

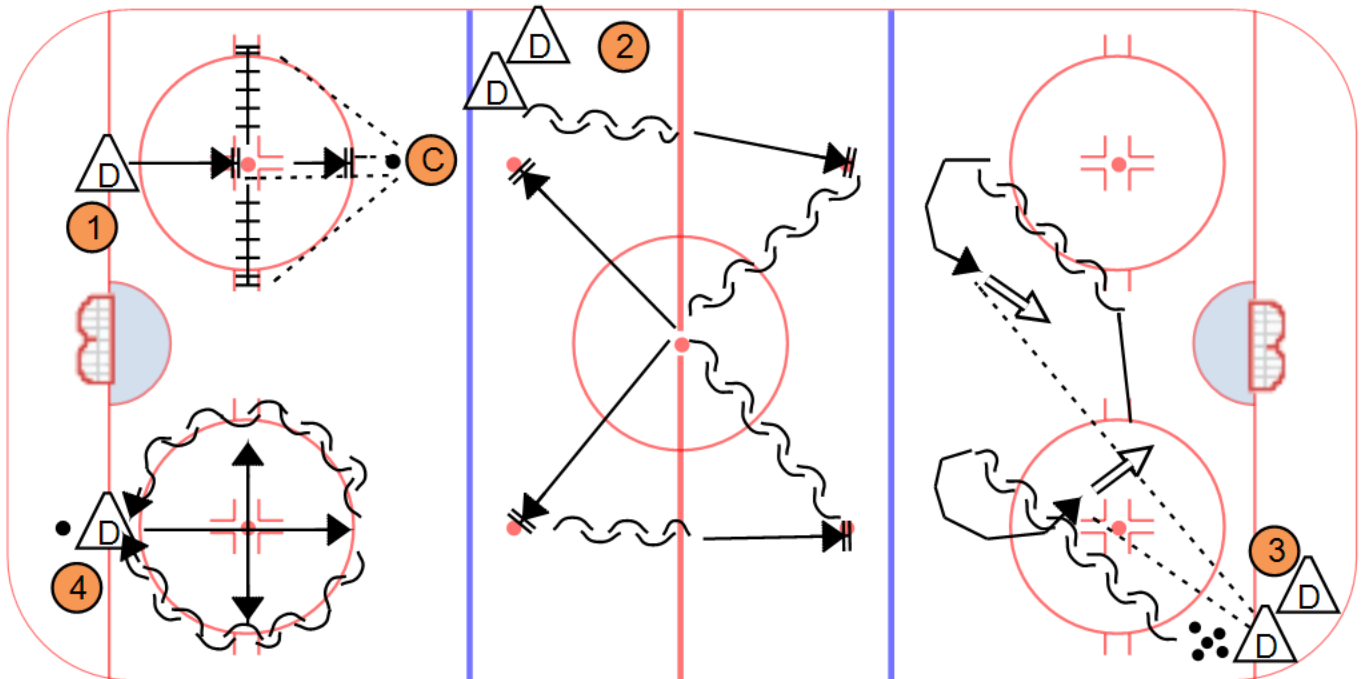
Category #1 :

Title : Agility and acceleration drills

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

### Description

1: Defenseman execute the iron cross. At each stop must execute a touch pass with the coach. This reinforces them to be ready for a puck at all times. Must be done at full speed and with communication.

2: Can be done with or without puck. Defensemen back peddle as fast as possible, pivot at the red line and stop pivot at the dot and back peddle to the center dot. They pivot and accelerate to the next dot. repeat until back at the starting dot.

3: Defensemen back peddle with or without a puck. If with then give and go, if without then they will pivot outside the top of the circle and receive a pass. Must shoot quickly. After the first shot they back peddle outside of the second circle and pivot again and repeat. Must shoot quickly. Communication is a must.

4: This drill is a transition drill and can be done with or without pucks. Defense skate to the top of the circle and transition backwards to the bottom. They return to the top of the circle and transition the other way. Then they return to the top of the circle and transition but cut across the circle at the hash marks. Repeat again to complete the circle.