

T3 – 2019 – Individual Defensive Skills Manual

Tom Molloy

T1-2-3 - C2 2-1 Technique - RB Pro

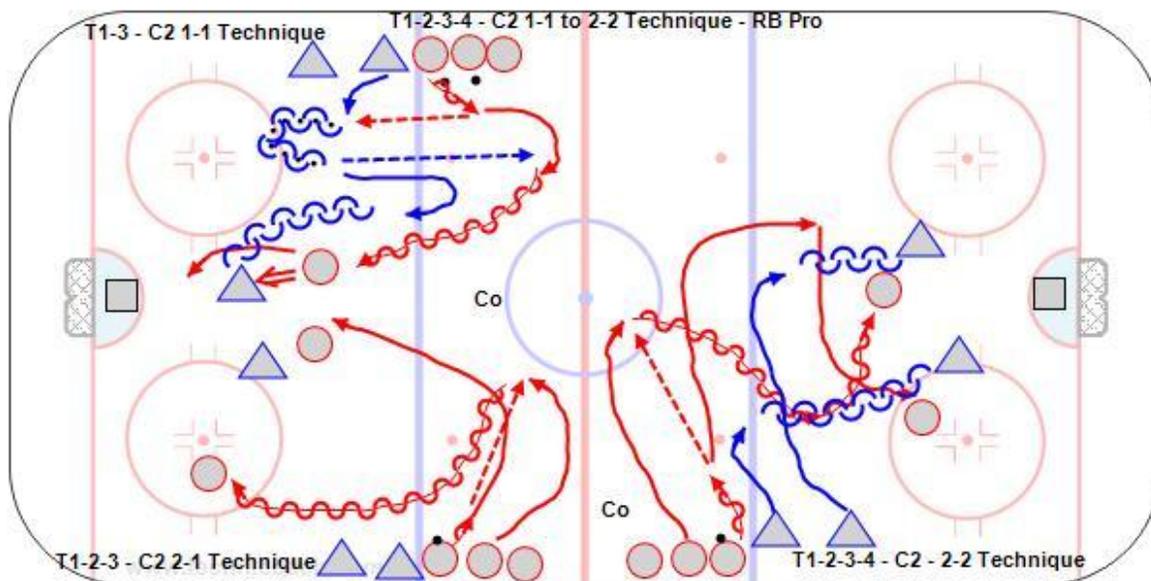
Key Points:

This is a great formation for teaching as the players are close to the coach. Defenders close the gap right away and keep the puck on one side then it is really a 2-2 with the goalie playing the shooter. Attack with speed and cross the mid-line with the puck, a pass or a pass off the pads.

Description:

1. Start with F1 skating toward the red line and getting a pass from F2.
2. D1 skate up and close the gap before the blue line.
3. F1 attack the wide lane and F2 cross behind.
4. F2 be in a good shooting position. Square up if on the off wing.
5. Puck carrier must be a threat and attack with speed.
6. Defender stay in the middle and identify the most dangerous attacker.
7. Coach stop the drill to give input on how to play the situation.
8. Attackers make the first pass early so there is a second play and use the forehand when possible.
9. Defender keep the play to one side and tie up the stick of the player going to the net after a shot.
10. If the puck carrier is wide and deep an option is for the defender to slide outside the strong side post.

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T1-3 - C2 1-1 Technique - RB Pro

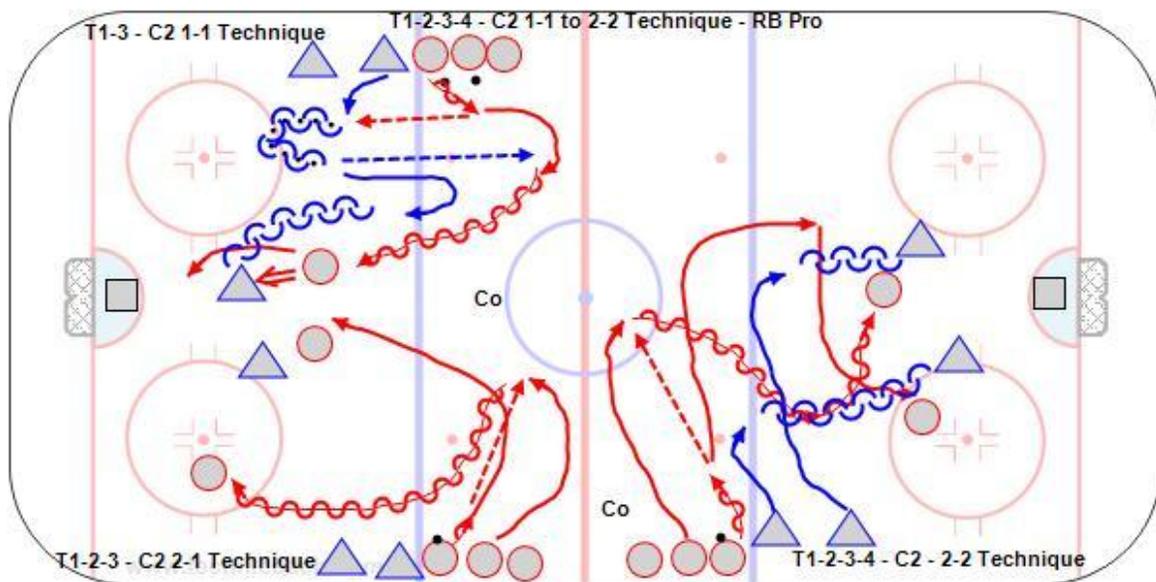
Key Points:

Attack with speed, protect the puck and drive hard to the net for a rebound. Defender play a tight gap, head up and stick on the puck, body on body. Tie up the stick and box out after a shot.

Description:

1. Players line up along the boards on one side.
2. Start at the blue line with the attacker passing to the defender.
3. Defender skate back then up and return pass to the attacker who skates out to the red line.
4. Defender close the gap then play a 1-1.
5. Both players need to have quick feet.
6. Defender keep the eyes up, stick on the puck and tie up the stick after a shot.
7. Attacker make a hard fake and drive to the net follow the shot for a rebound.

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T1-3 - D400 - Low 3-3 - Czech U20

Key Points:

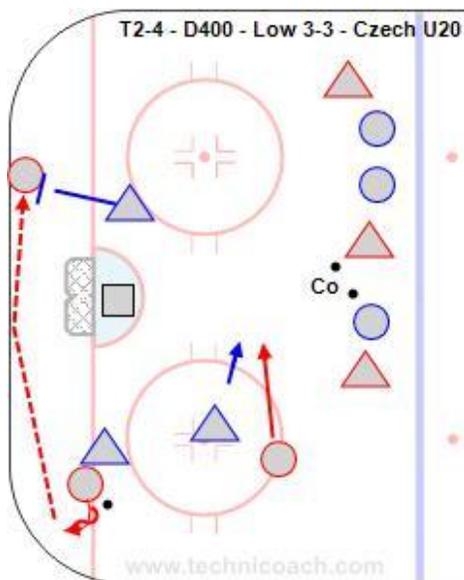
Man on man defense with the closest player defend tight from the defensive side, second closes within a stick length and third closest halfway. Offensive player start with a puck on the whistle.

Description:

1. Play 3 on 3 below the top on the circles.
2. Create 2-1's on offense, use crosses and give and goes to confuse the defenders.
3. Defenders must communicate, have good sticks, switch, box out, take sticks in front.
4. Keep heads on a swivel.
5. Defend man on man.
6. Finish your check before the hash marks.

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T1-3 - High and Low Cutbacks 1-1 - Russian U20

Key Points:

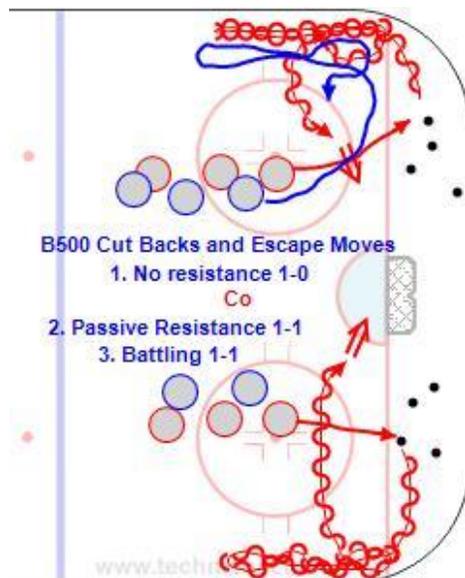
Create separation by taking quick strides to make the defender cross-over and then cut back in the other direction.

Description:

1. Players line up in the high slot and the coach has the pucks.
2. Coach shoot the puck into the corner and an offensive and defensive player go.
3. Attacker drive skate hard toward the back of the net and cut back when the defender chases.
4. Defender is passive but should work on having 'stick on the puck' and defensive side.
5. Practice turning up the boards and cutting back low then walk out or wrap around.
6. Switch sides and repeat.
7. This drill is good for both offensive and defensive techniques.

*Option is for the offensive player to do cutbacks both ways while the defender practices dside and good stick position. After about 5" blow the whistle and play live with the attacker trying to score and the defender to carry the puck above the top of the circles.

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B5 Angling

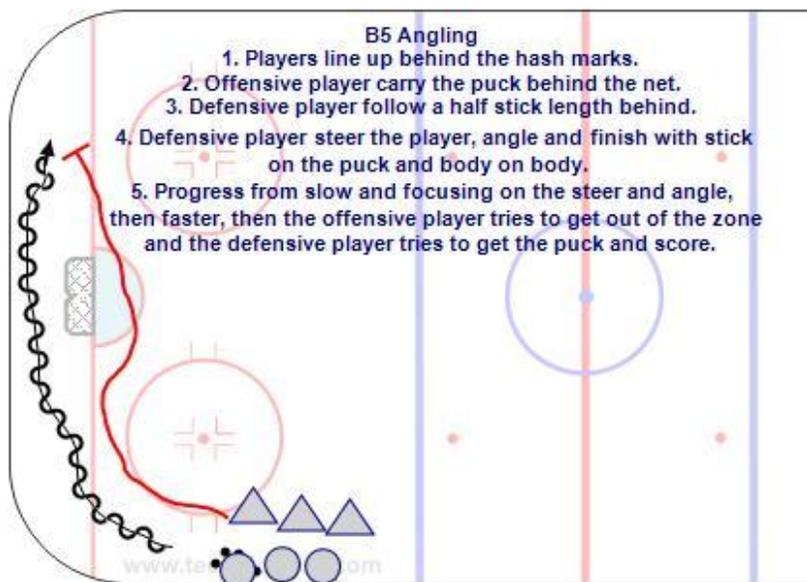
Key Points:

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

Description:

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.

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T1-3 -B6 - Stick on Puck and Screen Shot – Pro

Key Points:

Angle with the stick on the puck and skate through the hands with the inside leg in front. Make a hard fake one way and shoot so the player in front can deflect or tip the puck.

Description:

Angling Along the Boards:

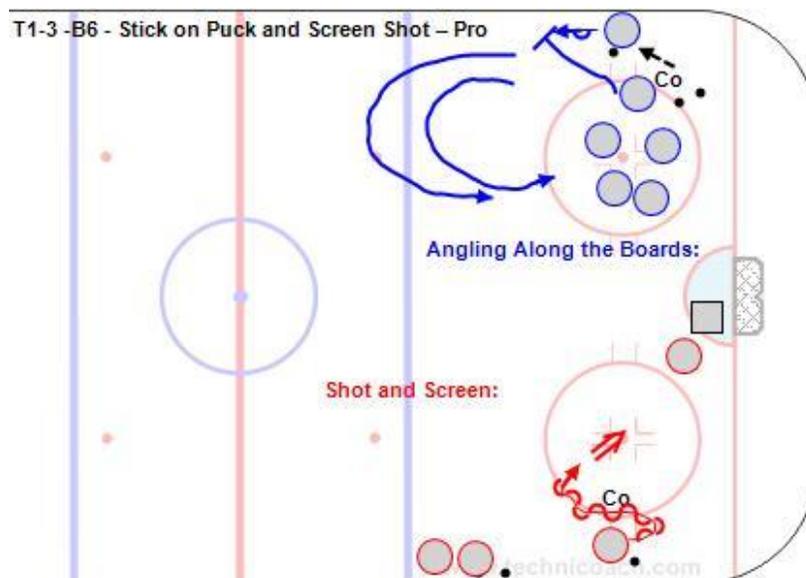
1. Coach pass to the player along the boards and the inside player angle check him.
2. Skate to outside the blue line and repeat with the other player checking.

Shot and Screen:

3. Coach act as the defender near the hash marks.
4. Attacker make a hard inside or outside fake to create a shooting lane.
5. Attacker in front screen the goalie and tip or deflect the shot.
6. Goalie work hard to find the puck through the screen.

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<https://youtu.be/szPiXh1SIEg>



T1-3 Low 1-1 and 1-2 – Pro

Key Points:

Fight on offense to gain net side and on defense to defend from the net side. On the breakout vs. a forechecker the first one back must un-weight the checker with a fake and the supporting player must get open for the best outlet pass.

Description:

One End

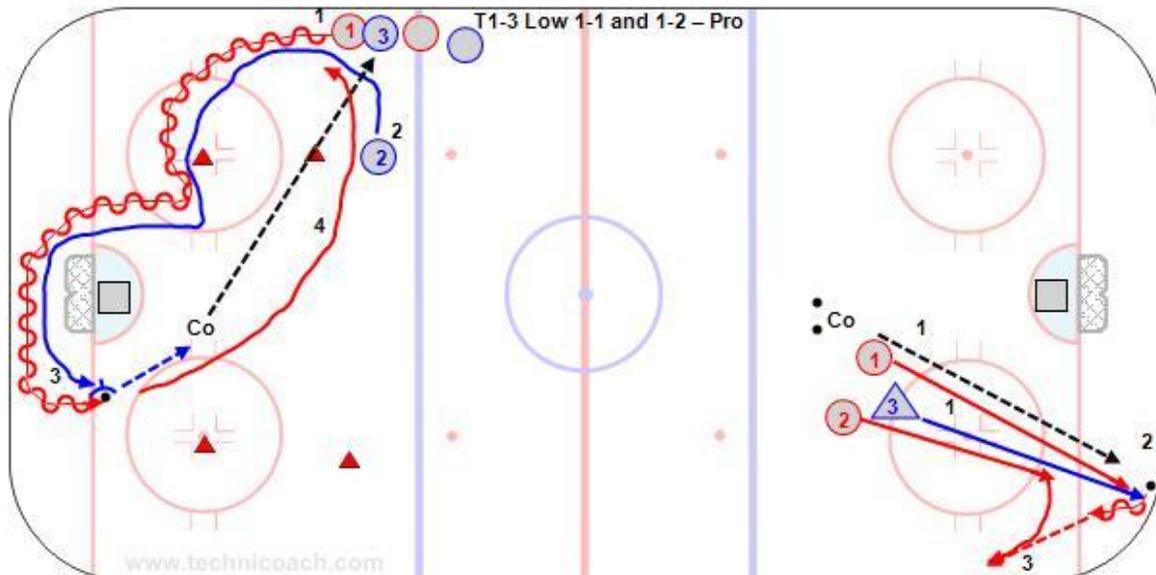
1. Coach pass the puck to player 1 near the blue line on the boards.
2. Player 2 comes out around the pylon and defends
3. Player 1 try to score while player 2 defends and try to pass to the coach.
4. When the play ends player 1 now defends vs. player 3 who gets a pass from the coach.

