

T3 – Defensive Skating – Toe Caps Face Attacker – Mirroring – U18 - Wally Kozak

Key Points:

Defender must approach with toe caps facing the attacker using controlled skating. Always defend from the net side and a tight gap. Lead with the stick and use contact to restrict the attackers options.

Description:

1. Practice using the inside edges of both skates and then one skate at a time.
2. Go on 'green' and stop on 'red'.
3. Practice moving all directions facing the attacker with the toe caps forward.
4. Skate sideways without crossing the legs.
5. Stay square to the attacker always staying on the defensive side.
6. Alternate stepping once each way and then twice each way.
7. Skate all four directions; forward, backward laterally each way.
8. All the players mirror the demonstrator.
9. Mirror partner, start slow and go fast on the whistle taking turns.
10. Everyone get a partner and alternate mirroring each other.
11. Mirror in all directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180220193220668>

<https://youtu.be/lpmZCbDqeqQ>

