

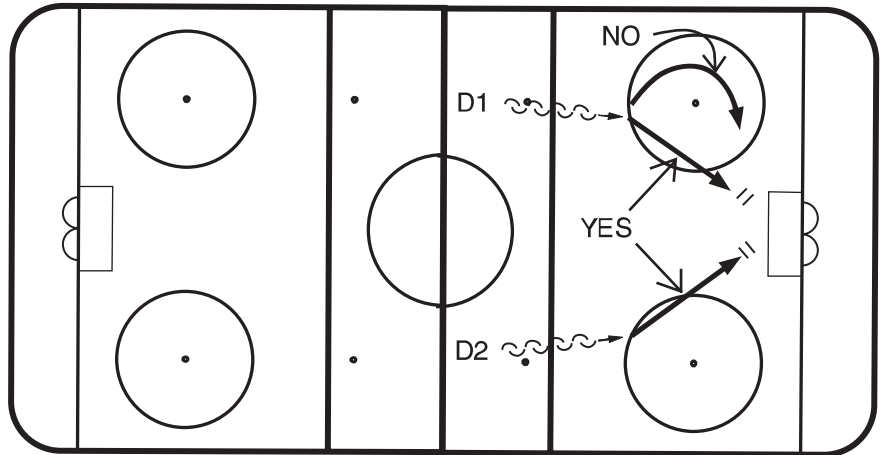
# **Defensive Drills**

## Drill #1 — Pivot and Go to Net

- Defense start out backward.
- When coach blows whistle, D pivot to outside and skate to net.

### Key Elements

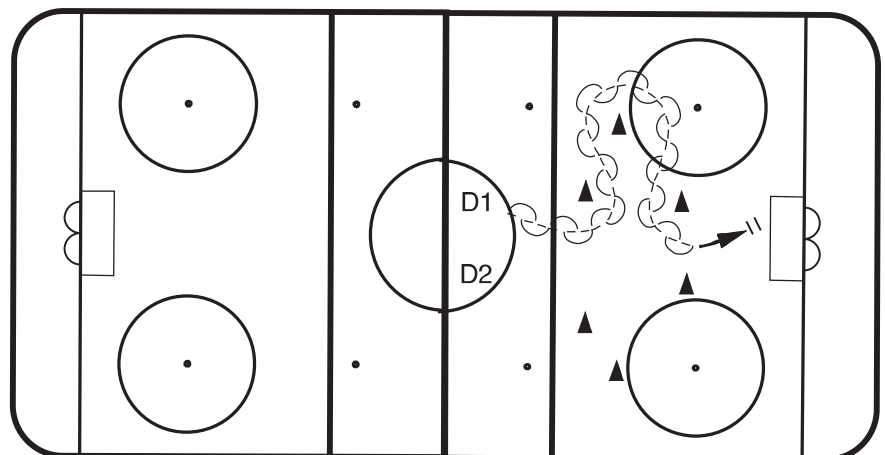
- Don't let D glide when skating backwards.
- D must turn directly to net and skate in straight line. Don't let D turn to boards and then skate a curve to the net shown by D1.



## Drill #2 — Lateral Movement

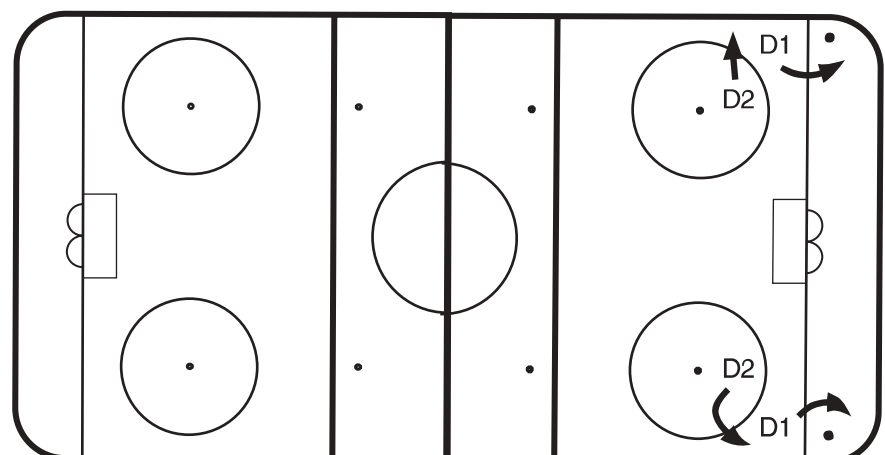
- D1 and D2 go backward at same time.
- D must skate through cones working on lateral movement and speed.

