



HARJOITUSOHJELMA N:o _____

Harjoituspäivä _____ Paikka _____

Osanottajamäärä _____ Harjoituksen kesto aika _____

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:

⇒ Aggressiveness: body contact / forcing the player out

⇒ use of the free hand

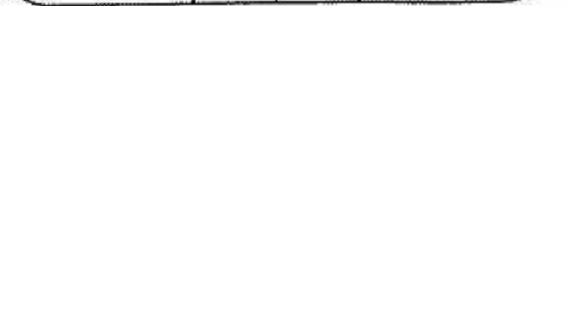
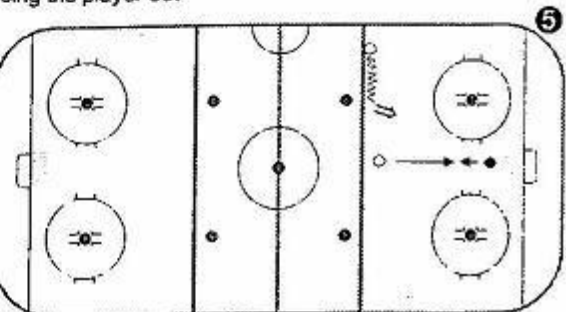
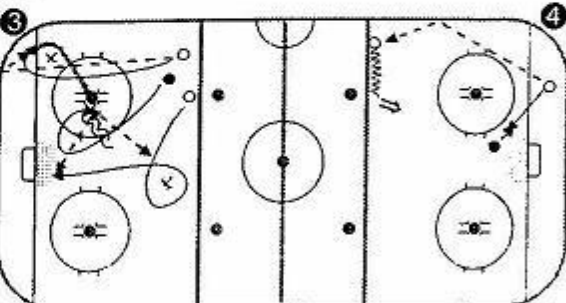
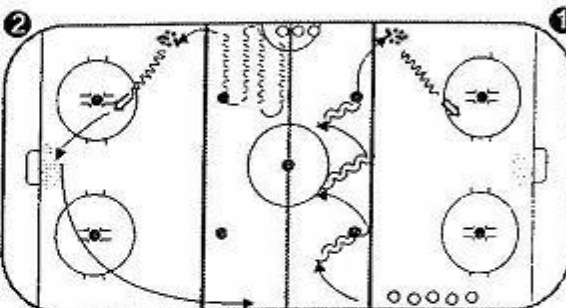
⇒ passing while moving

⇒ 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

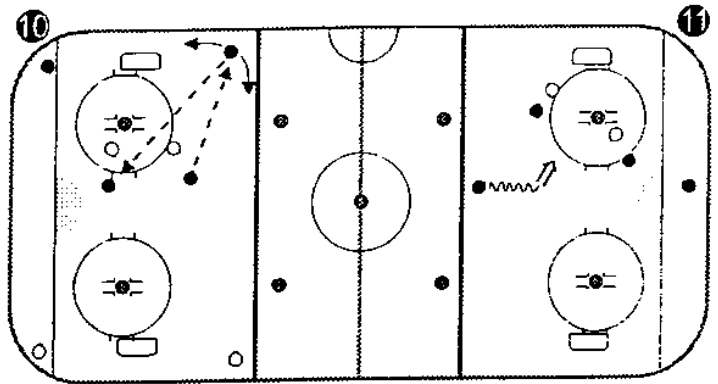
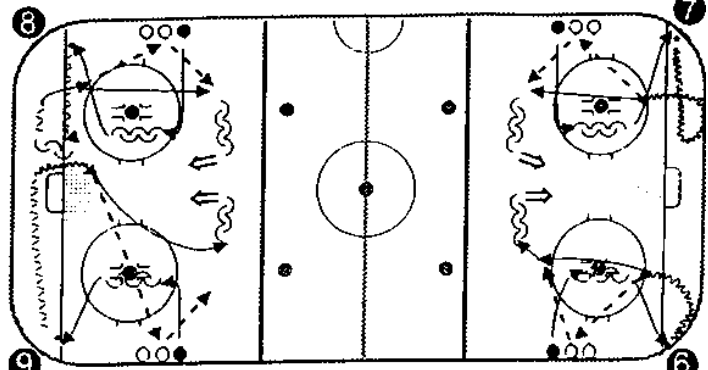
holding your space

