

## ***Defensive Skating Principles:***

*Wally Kozak review the mechanics of skating and then focuses on deliberate practice for Tactical Defensive Skating.*

### **T1 – Skating Mechanics – Wally Kozak – Edge Boy's**

<https://youtu.be/YSkQIHBmpjQ>

Wally reviews principles of efficient forward and backward skating.

### **Edge Prep Practicing Pivots**

Skating the game requires deliberate practice of specific tactical skills essential to playing 1 on 1 situations. The Backward stride and Mohawk pivots are essential when playing a rush. Teaching these skills in youth hockey would benefit execution and enjoyment at any level.

[https://www.youtube.com/watch?v=S452\\_n9muQI&t=42s](https://www.youtube.com/watch?v=S452_n9muQI&t=42s)

### **Edge Prep D ZONE scrimmage 1 vs 1 2 vs 2**

Game Like Practice practice is an opportunity to test one's Individual Skills and Hockey Sense. The foundation to performance is Individual skills. The importance of maintaining D side and the tactical skills required are revealed in this video

<https://www.youtube.com/watch?v=FVf4QOrhWro>

### **Edge Prep HANDICAP Horseshoe progression**

One of the best drills to teach Defensive players how to SKATE the 1 on 1 RUSH. Initially the D play an attacker with their hands behind their back keeping them outside the dots. Maintain a good gap. The D progress to hands free, Stick Turned over to Stick Normal to master "skating" the 1 on 1. Progressive deliberate practice for Transition skating, Back Ward Striding and Pivoting is necessary to master those skills that will.

<https://www.youtube.com/watch?v=j4H4T-tY5kc>

## Edge Prep - Backward Stride Progressions

<https://www.youtube.com/watch?v=gPzAL0Z-0xM>

Highly Skilled players focus on Progressive drills to master their back ward stride. Progressive Deliberate practice focuses on proper technique. Players learn as they progress from slow to game speed. Developing Individual Tactical Skills is a primary focus for a Hockey Academy. This ice session will provide coaches and players some ideas that will translate into improved game execution.

<https://www.youtube.com/watch?v=gPzAL0Z-0xM&t=50s>

## Edge Prep Tactical Rush Race Drill 1

<https://www.youtube.com/watch?v=86ErvN0Ds84>

The Edge school Prep team learns from a Rush Race Drill. Coaches learn how to explain the drill so it can be executed to accomplish it's purpose. This National Team drill reveals the need to spend more time on Backwards Starts and striding. When the 1988 National team began this drill the defensemen started on the Dot and struggled. In the last half of the season all D could start at the bottom of the circle and keep

## T1 – Efficient Skating to Maintain the Defensive Side

[https://www.youtube.com/watch?v=Rkh88y3S\\_P8](https://www.youtube.com/watch?v=Rkh88y3S_P8)

The 2 foot stop and cross over start are good conditioning exercises that have little value during the game. When a player has to put the brakes on at full speed they likely over skated the situation. To Skate the game defensively the player has to control their inside edges to control their speed and direction according to the game situation. Practicing snowplow stops and using a front foot stop and T start will improve game skating, helping players to always face the puck carrier and maintain D side. Dave King's Teaching cue was "toe caps square " to the puck carrier.

*College players and U18 Girl's working on the same concepts.*

## **BU D Monday's**

<https://www.youtube.com/watch?v=tvU0Z5uCT0c>

Boston University develop Defensive tactical skills with deliberate practice. Time well spent. At younger age players need to taught these special skills in a progressive fashion.

## **Defensive Tactical Skating U18 F**

<https://www.youtube.com/watch?v=2vWAOcm2vwE>

The importance of Defensive tactical skating is demonstrated by a number of breakdowns i Defensive 1 on 1 play. Progressive Deliberate practice in this video will help coaches of ALL levels to develop Tactical Skating Skills important in Defensive hockey.

## **Wally Kozak's Hockey Coaching YouTube Videos**

*Wally Kozak - (More of Wally's videos on technique and game analysis at this link. Really good stuff from a highly regarded international coach.)*

<http://www.youtube.com/profile?user=wkozak2009&view=videos>

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