

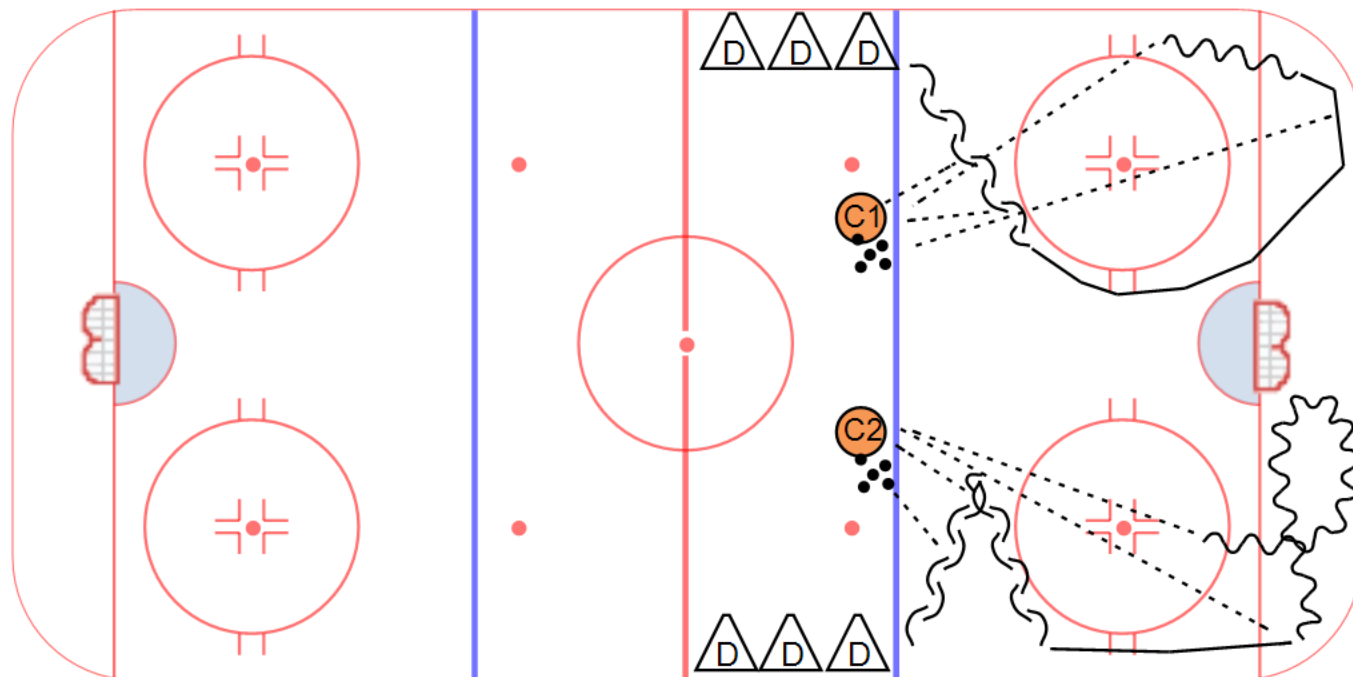
Category #1 :

Title : quick feet

Category #2 :

Content elements : _____

Components: _____



Key points :

AGILITY AND PASSING

QUICK DECISIONS

EVASIVE MANOUEVERS

SHOULDER CHECK

Description

These 2 exercises are to increase the defensemens ability to retrieve pucks, make decisions on evasive manouvers for reading pressure, and make good outlet passes.

C1 the player back peddles to middle of the ice and executes a give and go with the C. C dumps puck into corner. The defensemen must shoulder check and pick up the puck returning it to the coach. If the defensemen is on his backhand he must make a backhand pass

C2 the player back peddles to the middle of the ice and executes a give and go with the C then returns quickly towards the boards. C dumps the puck into the corner. The defensemen must read pressure and asumes inside pressure he executes a cut back towards the corner and returns the puck to the coach.

Progression:

Add in a passive forechecker

Add in a active forechecker

Add in a supporting forward for the defense