⇒ deking

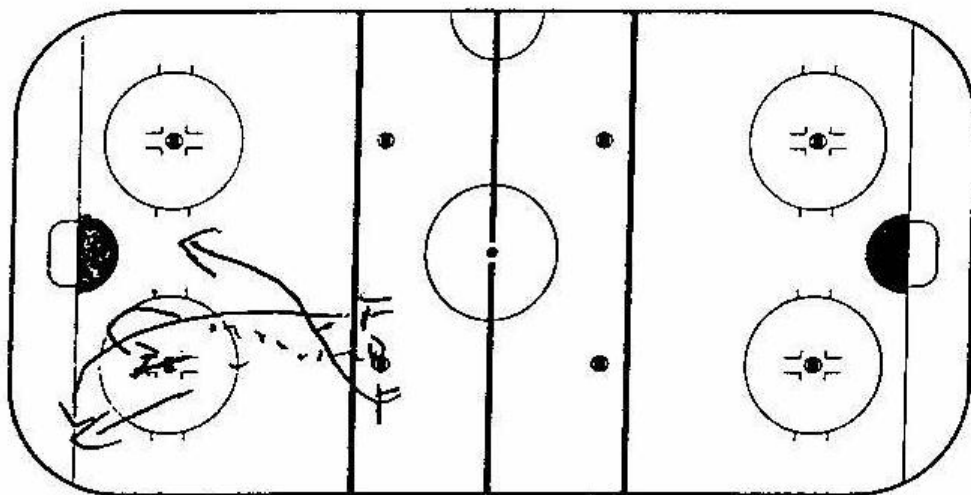
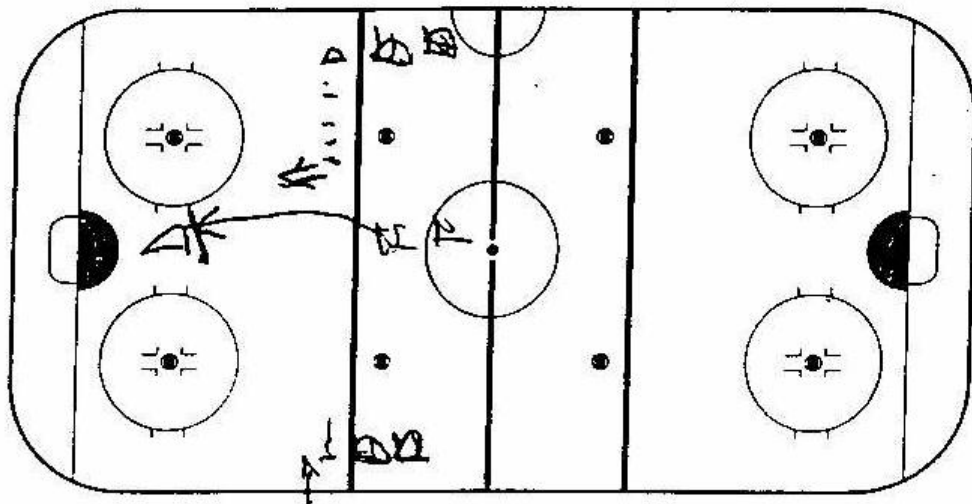
⇒ passing while moving

⇒ making / recieving the pass

⇒ coverage



Box
out
in front
of net
Alternate
sides



2-nd
out of
denn