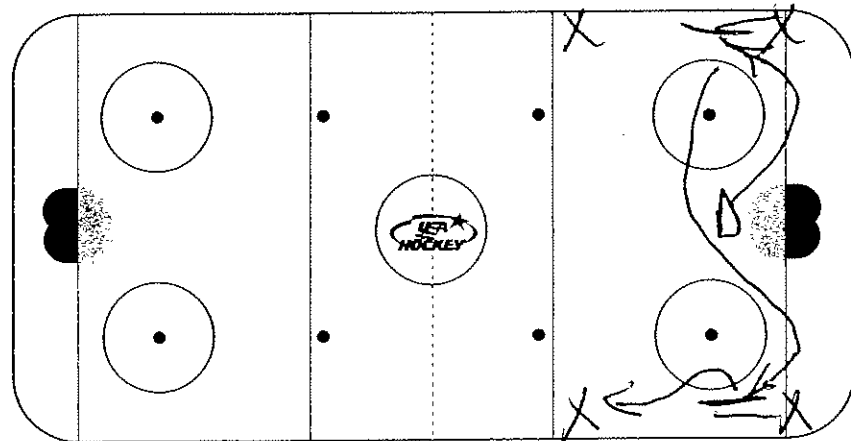
Notes/Systems



Description

~~DEFENSE~~
D MAN SKATES BACKWARD
COACH DUMPS PUCK TO
CORNER
D MAN PIVOTS TO PUCK
KEEP ~~BACK~~ FEET
MOVING, MUST GET TO
TOP OF CIRCLE PASSES
TO DEFENSEMAN FOR
POINT SHOT

Notes/Systems



Description

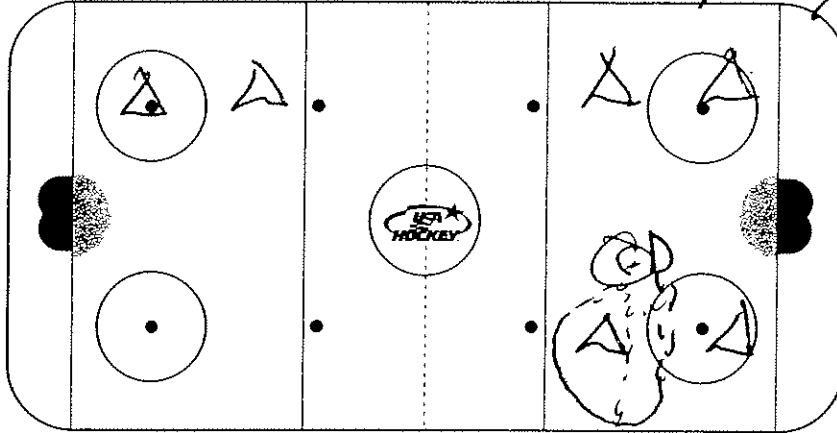
3 (LOW'S)

- DEFENSE ATTACKS
OFFENSIVE PLAYER
ANGLING UP WALL w/
BODY AND STICK.
- WHISTLE STARTS SCENE
LOW
- ATTACKER CAN NOT
GO UNTIL D HAS TAKEN
3 STRIKES TO THEM