Other End

1. Player 1 and 2 break out vs. 3.
2. Coach spots a puck and 3 retrieves it vs. pressure from 1-2.
3. Player 2 support in a board battle or get open for an outlet pass.

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T1-T3 - Battle to the Dot - U18 F

Key Points:

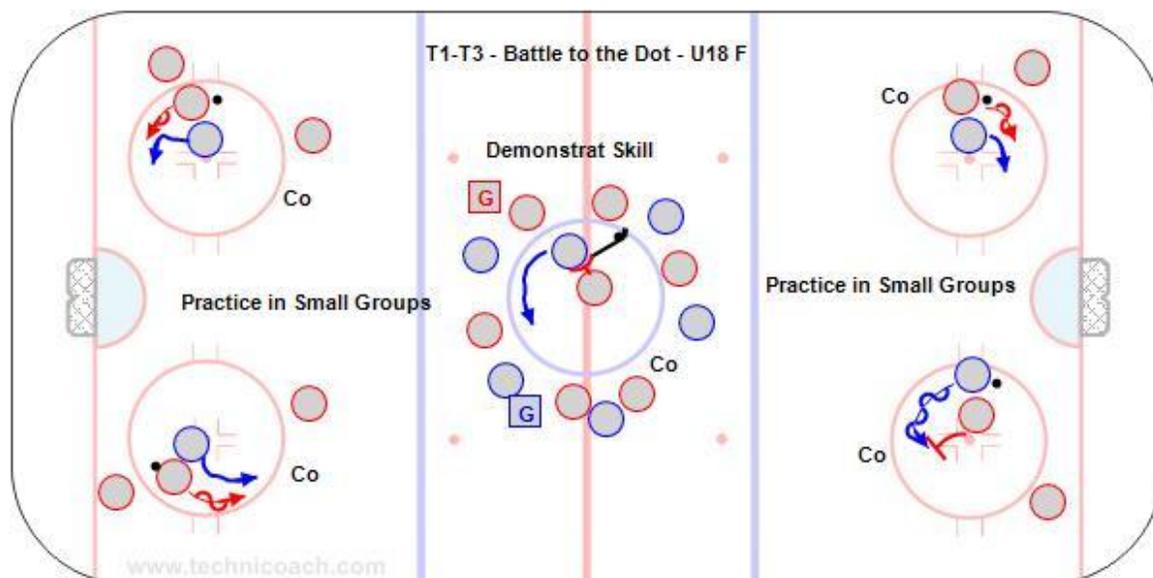
Puck carrier must protect the puck and use fakes and deceptive skating to get to the dot. Defender must use defensive skating skills keeping the toe caps facing the attacker, hands down and block the attacker.

Description:

1. Attacker carries a puck and defender has no stick with hands close to chest to block attacker.
2. Start at one circle to demonstrate and then use multiple circles with a coach at each one.
3. Go for 10-15" and switch competitors.
4. Goalies also participate.
5. Break the team into small groups and do the same drill in multiple circles.

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T3 - 1-1, 1-2, Checking – Pro

Key Points:

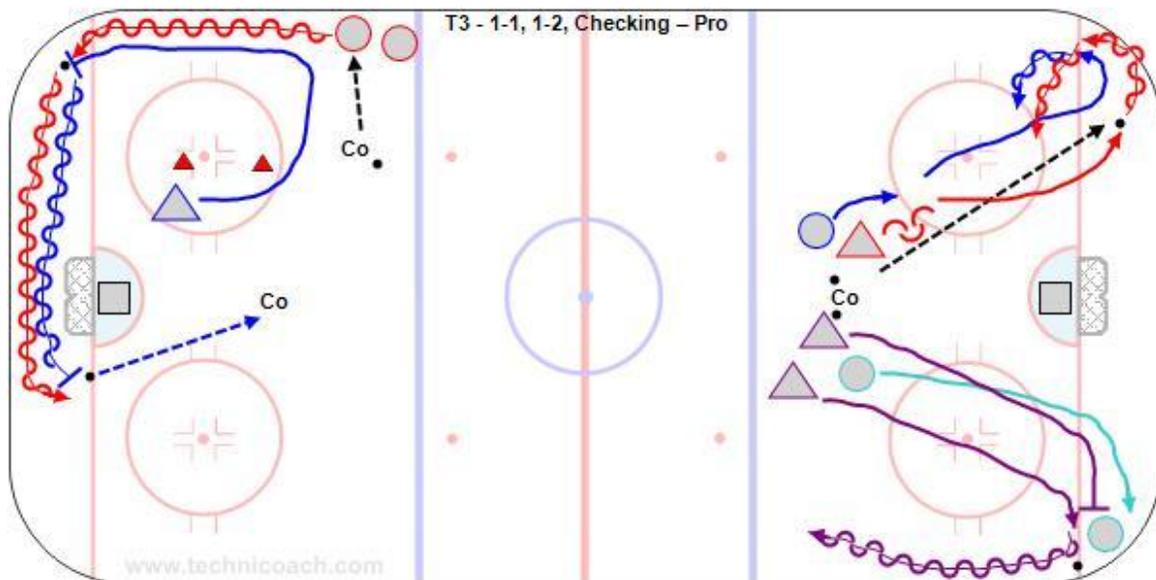
Create checking angles, use controlled skating, keep defensive side. Attackers use deceptive skating, fakes, protect the puck and shoot under pressure.

Description:

1. One attacker and one defender leave from the top of the circle and battle for a puck dumped in by the coach.
2. Defender compete to carry the puck out of the zone and attacker battle to score.
3. At the other end player battle starting from along the boards at the blue line.
4. The attacker gets a pass from the coach while the defender creates a good checking angle from the inside.
5. Attacker use deception, change of speed and protect the puck to go to the net.
6. Defender create a good angle and keep defensive side with the stick on the puck.
7. Change the 1-1 to a 1-2 forecheck battle.
8. One attacker pick up the loose puck and go to the net.
9. First defender play the body and the second defender pick up the loose puck and skate out of the zone.

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T3 - 2-1 With Bach Checker - U17

Key Points:

Defender, goalie and back checker have to communicate who to cover. Attack quickly and make the first play near the blue line to force the defenders to make a decision and allow a second play.

Description:

1. Start with F1-F2 attack D1 and F3 back check from the corner.
2. D2 follow the play from along the boards in the neutral zone.
3. Next attacker F4 start from the corner with a puck when the play is over.
4. Back checker F3 transition to offense and F3-F4 attack vs. D2.
5. F5 back check.
6. D3 follow the play.

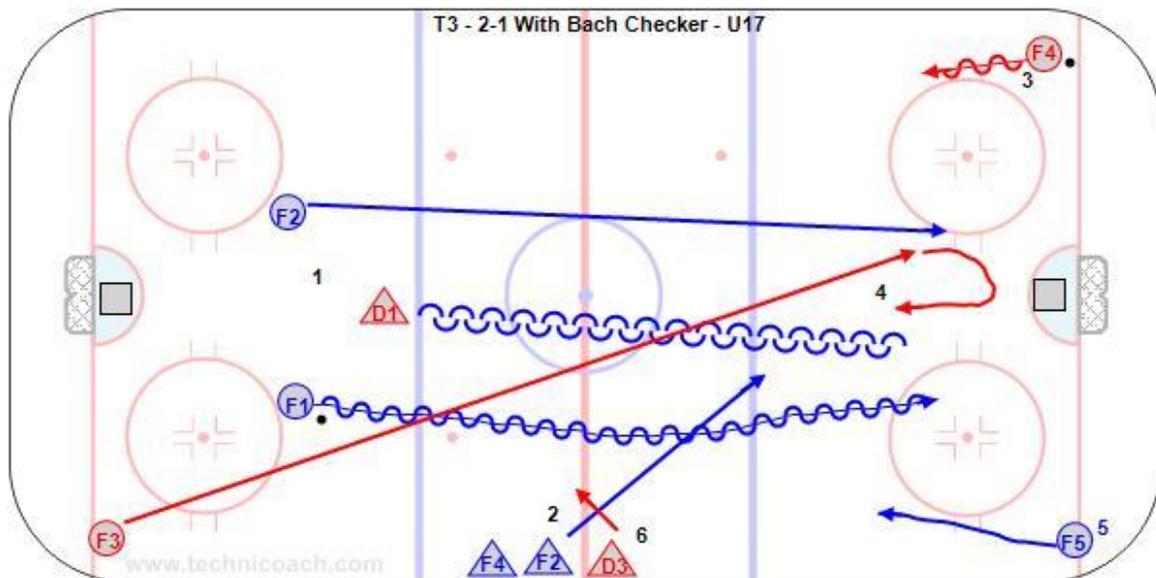
You can see the back checker not finishing the play and here are a few ideas to improve the drill.

* Finish the play and the D make the breakout pass.

* Another idea is to give a time limit to score, i.e. 8" then blow the whistle for next rep.

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T3 - Angle and Skate Through Hands – Pro

Key Points:

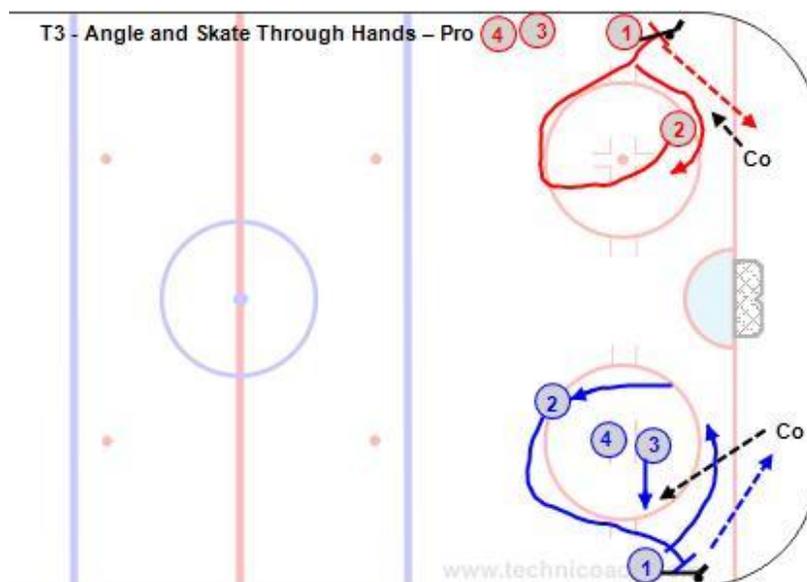
Angle from a little behind at the back outside shoulder, inside leg in front, stick on the puck and skate through the hands, lift the stick and take the puck.

Description:

1. Player one stands below the hash mark on the boards and get a pass from coach below goal line.
2. Player two skates around players inside the circle and use controlled skating to approach the puck carrier.
3. Player two skate through the hands and take the puck from player one then pass to the coach.
4. Player one now circle and check player three who moves to the boards and gets a pass from the coach.

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B5 - Angling Along the Boards – College

Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

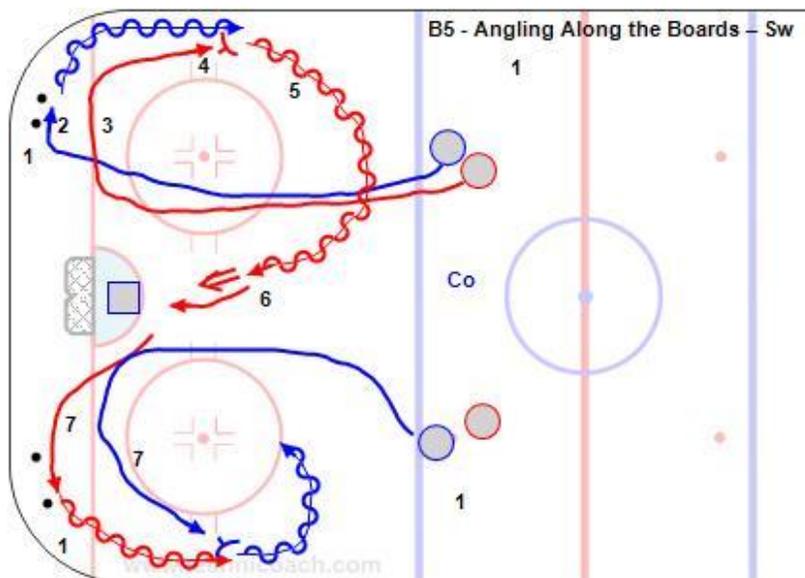
- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

* Do from both ends.

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T3 - B5 Defensive Slide on 2-1 – Pro

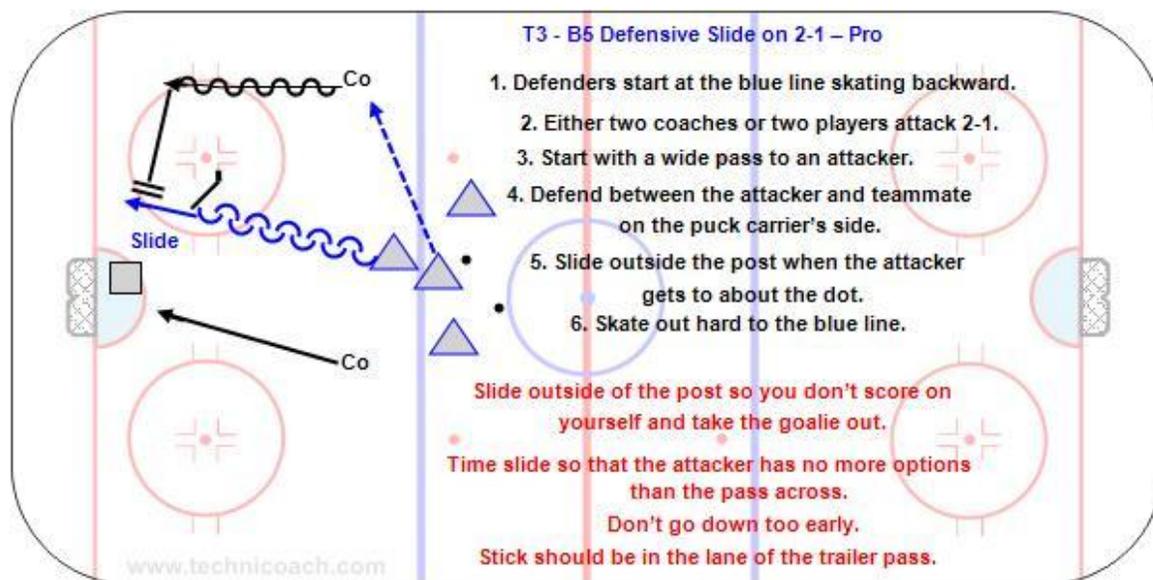
Key Points:

Slide outside of the post so you don't score on yourself and take the goalie out. Time slide so that the attacker has no more options than the pass across. Don't go down too early. Stick should be in the lane of the trailer pass.

