

B - Defenseman Skills - Seminar

Key Points:

Practice reaching with the stick but keep in a balanced position. Always face the play. Control the attacker's stick. Defender move and don't be flat footed. Influence the attacker with the stick in the passing lane. Give the shooter to the goalie not allowing him to go across the middle but stay to the outside. Deny to pass across for one timer or a tap in.

Description:

These are video segments showing various defenseman 2 on 1 situations. There is a diagram of the three exercises and a pdf of the whole session.

Rejo Routsalainen a former star NHL and Finnish international player is instructing.

1. Warm up:

a. Transition skate forward to backward and finish with a shot.

2. Sideways mobility: Zig-zag 4 times and open up at the end of each rep.

3. 2 on 1 defensive technique.

a. From the corner.

b. From the corner and the point.

4. Pass to point then screen. D seal stick to outside and see the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072016104973>

B - Ruotsalainen Defensemen Skills in Offensive Zone IIHF

<https://youtu.be/FMOMkkvXz-Q>