Notes/Systems



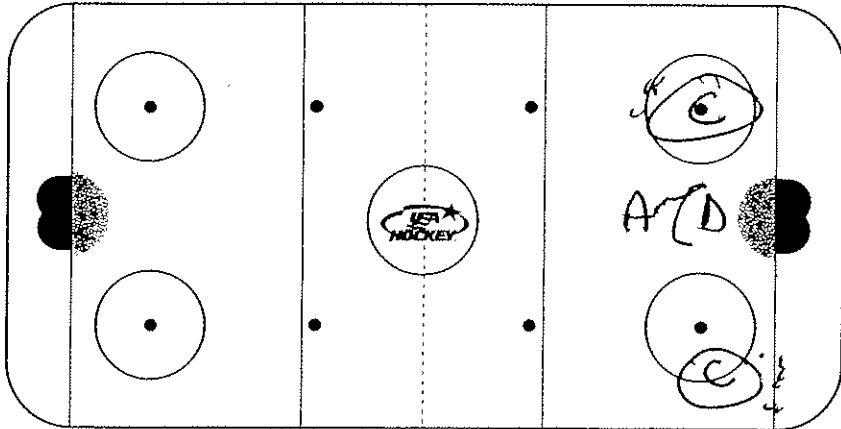
Green, Royal, Purple, Gray Page 3



Description

- Def Break skates
- Coach dumps puck to wall
- Def Picks up Puck and 4 Hand only 6 Puck
- Carries to left Backhand
- D Passes to Coach for 2nd, 3rd, 4th
- Restrict

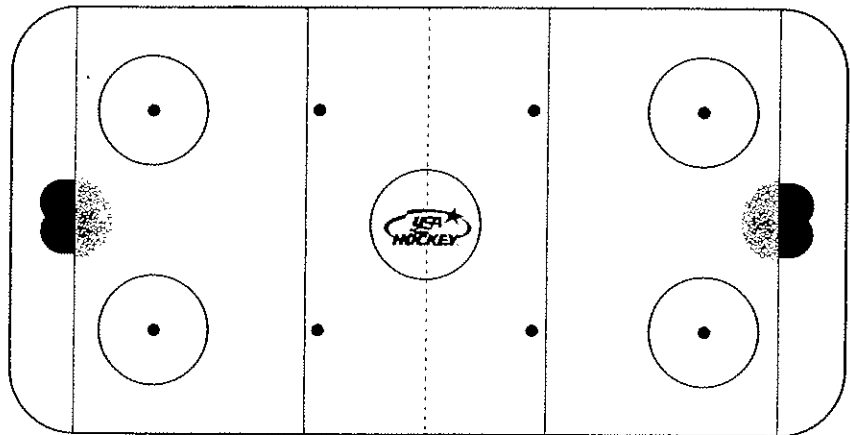
Notes/Systems



Description

- Not Front Coverage
- A - Attacks Net
- D - Stays in D Position to take stick away
- A - can receive pass from either coach