Description:

1. Defenders start at the blue line skating backward.
2. Either two coaches or two players attack 2-1.
3. Start with a wide pass to an attacker.
4. Defend between the attacker and teammate on the puck carrier's side.
5. Slide outside the post when the attacker gets to about the dot.
6. Skate out hard to the blue line.

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T3 - B6 Defending Player Below Goal Line – Pro

Key Points:

The player in front switch with original defender if he is more than half a stick length away. Lead with the blade on the puck angling at the back inside shoulder.

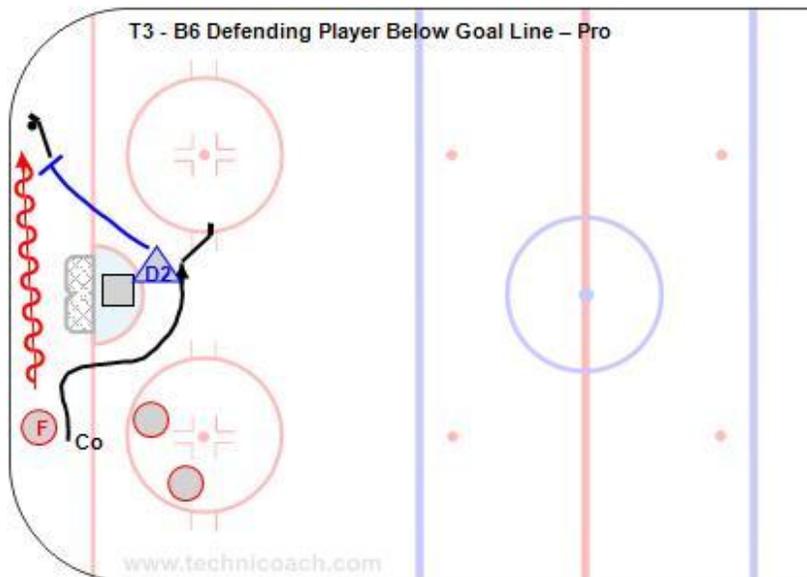
Description:

1. F carry the puck behind the net and the coach skate to the front.
2. D2 in front check the F with blade on the puck from the defensive side.
3. Coach simulates D1 chasing at the start and then D2 in front for a pass.
4. D2 deny the pass and force F1 toward the corner and finish the check if possible.

**This can be done using players instead of a coach.*

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T3 - Back Pressure - 1-2 - Goalie Pass – College

Key Points:

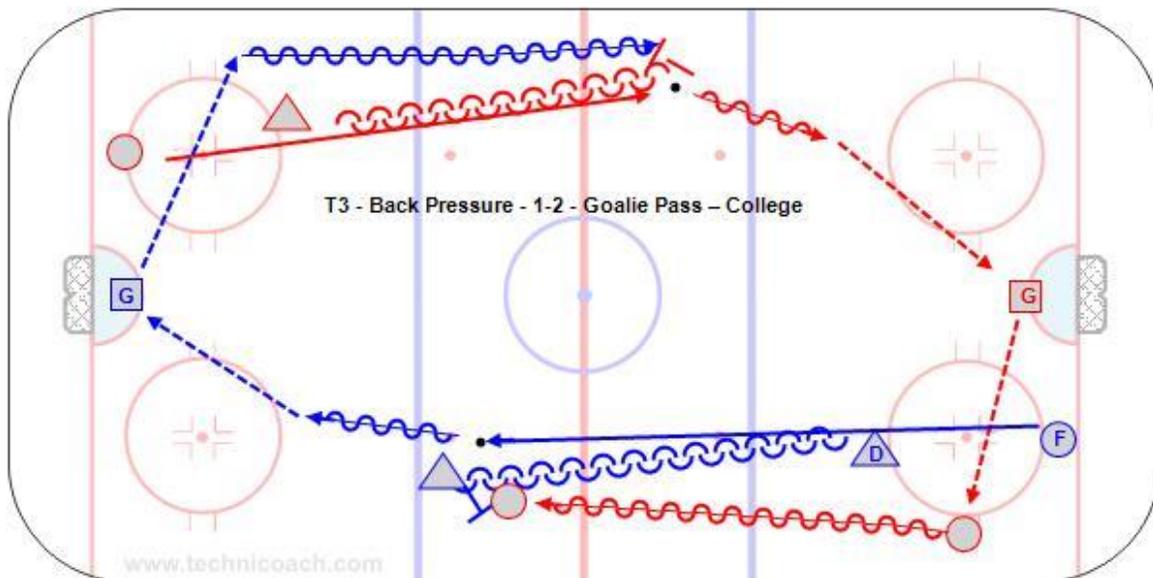
Goalie make a firm pass. Defense play a tight gap and forward back pressure from inside the dot and avoid hooking the puck carrier. Great drill for back pressure and goalie passing skills.

Description:

1. Start from diagonal corners.
2. Goalie pass to the forward at the hash mark.
3. Defenseman start at the top of circle and forward back pressure from the bottom of the circle.
4. Defenseman play a tight gap and close on the puck carrier early.
5. Forward back pressure and pick up the loose puck or the attacker if he beats the D.
6. Forward back pressure all the way and be the low forward in the defensive zone.
7. Forward pass to the goalie after picking up the loose puck.
8. The drill is done from both ends.

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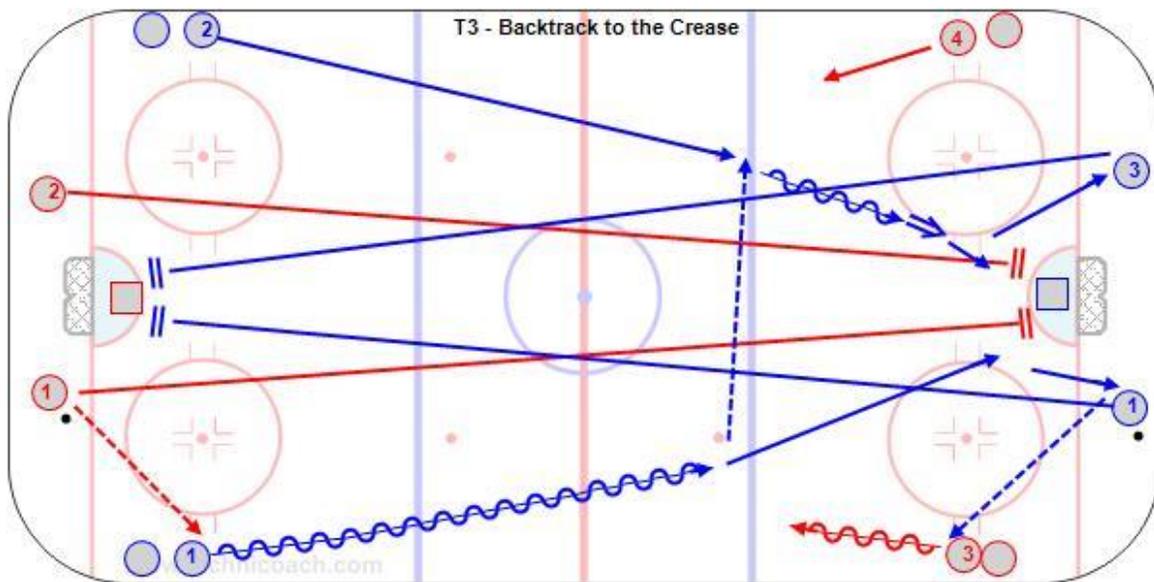
T3 - Backtrack to the Crease

Key Points:

Come back hard all the way to the low slot.

Description:

1. Blue shoot on one net and red on the other.
2. Red 1 pass to Blue 1.
3. Blue 1-2 attack as fast as possible and shoot on the far net.
4. Red 1-2 come back hard to the top of the crease.
5. After the shot Red 1-2 box out and prevent a second shot.
6. Blue 1-2 start from behind the net.
7. Blue 1 or 2 pass to Red 3 or 4.
8. Red 3-4 attack with speed and Blue 1-2 backtrack hard to the top of the crease.
9. Keep score.



T3 - Blocking Shots – MRU

Key Points:

Skate to defensive side and look where the net is, then out toward the shooter. Drop to one knee, turn the face sideways with the free hand protecting the face pad side out. Turn the inside elbow pad to face the shooter. This technique keeps the skate on the ice and allows the player to quickly skate.

Cut a tennis ball into 16 equal strips and insert through the holes in a baseball sized waffle ball. This makes it about the same weight as a puck and it slides well on the ice and doesn't injure the players.

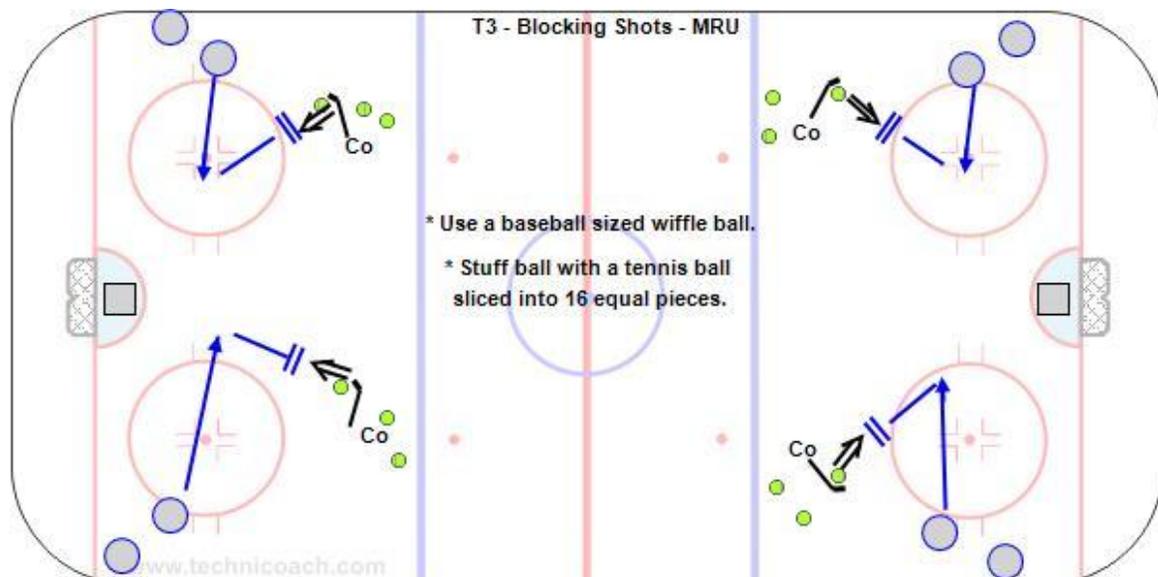
Description:

1. Coaches have wiffle balls stuffed with a tennis ball.
2. Player skate to the inside and look to line up between the shot and the net.
3. Player skate toward the shooter.
4. Player drop to one knee sideways when shooter takes his stick back.
5. Coach shoot and player block the shot.

**Players have make sure they don't slide out of the shooting lane on a fake shot and retain the ability to be lined up between the puck and the net.*

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T3 - C1-C6 - 1-2 x 2 Backpressure - U18

Key Points:

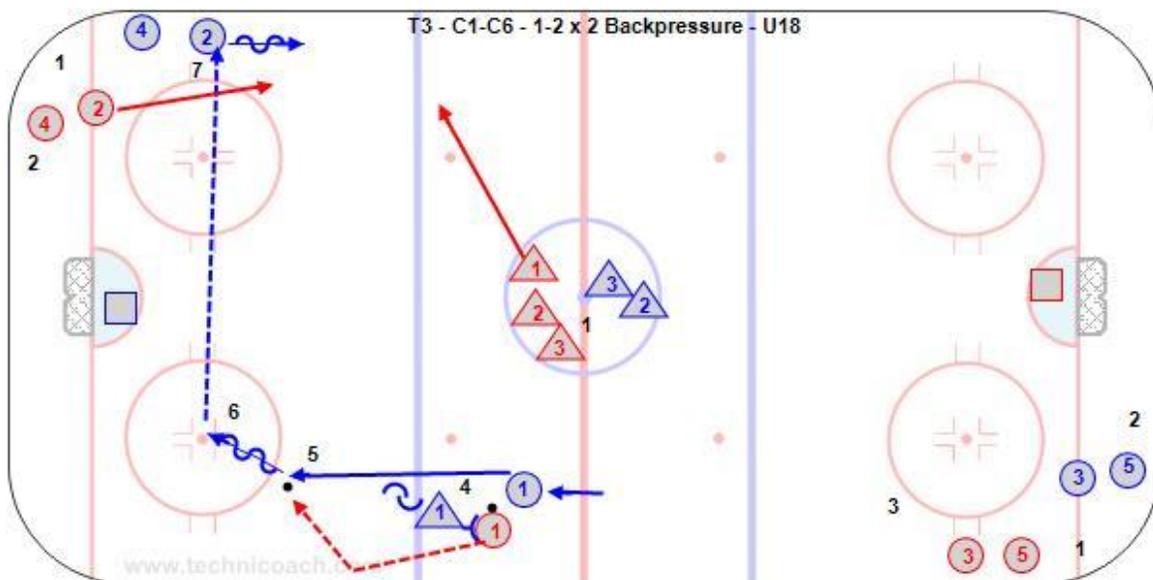
Defenseman play a tight gap and keep the attacker to the outside. Forward come back hard and force the attacker into the D without taking a stick penalty.

Description:

1. D start in the middle circle and forwards start in the corner.
2. Red backpressure on one side and blue on the other.
3. F1R attack from hash vs. D1B and F1B backpressure from goal line.
4. Defense play a tight gap so attacker F1R chips it in.
5. Forward back pressuring F1R picks up the chip.
6. F1R passes to F2B waiting at the hash.
7. F2B attacks vs. D2R and F2R back pressures.
8. If back pressuring forward causes a turn-over than the D pic up the loose puck.

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<https://youtu.be/qaR2Fy4sYbY>



T3 - C2 - 1-1 Angling – Pro

Key Points:

Cut the ice in half and deflect the attacker outside. Angle to the back of the inside shoulder so he can't turn back. Skate through the hands, stick on puck, inside leg in front.