Option - do drill with and without pucks.



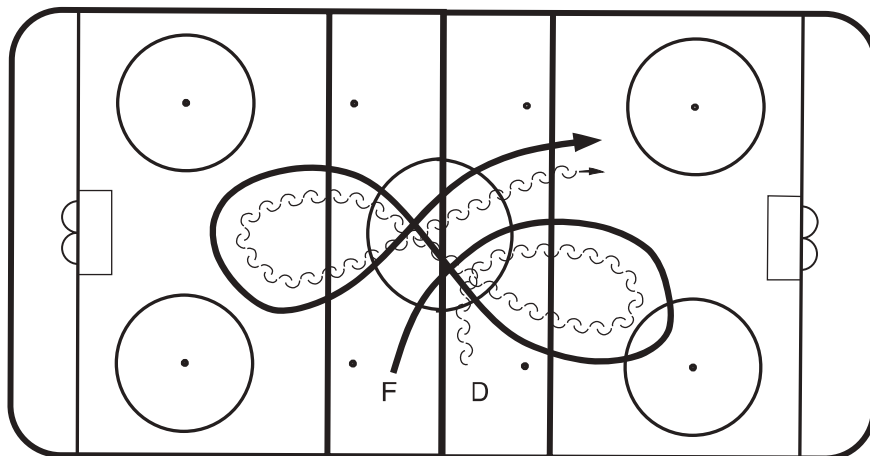
## Drill #3 — Protecting The Puck

- Put puck in corner. D1 is next to puck.
- On whistle, D1 must create and protect puck from D2.
- D2 aggressively tries to get puck.
- Do drill for five to 10 seconds.



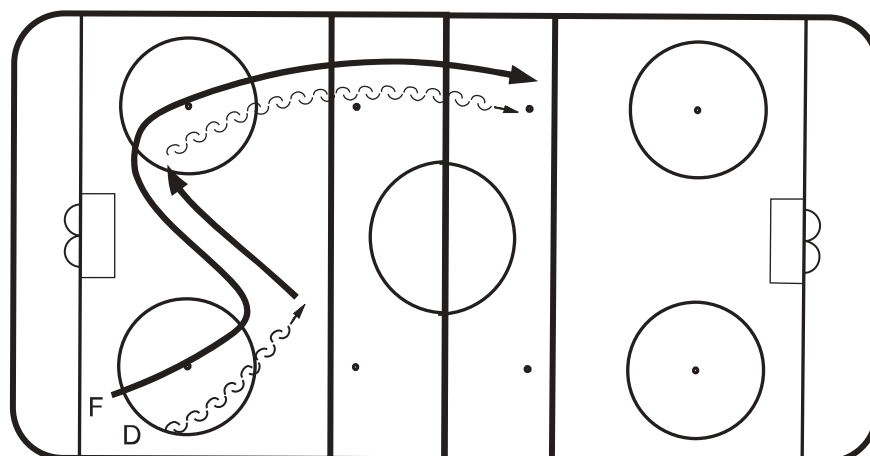
## Drill #4 — Mirror Skating, Figure 8

- F and D go at same time in a figure 8 pattern.
- D must skate backward mirroring the forward.
- D must always stay to the inside.



## Drill #5 — Mirror Skating Backward and Forward

- D must mirror forward.
- When F skates back towards goal line, D must pivot forward keeping the correct gap.
- D then pivots backward as forward heads up ice.