Notes/Systems

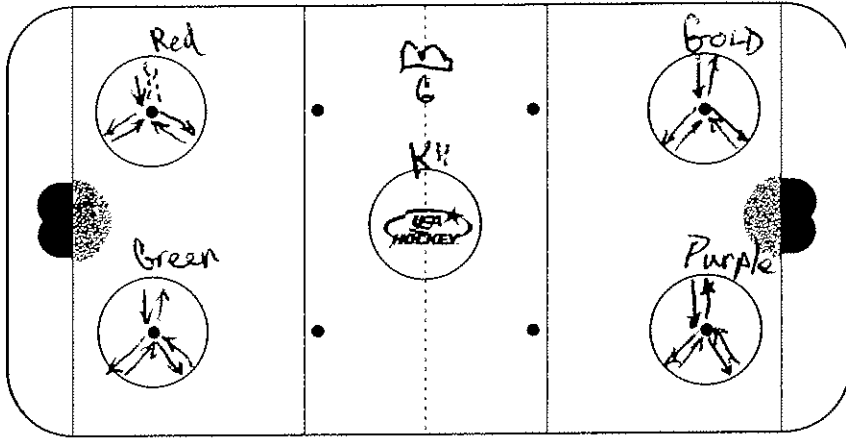


Description

- 3 on 3 Half ice
- Must set Puck before going on offense

Notes/Systems





Notes/Systems

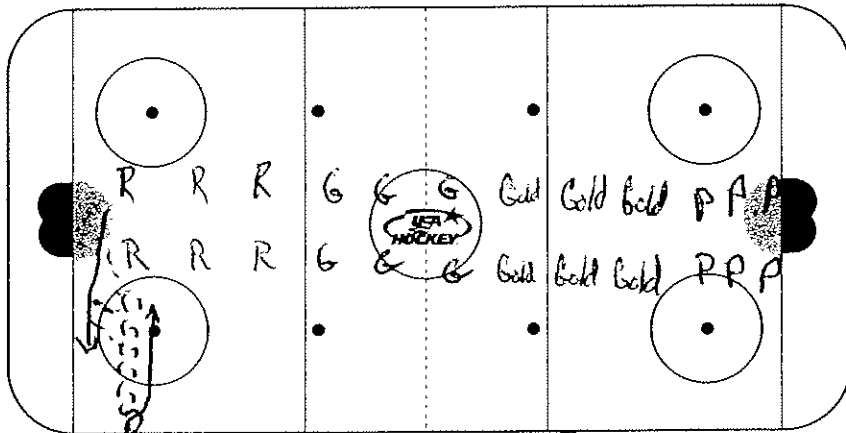
Y PIVOT SKATING

Description

At Face-off Circle
D skates backward
to Dot + open pivots

Return to start + Repeat
Open pivot to other side

(Coach warm-up (Earlier
in Neutral zone)



Notes/Systems

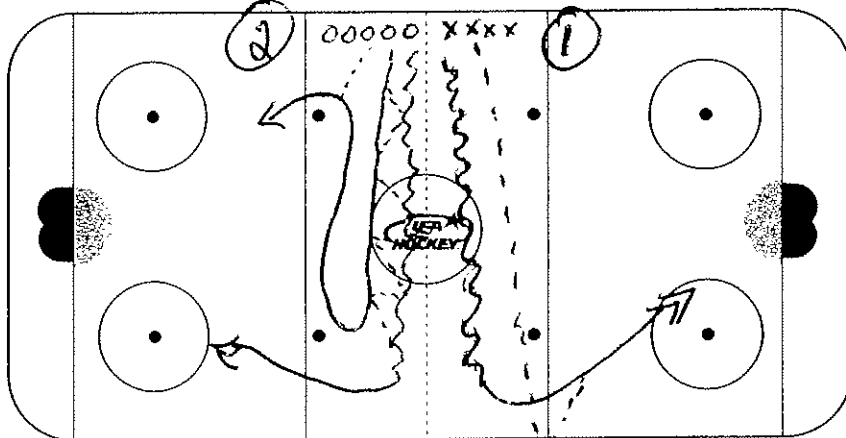
PARTNER PASSING

Description

① Hard forehand pass

② Catch on Backhand
pass on C

③ 1 Forward
1 Backward one-
touch passing



Notes/Systems

SAME-SIDE RED SHOOTING

Description

① Backward across ice
Next in line pass off far w
Open Pivot - shoot

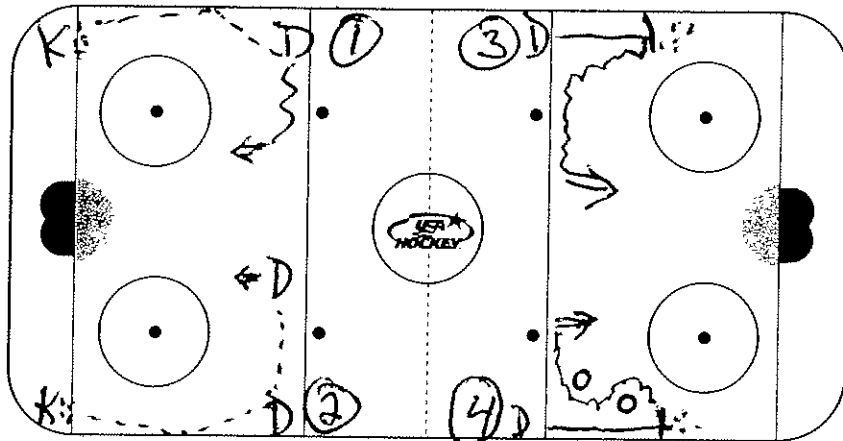
② 2 on 0 1 Forward +
1 Backward
First man open pivots
+ goes in for shot
Second man returns
to get a pass from
line + shoots