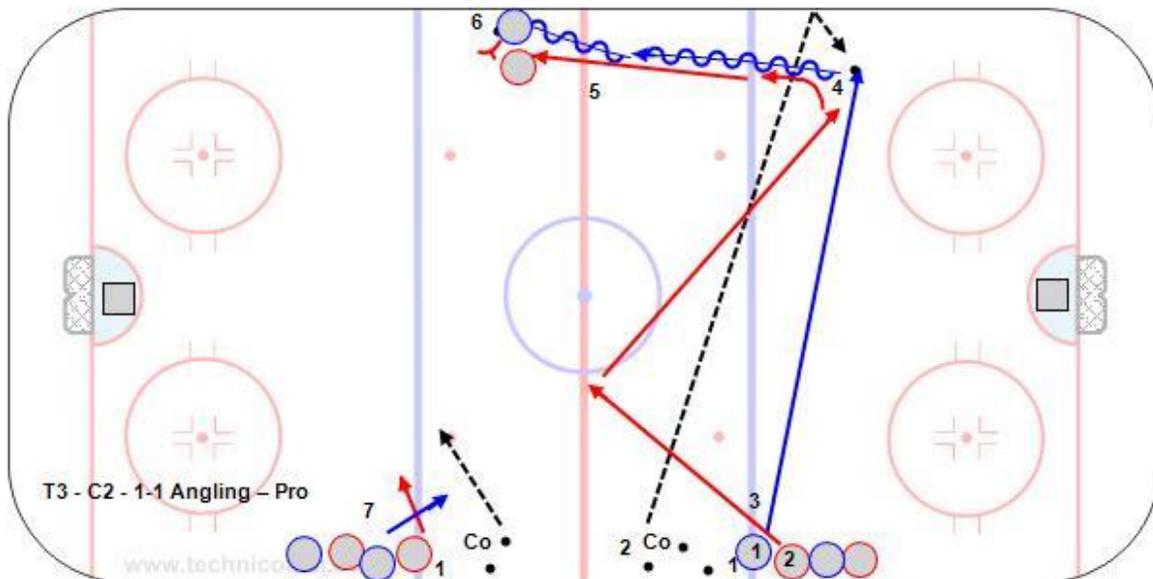
Description:

1. Players line up behind the blue lines on one side of the ice.
2. Coach shoot the puck across the ice just inside the blue line.
3. Player one skate for the puck and the second player tag up at the red line.
4. Player one skate with the puck to the far end and the second player angle.
5. Player two angle check player one and take the puck.
6. Finish the play.
7. The other line repeat the opposite way with players 3 and 4.

*Improve the drill and allow the defender to try to score on the other net and original attacker chases.

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<https://youtu.be/dxJ3rNmVGNl>



T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

Key Points:

Defenders must skate to keep a tight gap on the attackers. Quick feet, tight turns, the chocktaw turn is the most efficient way to go from front to back quickly without losing speed. F's create 2-1 on a wide defender, defenders keep defensive side, stick on the puck.

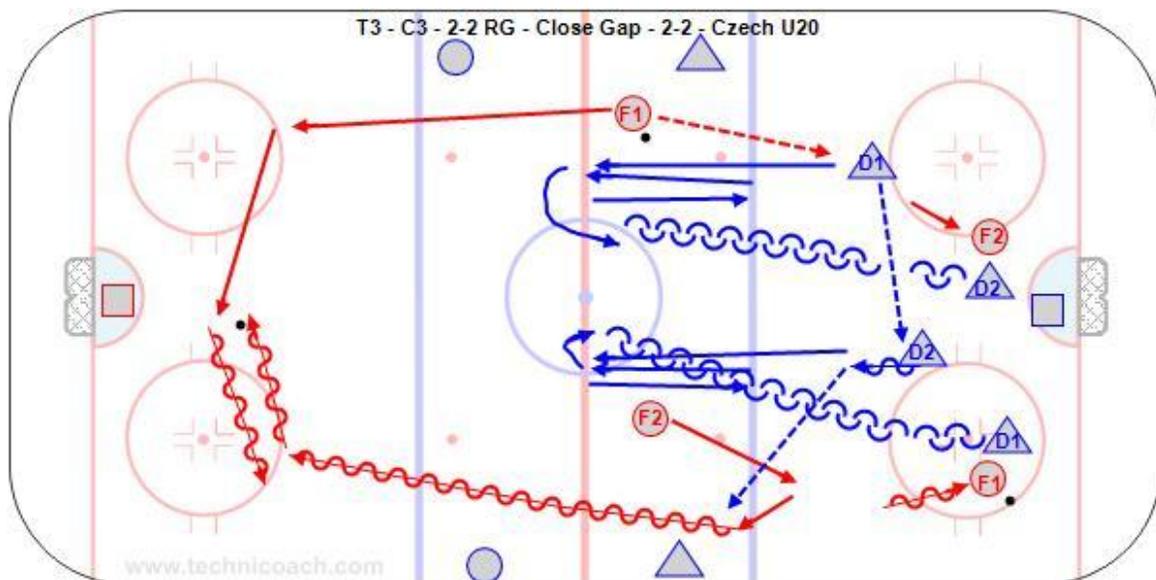
Description:

1. Players are lined up on both sides in the neutral zone.
2. F1-F2 leave and regroup with D1-D2 who hinge then pass to F1 or F2.
3. F1-F2 skate to the top of the circles, cross and turn back and attack 2-2.
4. D1-D2 skate up to the red line, back to the blue line then up to play the 2-2.
5. Finish the low 2-2 before F3-F4 repeat with D3-D4 the other direction.

**This drill can be done from 1-1 to a 3-2 situations. The coach could also vary sending 1 or 2 D or 1-2 or 3 F to cause decision making and communication.*

**Progress to playing full ice from 1-1 to 3-2 and the attackers must regroup on the whistle and the defenders must close the gap.*

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T3 - C5 - 1-1 x 2 - 2-2 – Pro

Key Points:

Defend from the defensive side with stick on the puck and one hand on the attackers hip. Attackers protect the puck with the body and make fakes and tight turns to get a shot on net. On the 2-2 defenders cover one attacker each from the defensive side. Attackers use picks, give and goes to create scoring chances.

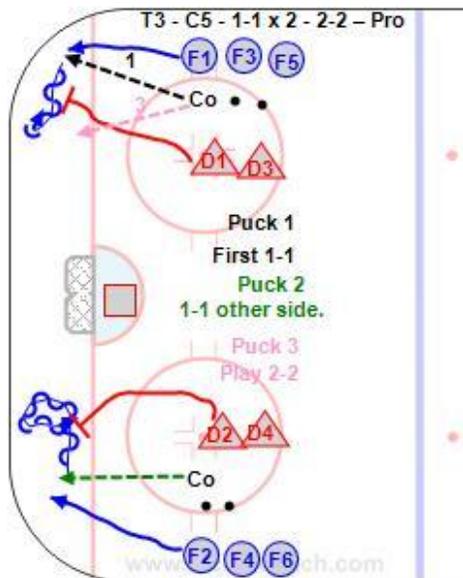
Description:

1. Defenders line up behind each dot and attackers against the boards and behind the hash marks on each side.
2. Coach spot a puck in the corner and F1 go and try to score while D1 defends.
3. Start with a 1-1 on one side and then a 1-1 on the other side with F2-D2.
4. F1-D1 be ready for a new puck as F2-D2 are competing.
5. Coach spot a new puck and now F1-F2 attack 2-2 vs. D1-D2.
6. Switch lines so everyone take turns to attack and defend.

**Options: Add another 1-1 with a F defending and then play a 3-3.*

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T3 - C5 - 1-2 BO - 2-1 - U17

Key Point:

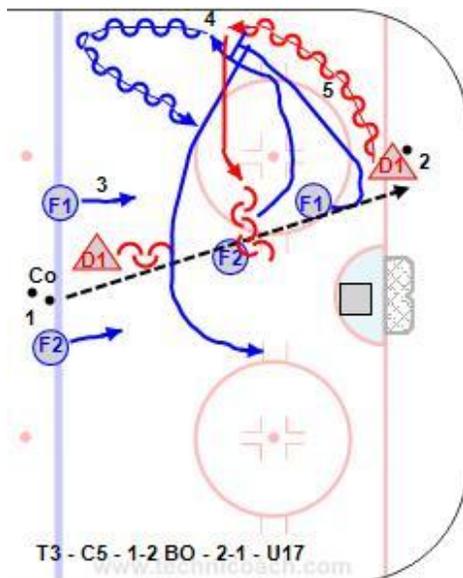
F1 force the puck carrier outside and steer toward the boards. F2 double team the puck carrier. On the 2-1 deny the puck crossing the mid-line so the goalie has one half of the net to cover.

Key Points:

1. Dump the puck in from the blue line.
2. D1 got back for the puck while F1-F2 forecheck.
3. F1 steer angle and contact D1 and F2 double team.
4. F1-F2 attack 2-1 vs. D1.
5. D1 use puck protection and deceptive skating to get the puck out.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150820113010820>

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T3 – Defending 1-1 From Standing Start – Youth Skills

Key Points:

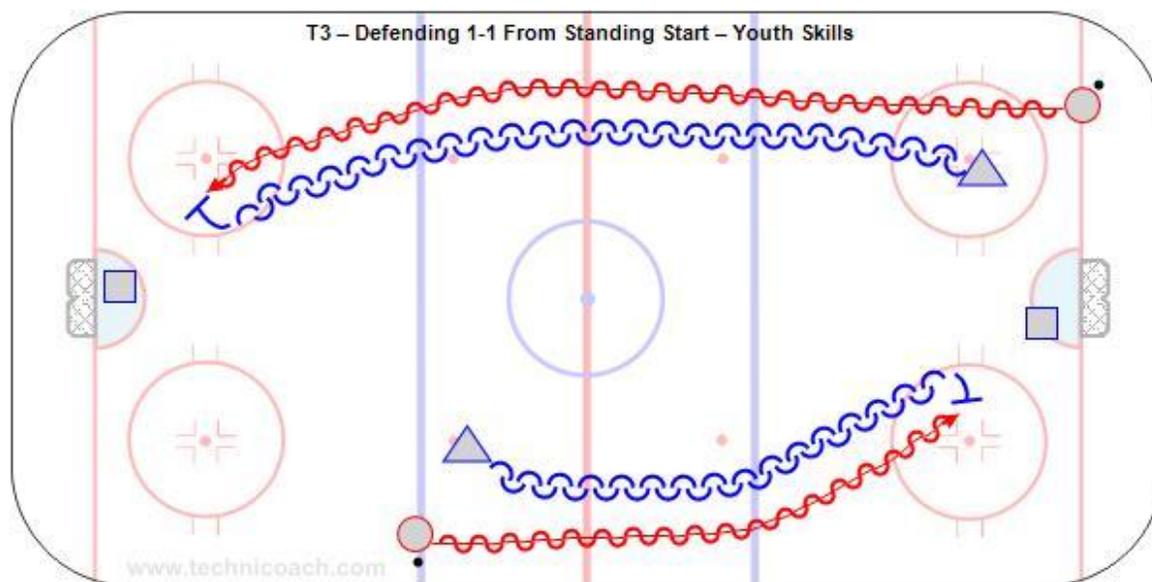
Never lose defensive side and if beat wide turn inside and race to the near post because it is a 1/4 as opposed to a 3/4 turn. When doing any drill finish the play.

Description:

1. Start from diagonal corners.
2. Attacker start from the goal line and defender from the face-off circle.
3. Defender face the boards in an athletic stance with the lead skate turned to the inside, slightly turned toward the attacker.
4. Defender do a maximum 2-3 cross over's and then stride backwards. (There is a trend now not to do any cross-over's but start striding after the half turn.)
5. Keep the attacker outside the mid-line of the body and the gap within a stick length.
6. If the attacker drives wide flare back a little and turn to skate forward, then angle to the corner.
7. If beaten wide then turn to the inside and head straight to the near post to regain defensive side.
8. After a shot box out the attacker and take his stick before looking for the rebound.
9. Move the defenders to start closer to the attacker.
10. Move the drill and attacker start from the blue line with the defender at the dot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016101111313514>

<https://youtu.be/yNylpr2diJA>



T3 – Defensemen Skating One– Wally Kozak – U18 F

Key Points:

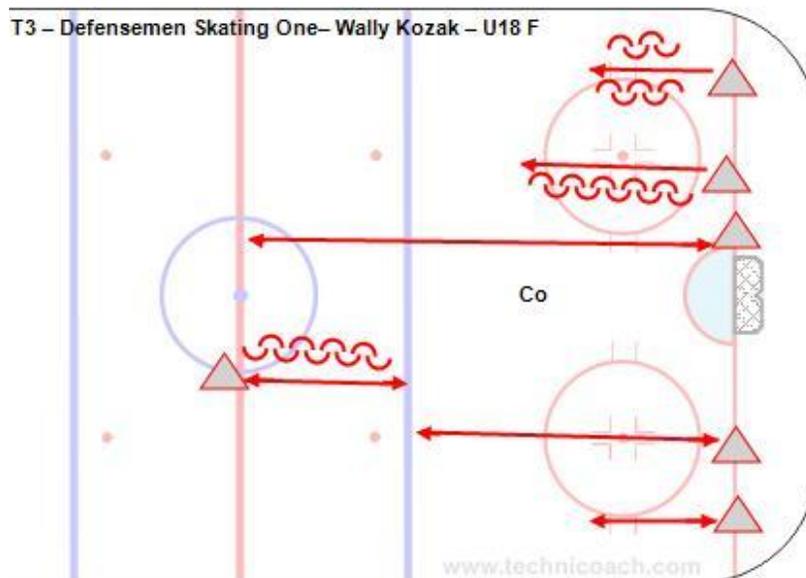
When defending the player needs to eliminate unneeded cross-over's and extra steps. The toe caps must face the puck carrier so the defender is able to skate and turn left-right-back-forward to maintain a tight gap and the defensive side. This skill is important for all the player including forwards.

Description:

1. Defensemen work with the coach at one end of the rink.
2. Skate forward then do a one foot stop and load with the other leg.
3. Push with the back leg and stride with the front leg without a cross-over.
4. Do two short reps facing one way using this load a fire technique.
5. Introduce the one foot and two foot controlled skating.
6. Alternate right skate, left skate, two skate control skating on coaches signal.
7. Full speed and stop on coach command, right, left, both.
8. Skate forward, one foot stop then backward without crossing over.
9. Skate forward, one foot slide, forward again then backward.
10. Skate forward to backward using a one foot stop and stride only – both ways.
11. Alternate skating forward to backward using the right then the left foot pivot.
12. Go full speed x 2 from the red to blue and back to red line.

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<https://youtu.be/OTeja4LHNGA>



T3 – Defensive 1-1 Sequence – Wally Kozak – U18 F

Key Points:

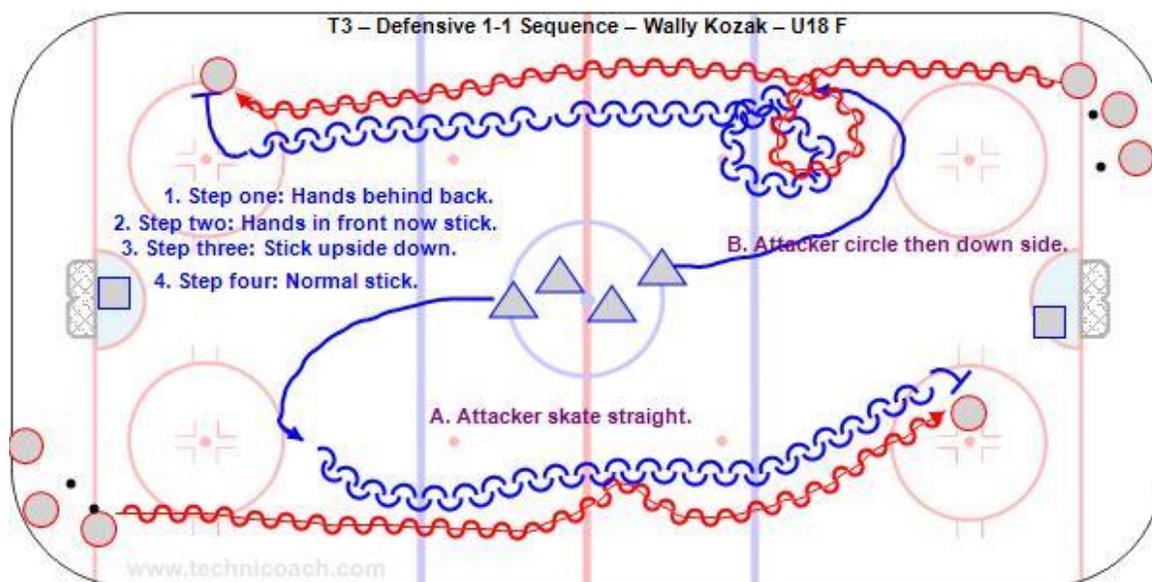
Defender maintain a tight vertical and horizontal gap, protect the middle and maintain D side.

