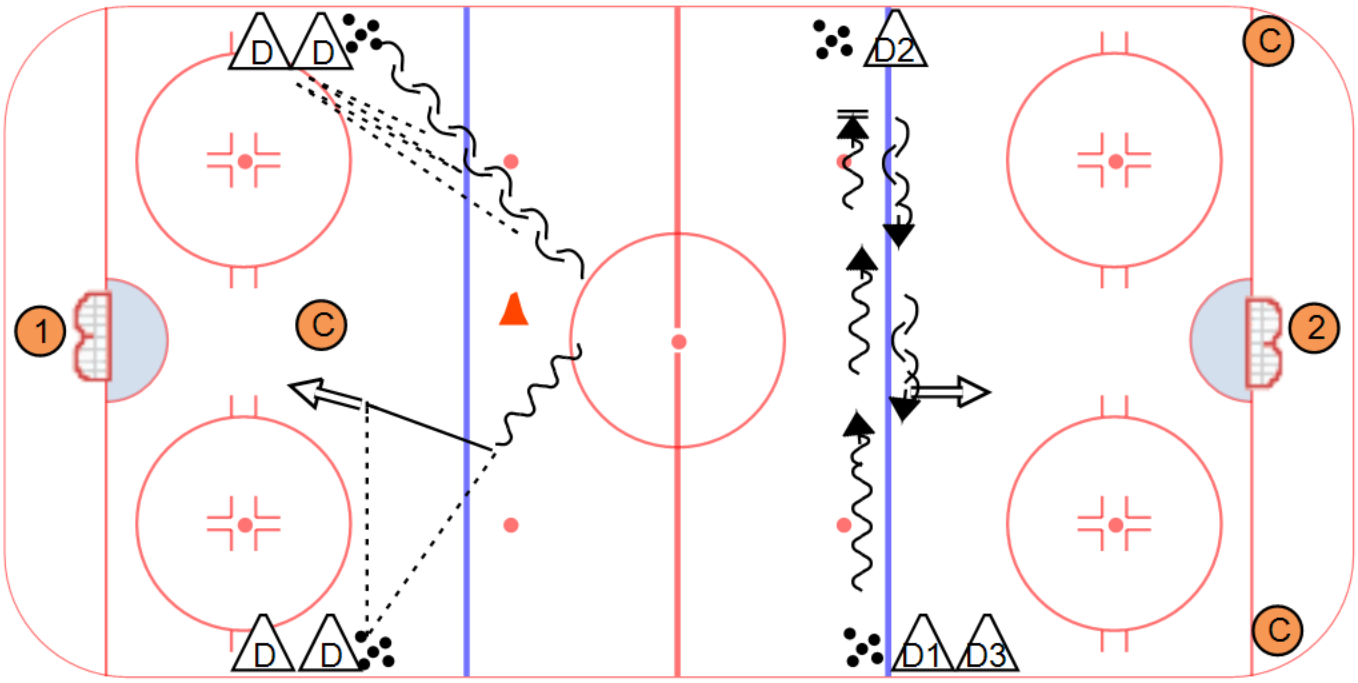
Category #1 : deenseman

Category #2 : defenseman

Title : Puck skills and shooting

Content elements :

Components:



Key points :

COMMUNICATION	ACCURATE PASSING	ONE TOUCH PASSING AND RECIEVING	ONE TIME SHOOTING

Description

1: Defenseman back peddles and makes as many one touch passes as possible. When they get to the neutral zone pivot forward and execute at lease one give and go with the opposite line finishing with a shot on net. Players are to rotate lines.

2: D1 skates across the ice towards D2. Must make at lease 3 touch passes. When D1 stops he back peddles and D2 skates forward again touch passing when D1 gets close to the middle of the line he shoots and D2 continues across the ice and executes the drill with D3. Players rotate lines.

Progression:

1: Add in a coach that the defense must drive and recieve a pass from.

2: Make defensemen facke the shot prior to shooting or have a coach in the corners for a give and go.