RED, GREEN, GOLD + PURPLE



SYSTEM/DRILL

POSITION PRACTICE - DEFENSE



Notes/Systems HALF-ICE SHOOTING

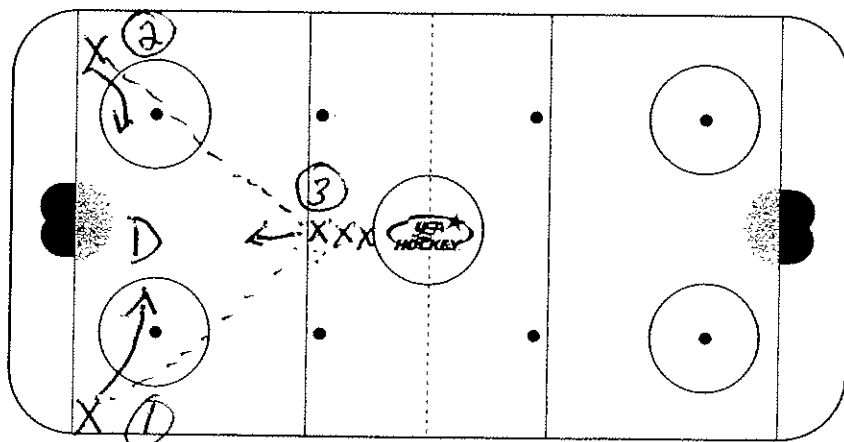
Description

① Hold puck in zone walk + shoot

② Hold Puck in-zone D to D pass + shoot

③ Hard to hash + pick up puck Drag to middle + shoot

④ Drag from hash mark around face + shoot



Notes/Systems 3 x 1 ON 1

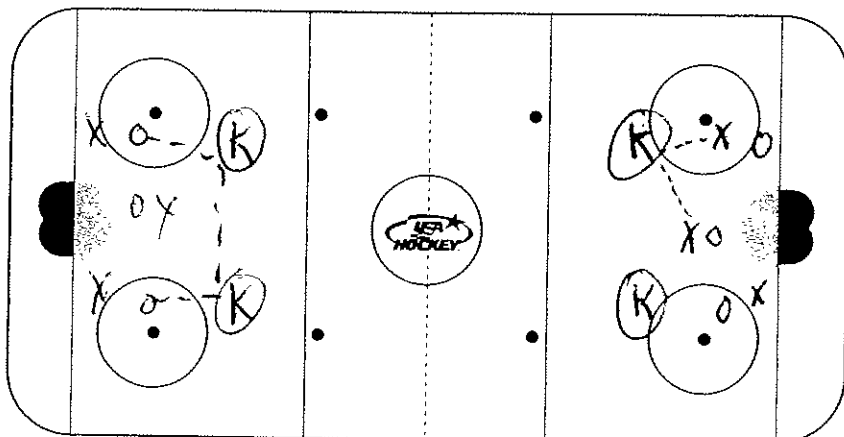
Description

D in front on knees

Pass to corner 1 on 1 WHISTLE

Pass to corner 1 on 1 WHISTLE

Carry puck 1 on 1



Notes/Systems 3 ON 3 LOW-CHECK w/ COACH

Description

3 on 3

Pass to Coach on change of possession

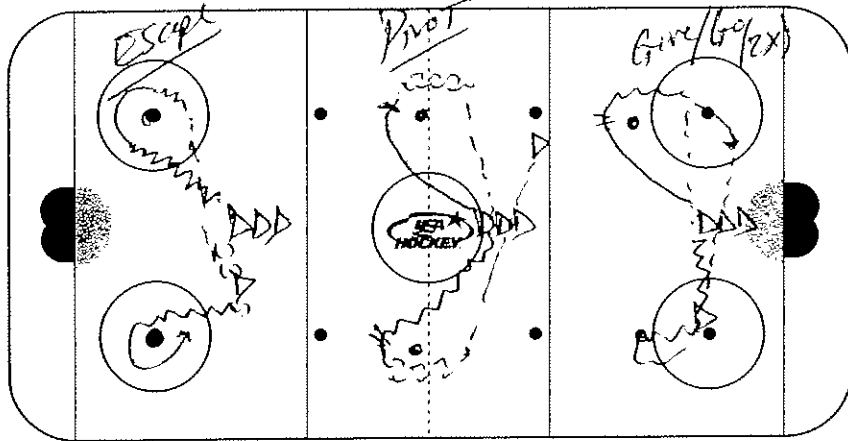
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SYSTEM/DRILL DEFENSEMEN
GOLDSWORTHY