Description:

1. Start with D in the middle and F in diagonal corners.
2. D leave and transition skate forward to backward at the top of the circle.
3. First the D skates back with hands behind their back.
4. Protect the middle, control speed to keep a tight gap, stay D side.
5. Vertical gap about a stick length and horizontal gap line up at the inside of attackers shoulder.
6. Forward can also start from the knees.
7. Flare back facing the attacker then forward when finishing the check.
8. Defenders now keep hands in front and pivot when they chose.
9. Finish the play and don't allow the attacker to score on the rebound.
10. Defender progress to using a stick 'upside down.'
11. Forward turn inside the blue line and defender skate to maintain a tight gap.
12. When F beats D wide turn to the inside and race to the inside post to cut them off.
13. D progress to stick held in the normal position.
14. Forwards can now either skate straight or circle in the zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170304114707257>

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

Key Points:

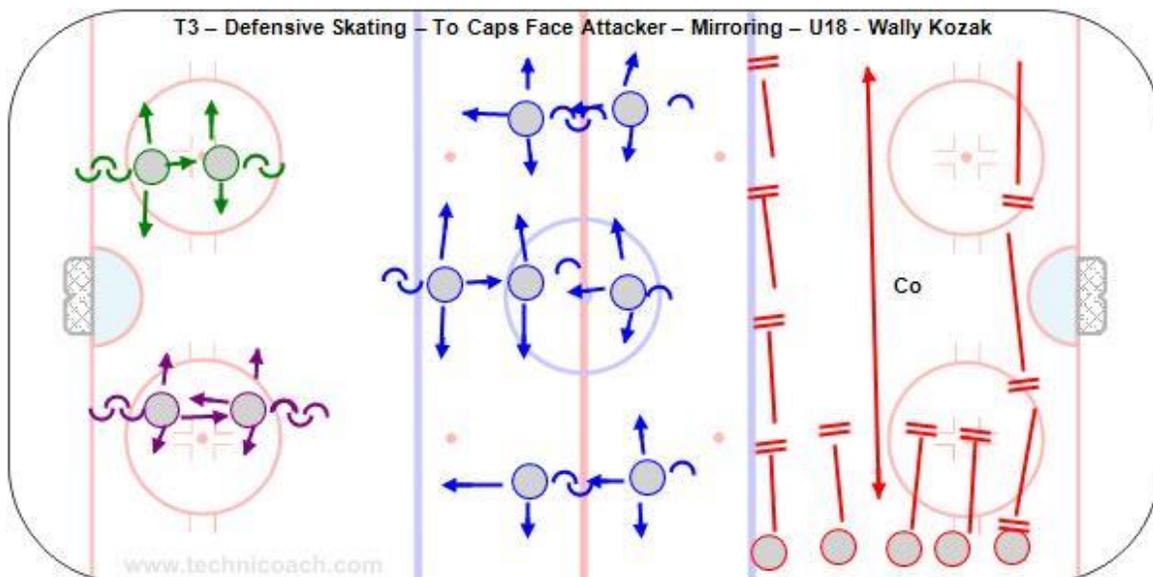
Defender must approach with toe caps facing the attacker using controlled skating. Always defend from the net side and a tight gap. Lead with the stick and use contact to restrict the attackers options.

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>



T3 Low 1-1 and 2-1 – Pro

Key Points:

Rotate the 1-1 and 2-1 so they happen in each corner. Attacker protect the puck and fight to go to the net. Defender control skating to be on the defensive side and the stick on the puck. On the 2-1 attackers make quick plays and defender keep the puck to one side of the ice.

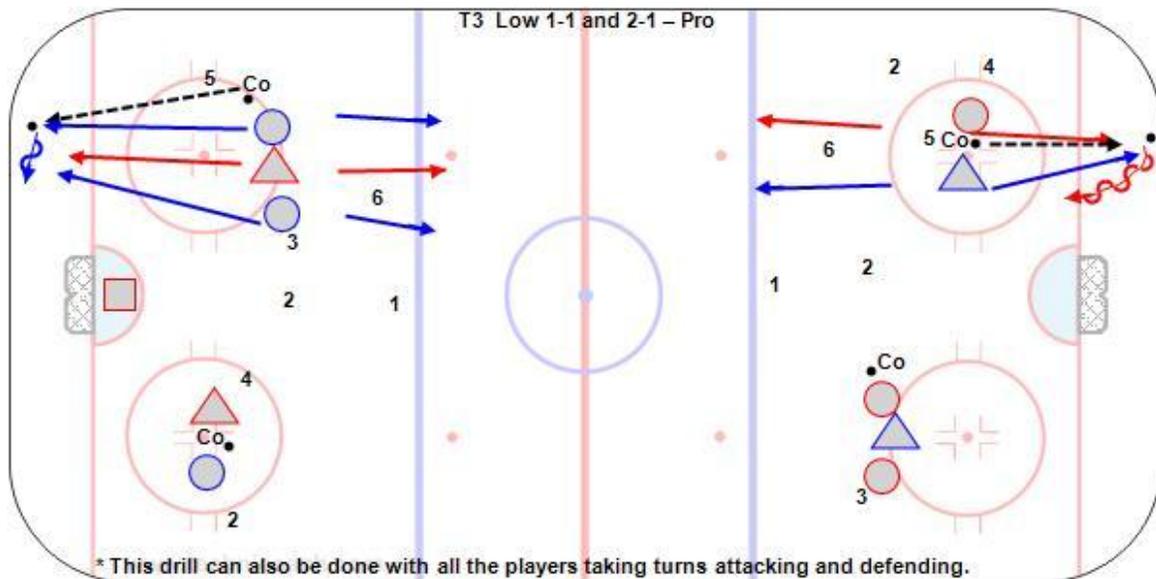
Description:

1. Start with half the forwards and half the defense at each end.
2. Alternate between a 1-1 then a 2-1.
3. The 2-1 starts from the top of the circle.
4. The 1-1 starts from the dot.
5. Coach shoot the puck in to start the drill.
6. Race to the blue line on the whistle.

*This drill can also be done with all the players taking turns attacking and defending.

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T3 - Pressure Point and Shot Block x 2 Circuit - U17

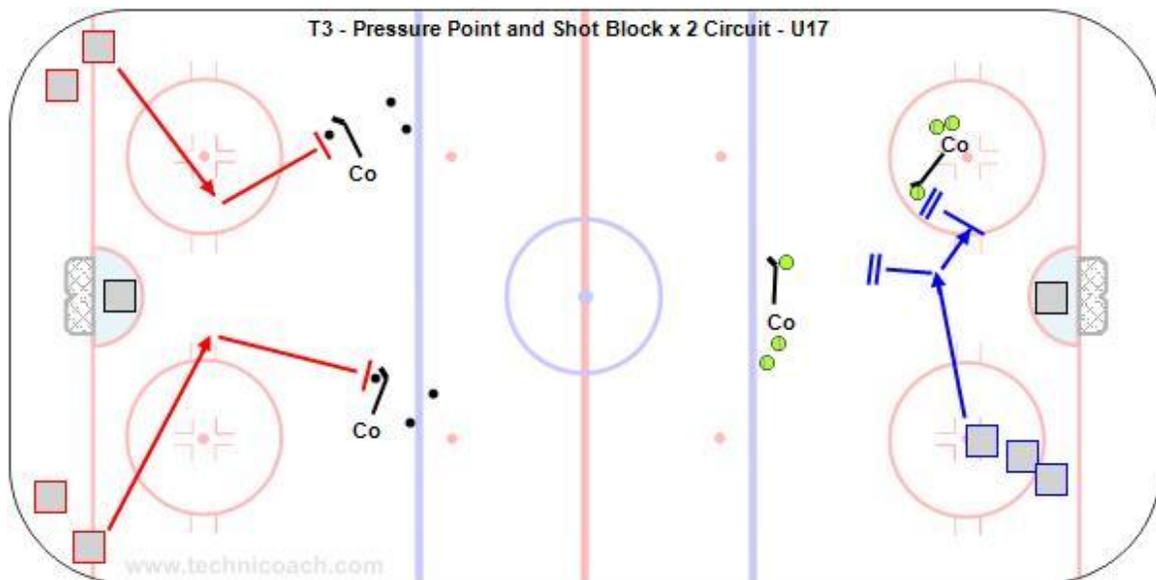
Key Points:

Skate into the shooting lane and then either drop to block the shot or pressure the point.

Description.

1. Players leave from the dot to block shot in the middle and then the far dot.
2. Skate to get in the shooting lane and then drop to one knee sideways.
3. Stop the high point shot from the top of the circles.
4. Use a ball or soft rubber puck to introduce the technique.
5. Progress to shooter moving sideways and blocker adjusting to stay in the shooting lane.
6. At the other end there are two point men and the defenders leave from the corners.
7. Defender first skate into the shooting lane and then pressure the point.
8. Skate hard to the point and put the stick on the puck.
9. Skate under control so you don't fly past the shooter if he makes a move.
10. First skate out with stick in the D-D passing lane and then on the puck.
11. Progress to mid slot-head on swivel-pass from low to the point and then out.

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HARJOITUSOHJELMA N:o _____

Harjoituspäivä _____ Paikka _____

Osanottajamäärä _____ Harjoituksen kestoaika _____

Harjoituksen tarkoitus **1. Defending against non-puck carrier**

2. Offensive play in defensive zone

Apuvälineet _____

1 Warm up

Defensive skating / shooting

Qualities needed to be expressed:

⇒ keeping your body in the correct direction

⇒ use of the edge of the blade

⇒ use of the stick

2 Warm up

Sideways mobility

opening up (hip movement) / crossing over

3 2 on 1 defence

Qualities needed to be expressed:

⇒ positioning

⇒ mobility / movement

⇒ use of the stick

⇒ reading the play

4 The playing of the man making a screen / rebound

Qualities needed to be expressed:

⇒ Agressiveness: body contact / forcing the player out

⇒ use of the free hand

⇒ passing while moving

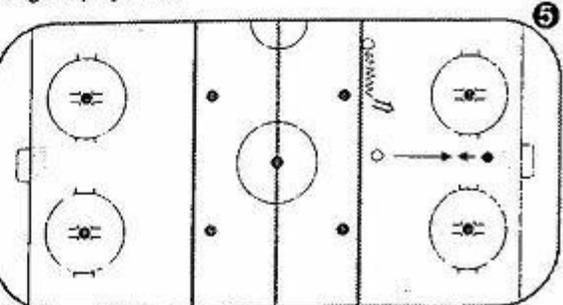
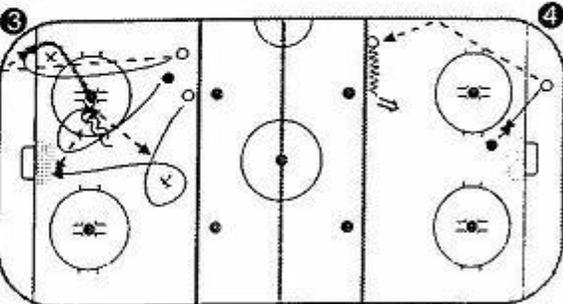
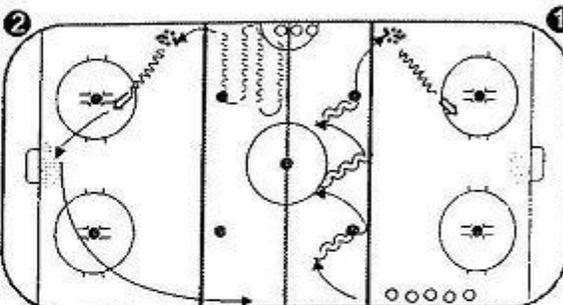
⇒ use of the stick

⇒ positioning

5 The playing of the man making a screen / rebound

Making screen coming from

the point



6 7 8 9

**The movement of the player
with the puck in the
defensive zone**

Qualities needed to be expressed:

⇒ quick movement gaining and

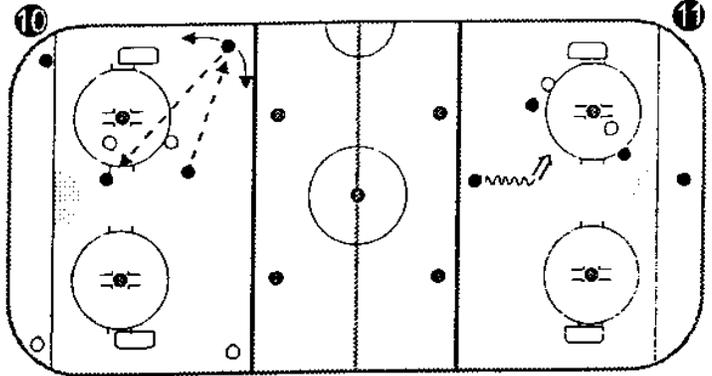
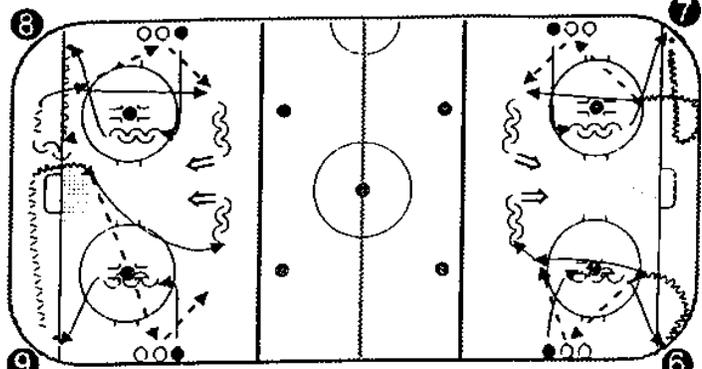
holding your space