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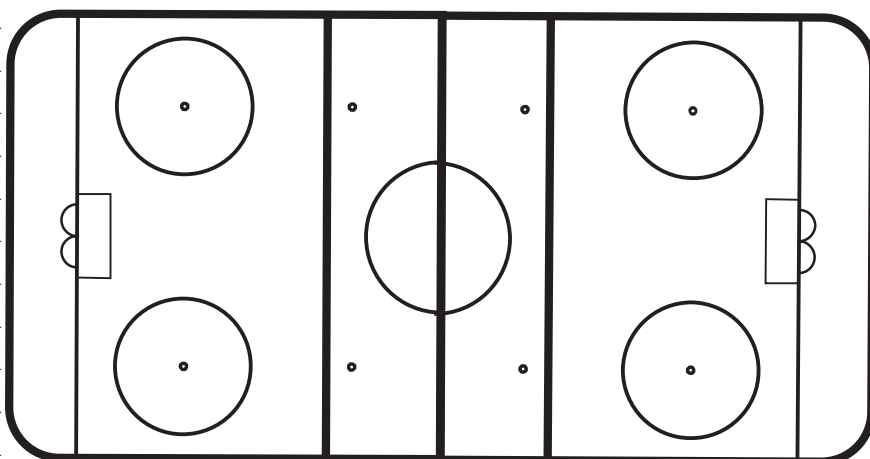
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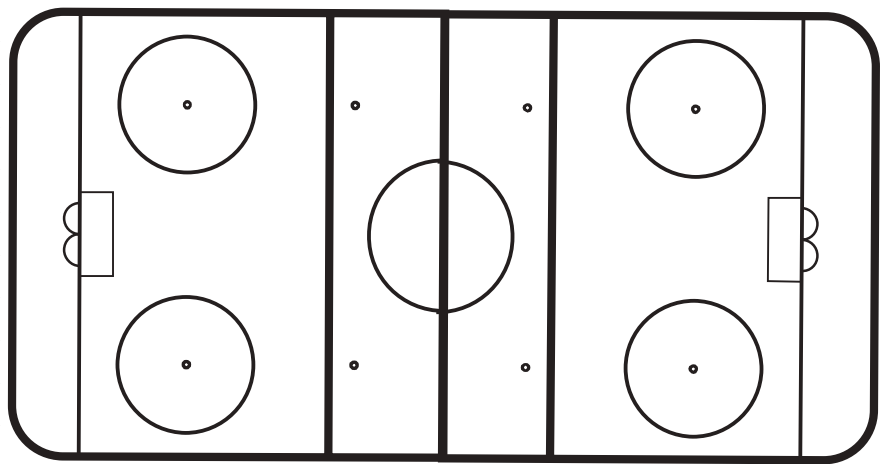


Notes/Comments \_\_\_\_\_

System/Drill \_\_\_\_\_

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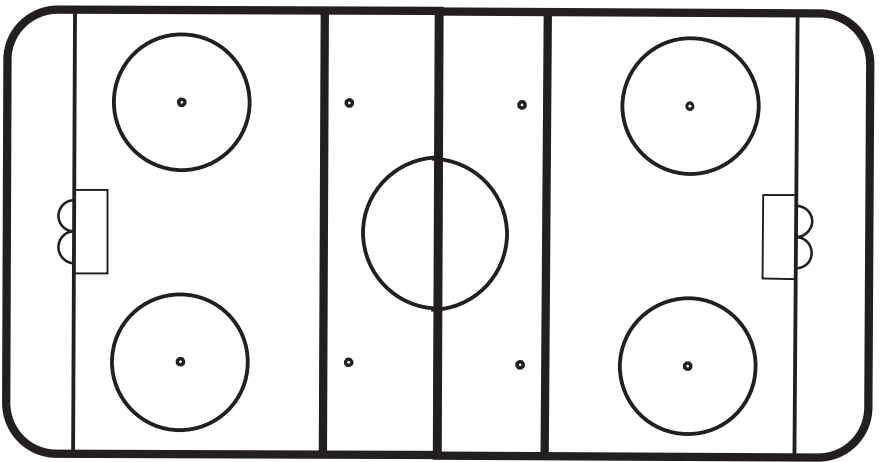


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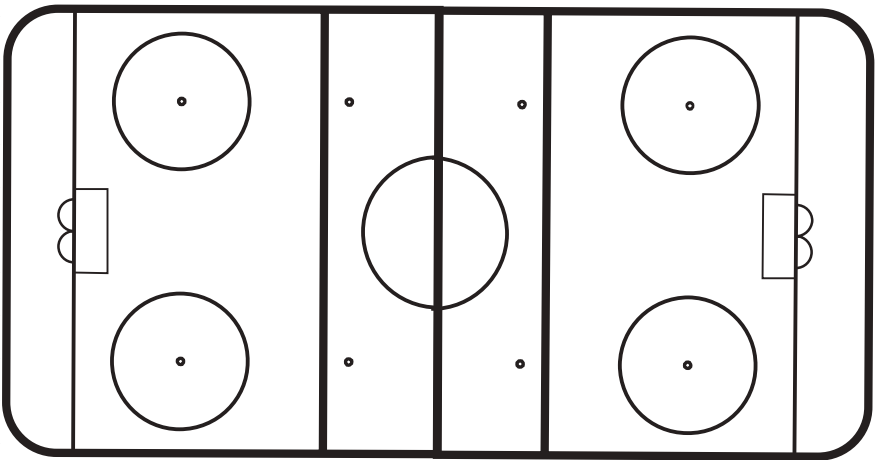


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