WEDNESDAY 8/3/05

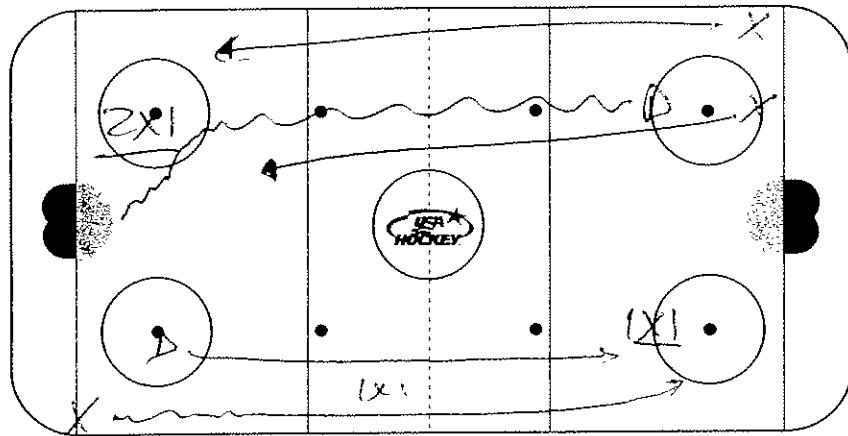


Description N-ZONE PASSING

(15) NZ SPACING/SUPPORT
ESCAPES
PIVOTS
GIVE/GO (2X)

(10) NZ RED LINE AWARENESS
3X D-D
W/DUMP CROSS-ICE

Notes/Systems SUPPORT/SPACING
KEEP MOVING (PASS LANE) // BOTH WAYS (25)



Description SKATING GAPS
NO PICKS!

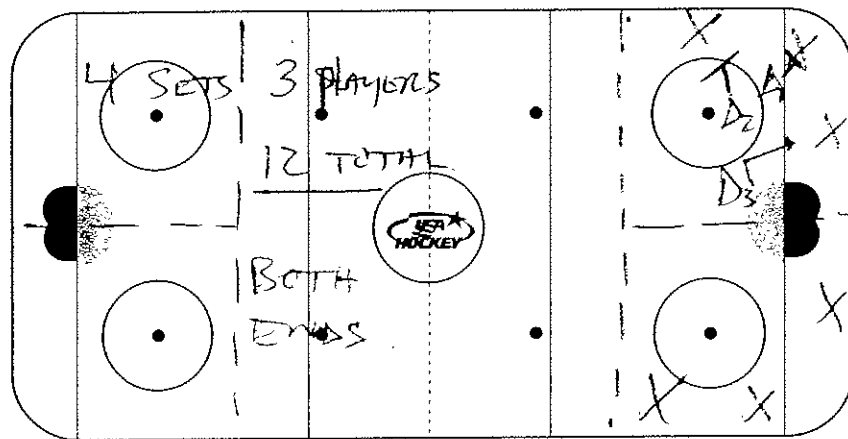
(5) 1X1 OUTSIDE SHOULDER
BLUE LINE (TIGHT)
STICK MIDDLE

(5) 2X1 PICK OUTSIDE DOTS
PASS LANE/REBOUND
CHELICE

(5) 2X2 TANDEM 'I'

(5) 3X2 TANDEM 'I'
READ BACK ✓ vs. 2X1

Notes/Systems ELIMINATE SPACE (GAP)
ELIMINATE MIDDLE (20)



Description 3-ZONE GAPS

(15) 3D vs 3X

2X3 LOW

ELIMINATE GAPS

D1 - INITIATE / CUT ICE

D2 (CENTER) - TANDEM 'I'

READ D1 - CLOSE GAP

D3 - NOT - CLOSE GAP

SAFETY VALVE D1/C

3 SECOND PK?

GOALSIDE

Notes/Systems GOALSIDE / ELIMINATE GAP (15)