⇒ deking

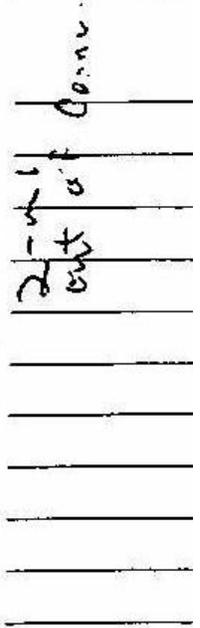
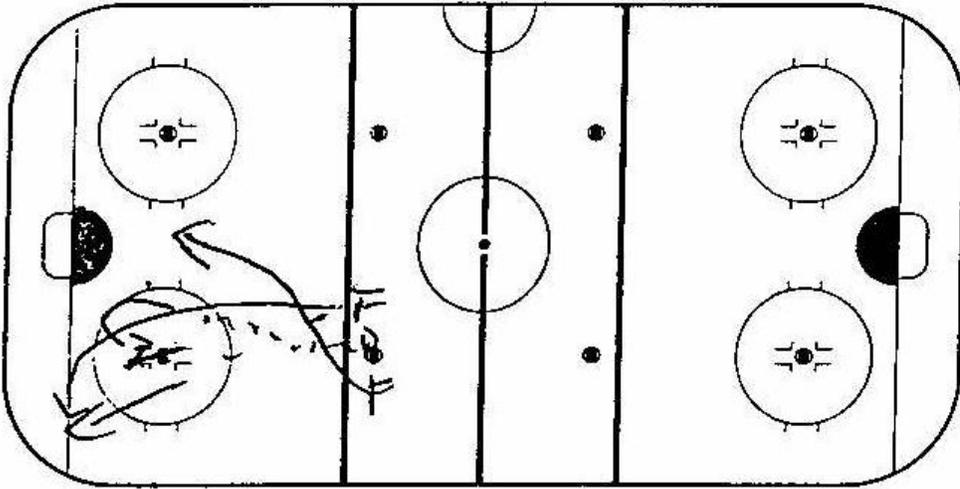
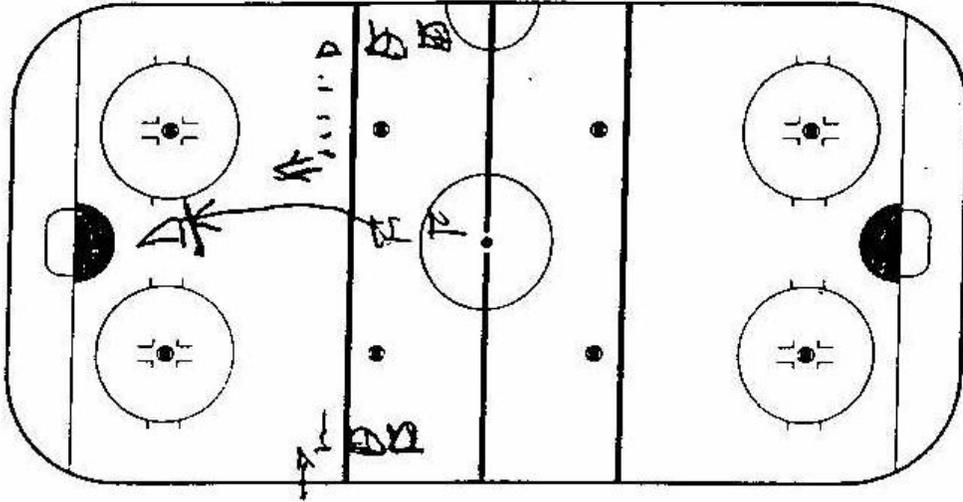
⇒ passing while moving

⇒ making / receiving the pass

⇒ coverage



Box
out
in front
of net
Alternate
Sides



2-1-1
out of court

B Checking from the Defensive Side-Sweden

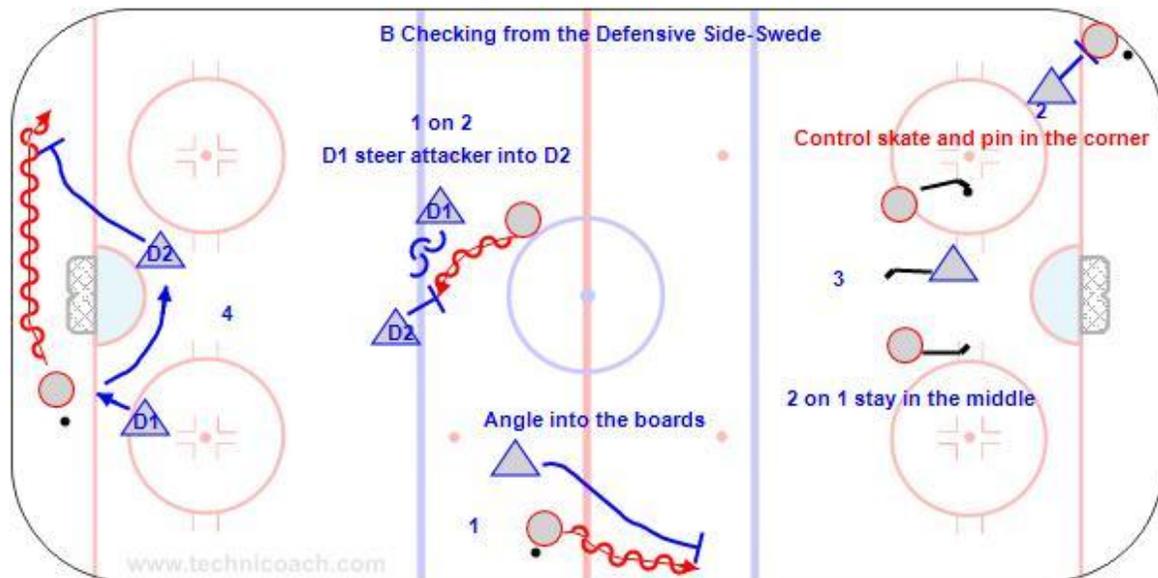
Key Points:

In game playing roles 3 and 4 the player checking the puck carrier and players covering away from the net. Puck always stays between the player and the net. Body on body and stick on the puck is the key concept.

Description:

1. When angling approach at the inside back shoulder then make contact.
2. In the corner approach under control to contain and then make contact.
3. Defend a 2 on 1 from the middle with the stick in the passing lane, Give the goalie the shooter if he is at a bad angle and deny cross pass.
4. Switch if a player goes behind the net with good puck control and no pressure.

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B5 - Neutral zone Angling

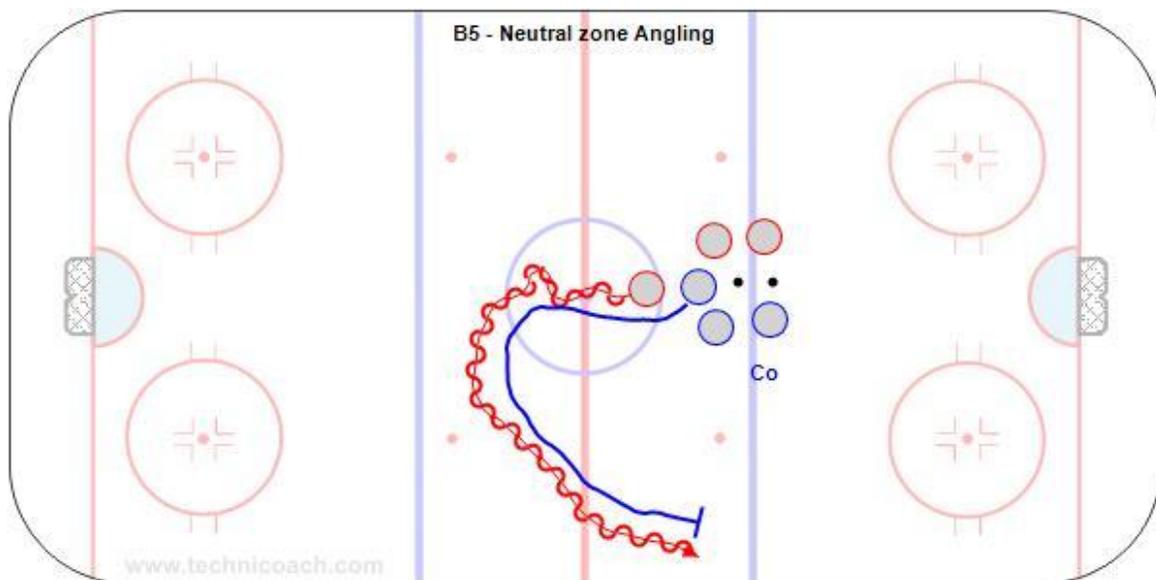
Key Points:

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

Description:

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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B5 Angling

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

B5 Angling

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.



B5 Forecheck Skills Deflect-Steer-Angle-Finish

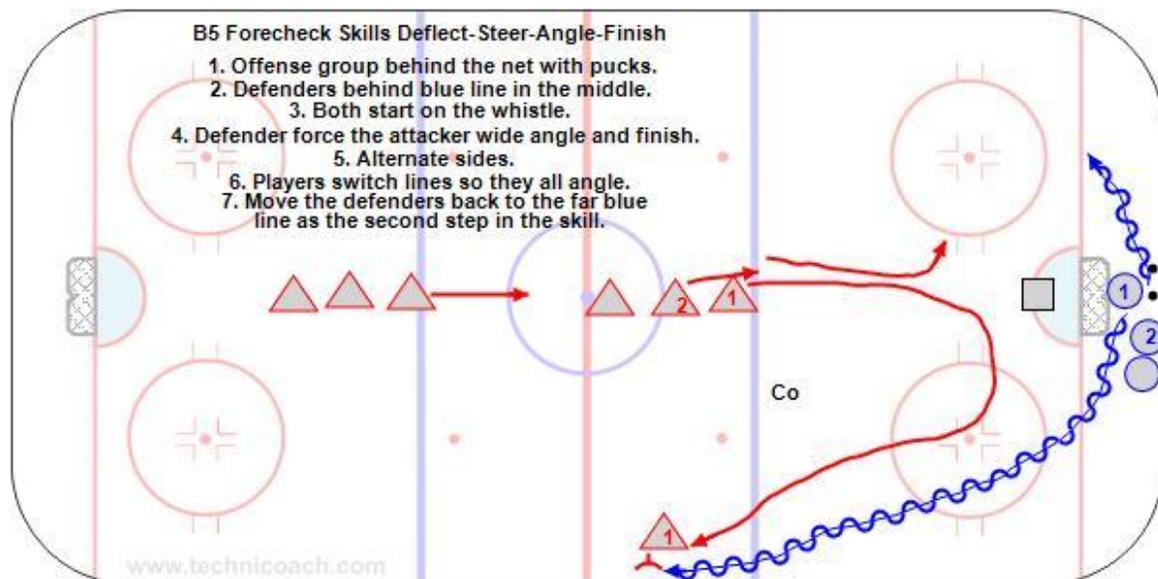
Key Points:

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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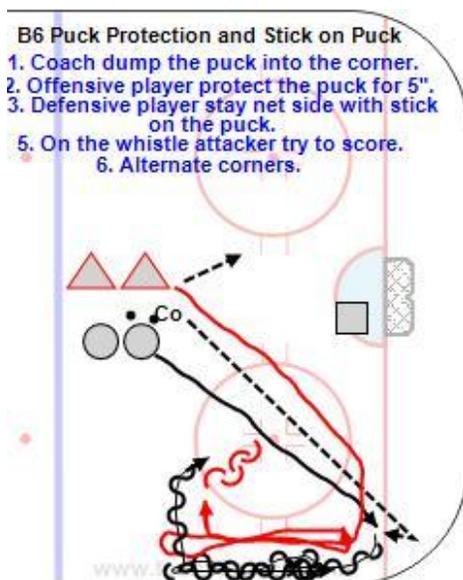
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



B500 Defensive Drill to Keep the Stick on the Puck – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009080319060650>

B500 Defensive Side with Stick on the Puck

Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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C1 Angling in the Wide Lane - Pro

Key Points:

Force the puck carrier up the boards by denying a pass back with the stick and approaching from behind toward the back shoulder.

Description:

1. Players start in a wide lane.
2. Coach pass the puck ahead and P1 skate for the puck while P2 tracks from behind.
3. P2 keeps steer P1 with his stick denying a pass back and approaches from slightly behind.
4. P2 angles P1 toward the boards and approaches at the back shoulder.
5. P2 rubs P1 out with the 'stick on the puck and body on body' skating through the arms with his inside leg in front.
6. P2 takes possession of the loose puck.

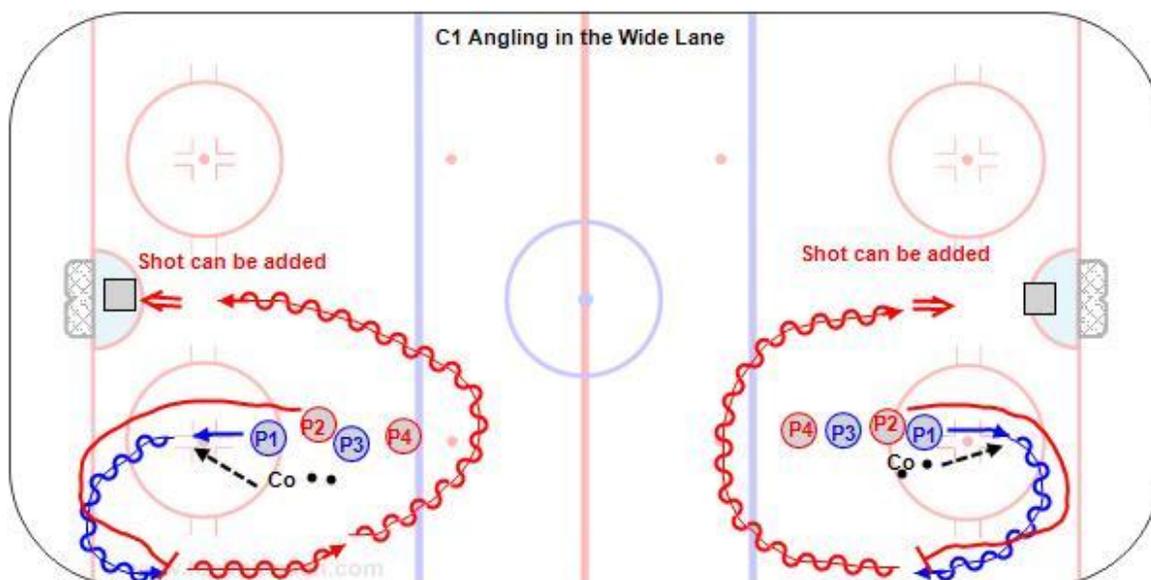
B - Angle Checking - Finland

Video Demonstration of first a defensive angle check where the checker leads with the trailing leg and drives the lead leg between the legs of the attacker. In the offensive angle check the checker skates through the arms of the attacker and lead leg goes in front.

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- Option is for P2 to take a shot or progress to a battle drill where either P1 or P2 shoots.

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B5 1-1 Defensive Technique

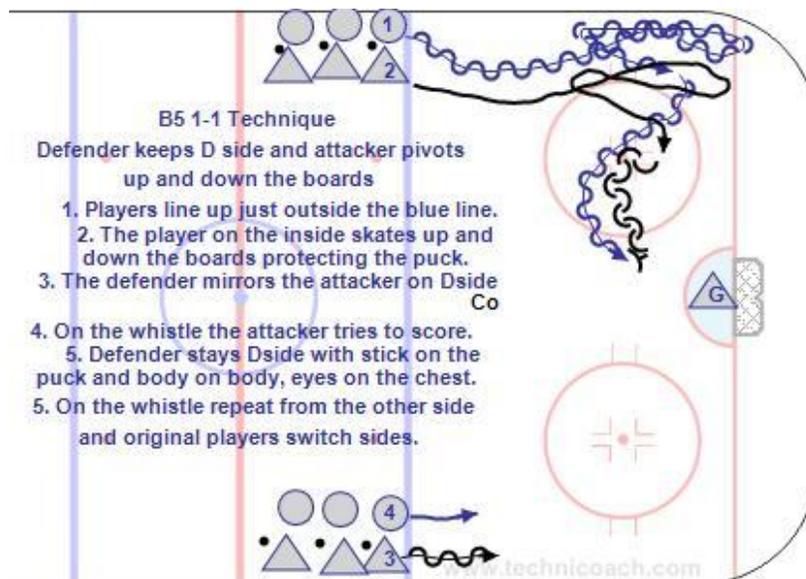
Key Points:

Defender keeps D side and attacker pivots up and down the boards

Description:

1. Players line up just outside the blue line.
2. The player on the inside skates up and down the boards protecting the puck
3. The defender mirrors the attacker on Dside.
5. Defender stays Dside with stick on the puck and body on body, eyes on the chest.
4. On the whistle the attacker tries to score.
5. On the whistle repeat from the other side and original players switch sides.

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C2 Angling 2-1 Wally

Key Points:

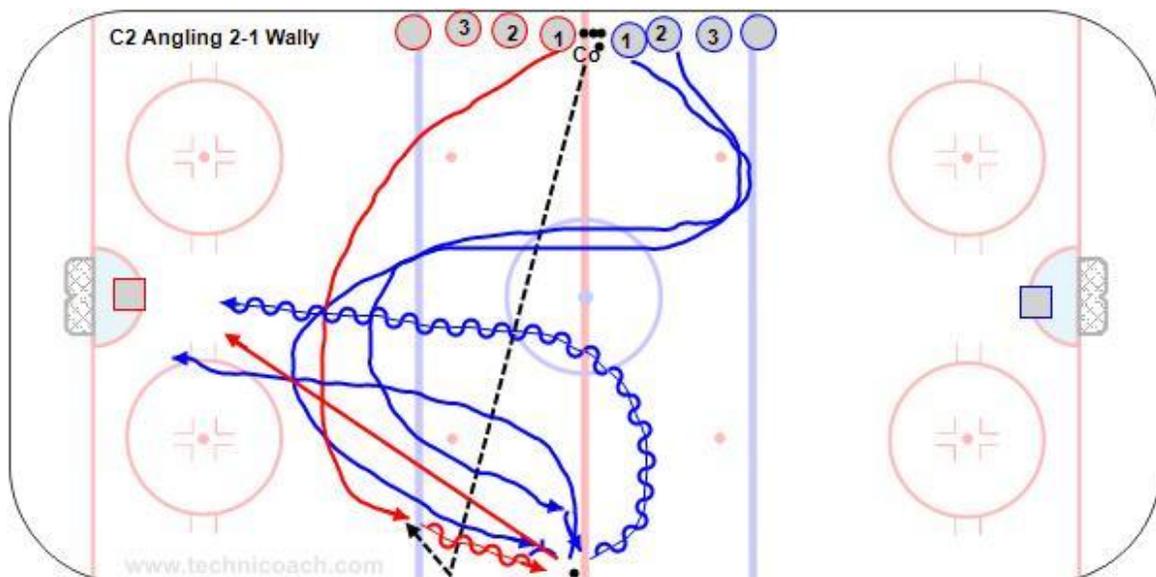
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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C3 - 2 on 1 Rush D Join - Defender Slide – Pro

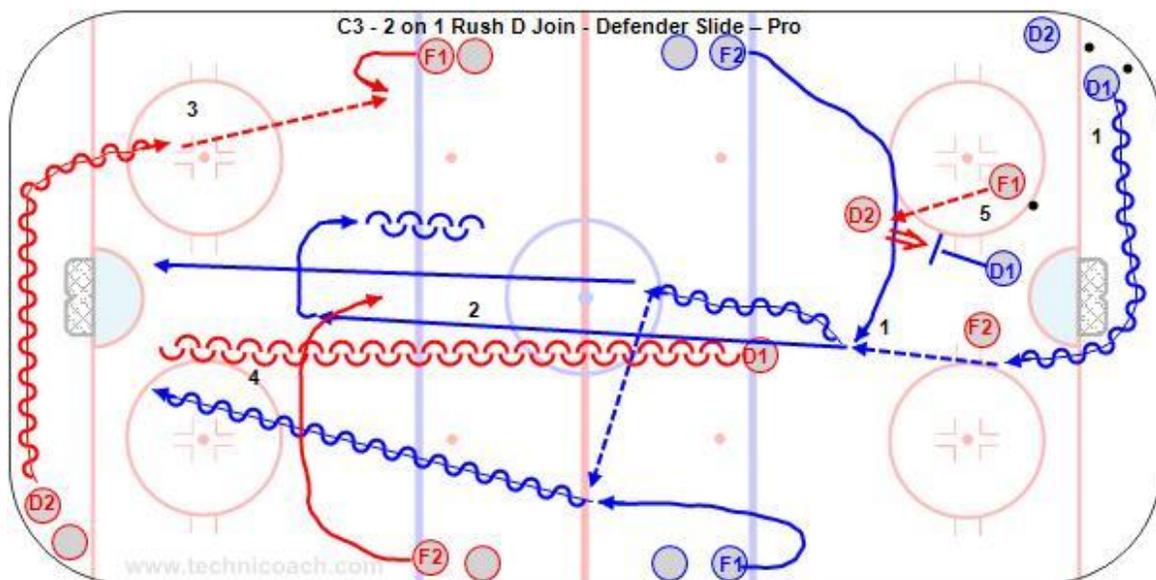
Key Points:

Attack 2 on 1, 'One high one low, one fast one slow.' Offense make the first play early to allow a second play. Forehand passes are the most effective, even when on the off wing (Gretzky did this). Defense delay the play as long as possible to create bad shooting angles and backcheckers to get there. Defense slide outside the post if the attacker is deep. On the 3 on 1 don't slide but stay in the middle, delay the play and jam the trailer if the attack is deep.

Description:

1. D wheel around the net from the corner and pass to F1 or F2 cutting across.
2. D join the attack.
3. Repeat the other way with RD2 passing to RF1-2
4. In this video example the D slides when the attack is deep. They are not passing to the D the first half of the video.
5. Last part of the video they can pass to the D so it is a 3-1 and the D stay on their feet and jam the trailer pass and deny the pass across.

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B - Rejo Defenseman Technique-1

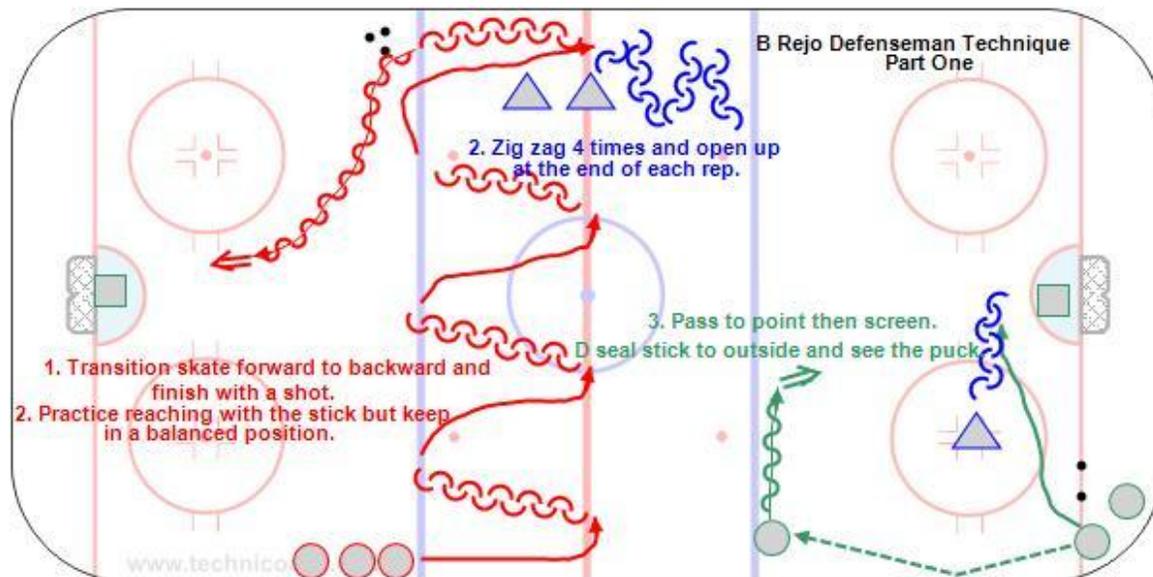
Key Points:

Practice reaching with the stick but keep in a balanced position. Always face the play. Control the attackers stick. Defender move and don't be flat footed.

Description:

1. Transition skate forward to backward and finish with a shot.
2. Zig-zag 4 times and open up at the end of each rep.
3. Pass to point then screen. D seal stick to outside and see the puck.

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D200 Straight on Angling Game

Key Points:

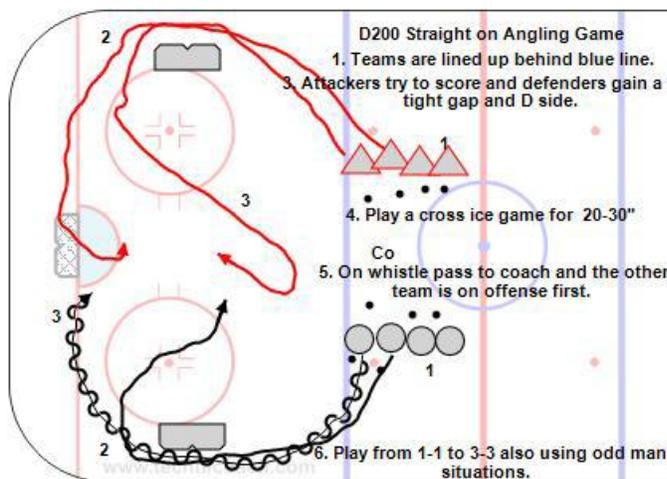
Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

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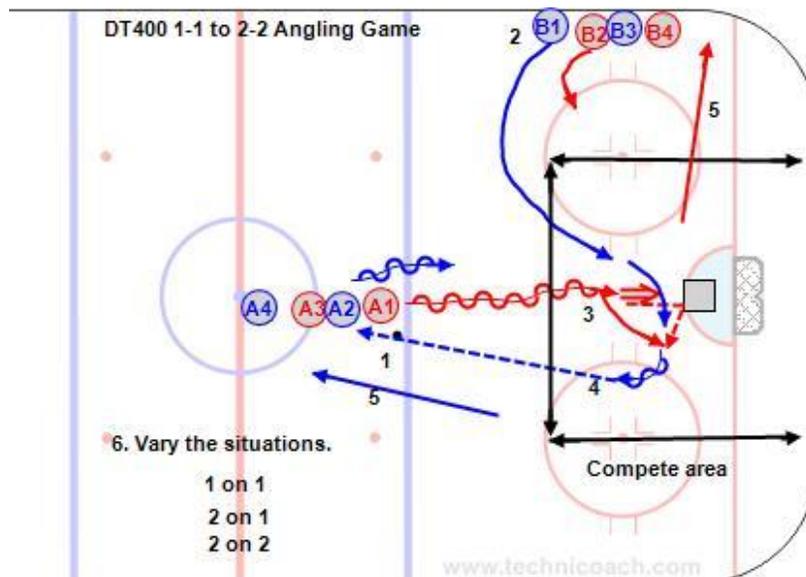
DT400 1-1 to 2-2 Angling Game

Key Points:

Attack with speed and go to the net hard. Defender fight for the defensive side with the stick on the ice.

Description:

1. A1 start at the red line.
2. B1 start against the boards at the top of the circle.
3. Battle until a goal, frozen puck or puck is out of the scoring area.
4. Pass to A2 who attacks vs. B2.
5. Rotate from A-attacker to B-defender.
6. Vary the situations.



T3 Playing a Defensive 2-1

Key Points:

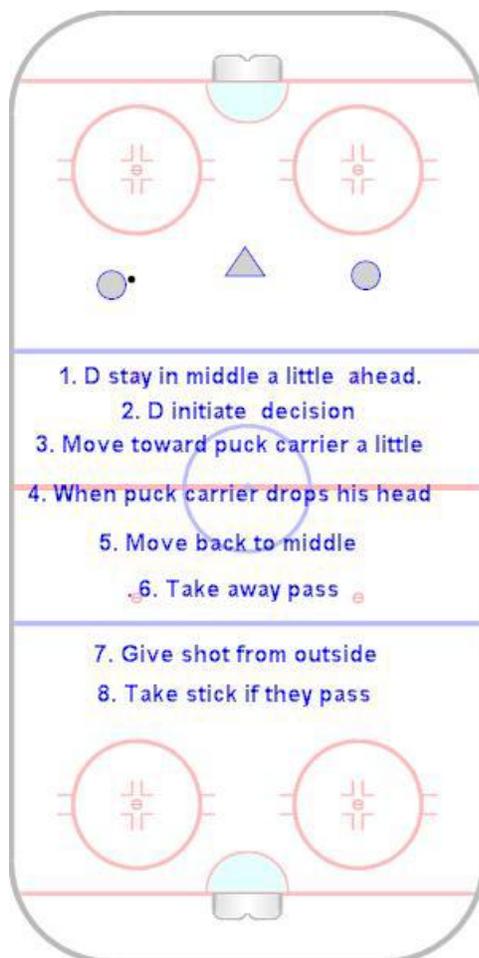
- A 2-1 is really a 2-2 because it is between the two attackers one defender and one goalie. (goalies are people too)
- The defender has to realize that he/she doesn't have to get the puck or make a check but instead recognize the most dangerous play and take that play away.
- Goalie should be saying he has the shooter.

Description;

1. Defender stay in the middle a little ahead of the attack with the stick in the passing lane.
2. Initiate the decision.
3. Move toward the puck carrier a faking you are going there to see if it make him rush and see if he drops his head and throws the puck across (many players panic and do this) then drop back into the middle and block the pass.
4. Deny the pass across and the goalie takes the shooter if he is outside. If the stick is in the inside lane the shooter may be the most dangerous player and you have to play him more.
5. Don't allow the puck carrier to go in alone; cut the ice in half.
6. Take non shooters stick on a shot.

Option: Slide outside the post to deny the pass if the attackers are parallel.

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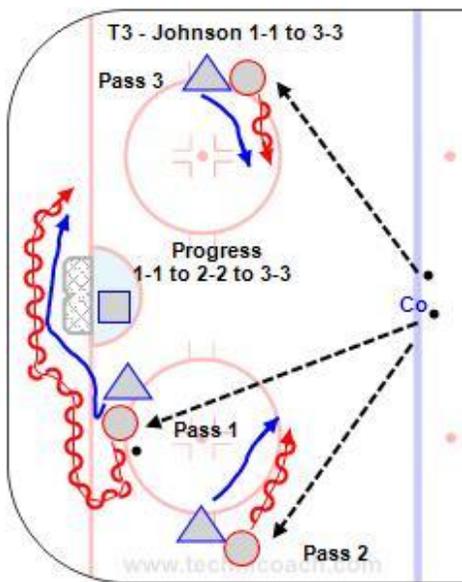
T3-4 - Johnson 1-1 to 3-3

Key Points:

Players must transition to attack and defend in each situation. Communicate on defense and support on the attack. Either pass the original puck to the coach or shoot it out of the zone to avoid injuries.

Description:

1. Three sets of offensive and defensive players spread out in the zone.
2. Coach passes to one offensive player and he attacks 1-1.
3. On whistle pass to the coach and he passes to another player to activate a 2-2.
4. Whistle and pass to the third player to activate a 3-3.



C300 3 x 1 on 1 and 3 on 3 – Pro

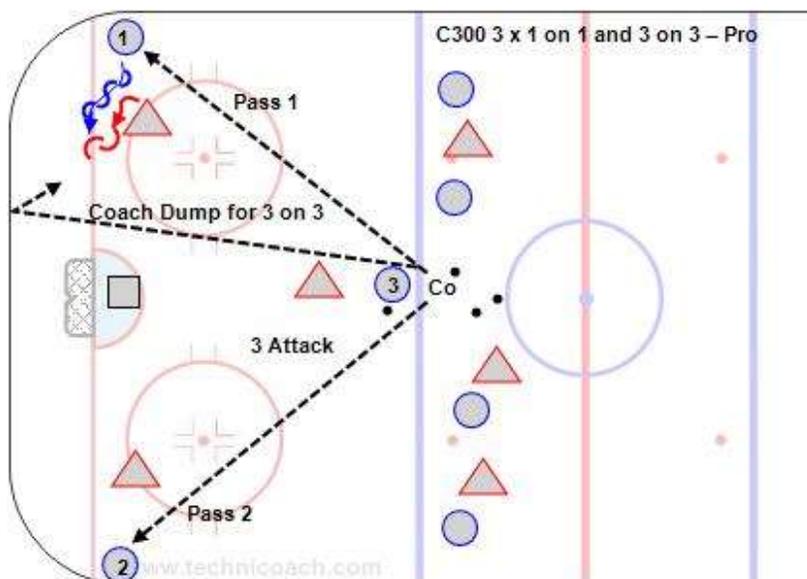
Key Points:

Attacker use head and shoulder fakes, protect the puck to get to the net for a shot. Defender stay on the defensive side and play a tight gap and block the attacker from getting to the scoring area.

Description:

1. Players line up outside of the blue line.
2. One attacker in each corner and one in the middle at the blue line.
3. One defender starts about 3 metres in front of the attacker and they play 1 on 1.
4. Coach pass to one corner, then the other corner and then the middle player attack with a puck.
5. After the three 1-1's the coach shoots in a fourth puck and the players compete 3 on 3.

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T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

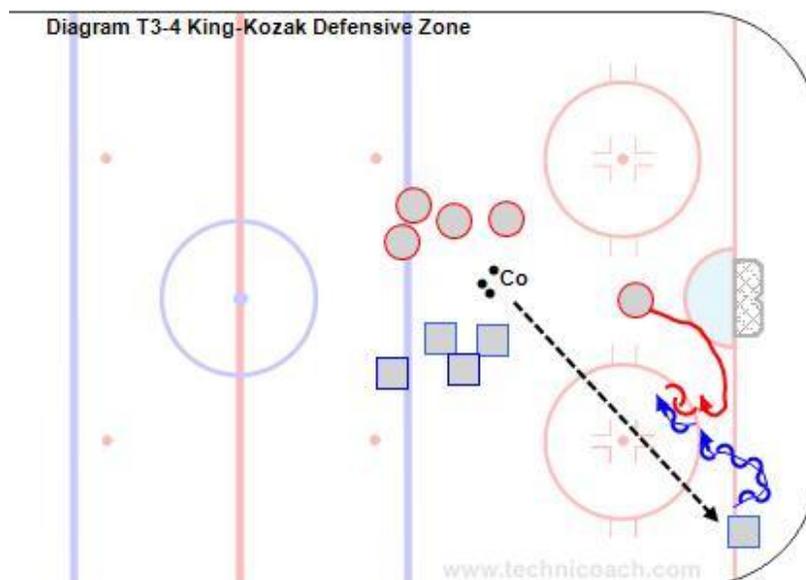
Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.
7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

*Option is to have uneven situations and add attackers and defenders as you go.

*To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>



T3-B6 - 1-1 Two Crossovers - Wally Kozak - U18 F

Key Points:

Defender maintain a vertical gap of one stick length and a horizontal gap lining up between the outside shoulder and the middle of the body. If beat wide the defender turn inside and race to the near post to cut off the attacker and don't allow any goals on rebounds. Pivot to the outside by flaring back and skate forward with the belly button facing the attacker. Use the Choctaw front to back pivot.

Description:

1. Attacker start on the goal line and defender on the face-off dot.
2. Defender is allowed a maximum of two cross-overs.
3. Defender protect the middle by keeping the attacker on the outside shoulder.
4. Defender maintain a gap of one stick length.
5. Add the attacker circles inside the first blue line and defender mirror.
6. Finish by allowing the attacker to either circle or go straight.
7. Defender deny a rebound by boxing out the attacker and control the stick after a shot.

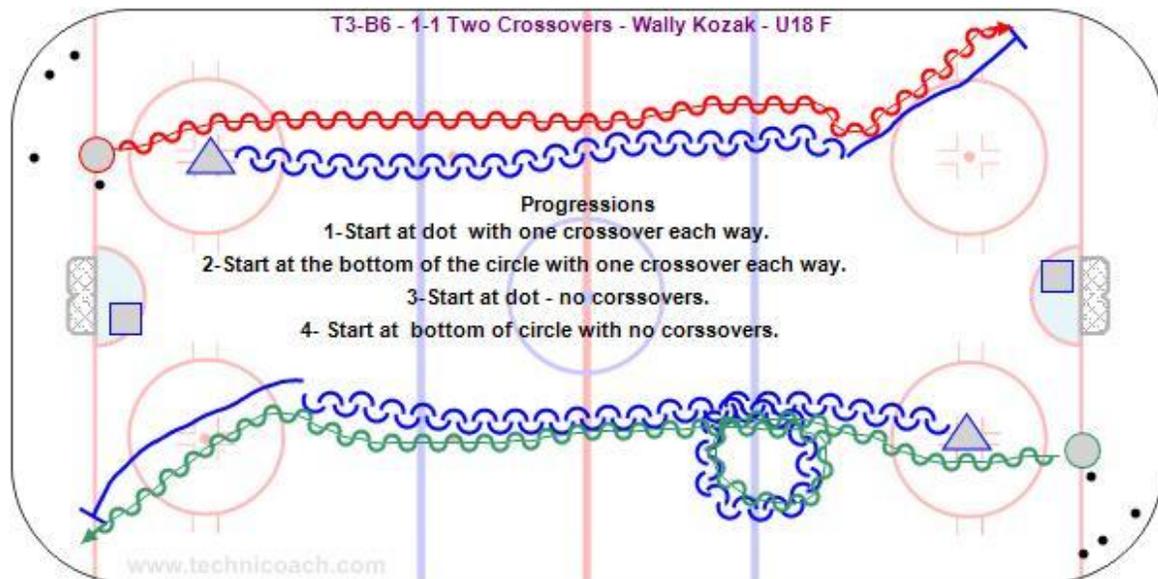
* Advanced stage is allow no crossovers but start facing the side boards half turn and stride backwards.

* Progressions: Defender start at dot one crossover each way, then move to the bottom of the circle.

*Next start at the dot with no crossovers and progress to the bottom of the circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170306120612908>

<https://youtu.be/GN2CsZ-fa2k>



TB500 Body Contact Clinic

Key Points:

Start with a good athletic position of knee bent, back straight, seat low with the head on top of the shoulders and not hanging over the ice. Follow this instruction with 1 on 1 drills and transition games.

Description:

A. Partners bump

1. Hook wrists and bump standing then skating. Come back using other shoulder.
2. Skate apart one stride then back and bump

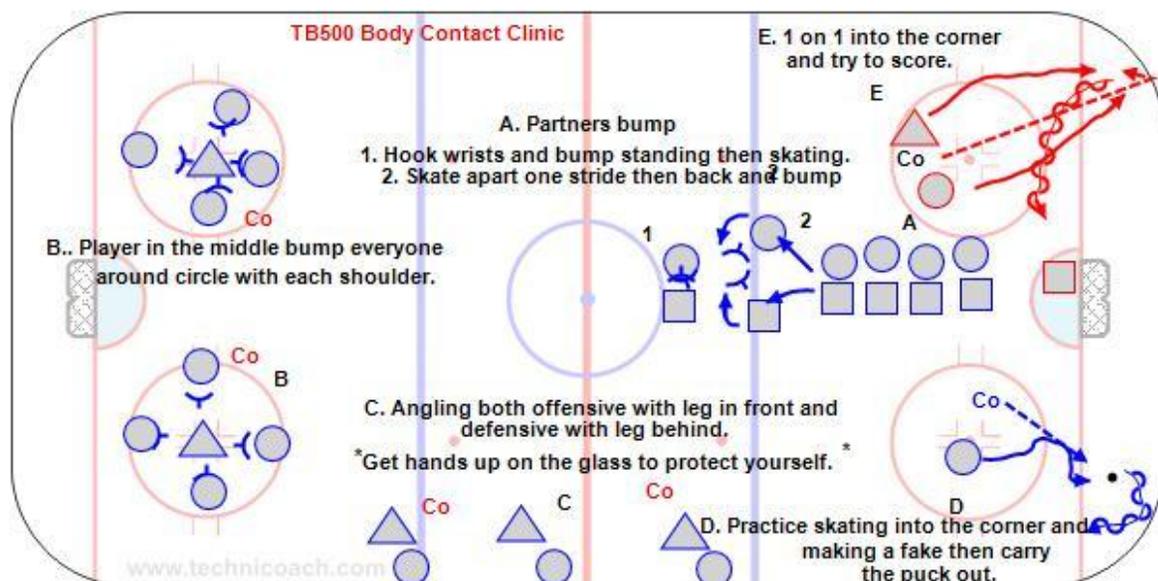
B. Player in the middle bump everyone around circle with each shoulder.

C. Angling both offensive with leg in front and defensive with leg behind. Get hands up on the glass to protect yourself.

D. Practice skating into the corner and making a fake then carry the puck out.

E. 1 on 1 into the corner and try to score.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174243862>



T3-C6 - Low 1-1 to 2-1 to 2-2 Battle – Pro

Key Points:

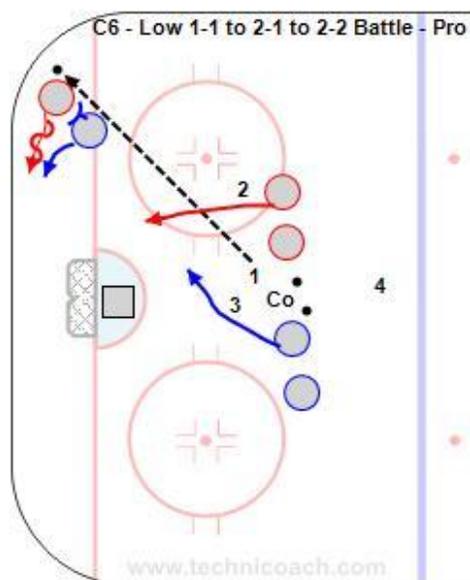
Defend from the net side. Stick on the puck and body on body. Offense screen, pick and create 2-1's. Defense communicate and switch if needed.

Description:

1. Players start from the top of the circle and coach shoot in puck, R1 attack vs. B1.
2. After about 5" R2 make it a 2-1.
3. Play about 5" and B2 join making it a low 2-2.
4. Next rep the Blue attack and the Red, 1-1, 2-1, 2-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170412100848314>

<https://youtu.be/NoKCim3-cOY>



Defensive Hockey: Game Playing Roles 3 and 4

B – Checking and Battling Skills

T - Checking Rules and Ethics – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174743488>

A - Tripod Three Point Stance – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162710670>

B - Hip Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162940630>

B - Pry Puck Loose Along Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314163150931>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014031416344697>

B - Taking a Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313175050979>

B - Protect Puck on Boards and Escape – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174922775>

B - Offensive Bumping – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317152836272>

B - Poke Check

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153424987>

B - Stick on the Puck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153804305>

A - Chip and Spin Escape Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151723521>

B - Blocking Shots – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

B - Open Ice Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152158716>

B - Protect the Puck vs. a Poke Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152511571>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152745586>

B - Taking an Angle Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152953548>

B5 - Neutral zone Angling – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014032014381730>

B - Angling – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144146657>

B - Block Passes with Shaft of Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144359468>

B - Protect Puck with Stick Slap – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144720442>

B - Protect the Puck with Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144959789>

B - Front Attacker and Take Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140321145928696>

B - Angle Checking – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426120111464>

Body Checking and Battling Contests

These are some really good contests for competing, body checking, toughness. Keep score and make a contest out of these battles. Insist on good technique and keep each rep short.

[E1 Shootout Race – Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428093723982>

[C300 Protect the Dot – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042809423468>

[B300 Escape from Alcatraz – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428094704988>

C - Defensive 1 on 1 Situations – Sweden

Most of these video clips are from Sweden and show how they practice the 1-1 skills.

[C1, 1 on 1 - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417112911309>

[C6, 1-1 in Front - Point Shots - Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417205232314>

[C3 1-1 x 2 From Blue Line and Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041717094974>

[C500 - 1-1 in Front and Support at Point and Behind - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417111338220>

[C300 1-1 Checking From the Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417203022411>

[C300, 1-1 Battle in Front of Net-Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041719184157>

[C300 1-1 Along Boards - Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417204036621>

[B300 1-1 Checking and Get Puck Out - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417194243900>

One on One - Situation Drills, Transition Games, Games

[Practicing 1- 1 Drills – Transition Games - Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6807>

C - Defensive 2-1 Situations - Sweden

[C1 - 2 on 1 Situations on Dump In - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091917614>

[D400, 2-1, Battle in Slot - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091403276>

[C2 – 2 on 1 with Backchecker – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421092228235>

[C3 - 2 on 1 with 2 Backcheckers – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091642365>

[C2, 1-0, Point Shot and 2-1 Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042109112259>

[T3 - How to Play a Defensive 2-1 - TJ](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421170229108>

Two on One - Situation Drills, Transition Games, Games

[2 on 1 Drills - Transition Games and Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6808&topic=6808#6808>

C and D - 2 on 2 Situations - Sweden

[C3 - 2 on 2 from Neutral Zone - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426131816777>

[D400 - 2 on 2 in Front - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426133052898>

[D400 - 2 on 2 in Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426132407364>

[D400 - 2-2 with Passes from Below Goal Line - Sw U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506110551821>

Two on Two - Situation Drills, Transition Games, Games

[2 on 2 Drills - Transition Games - Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6809&topic=6809#6809>

Defensive Technique Drills

[B5 Forecheck Skills Deflect-Steer-Angle-Finish Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

[B5 - Neutral zone Angling - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131101142929311>

[B500 Angling and Escapes](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>

[B500 Defensive Side with Stick on the Puck - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

[B500 Defensive Drill to Keep the Stick on the Puck – Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190606500>

[C2 Angling 2-1 Wally - Pro W](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130902174459633>

[C2 Angling Drill](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174240723>

[D4 Attack and Defend the Dot](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101218074836562>

[D400 2-2 passes from behind net - Sweden U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120131091959989>

[D200 Angling Game 1-1 to 3-3](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005185904685>

[D200 Straight on Angling Game 1-1 to 3-3](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140607111112834>