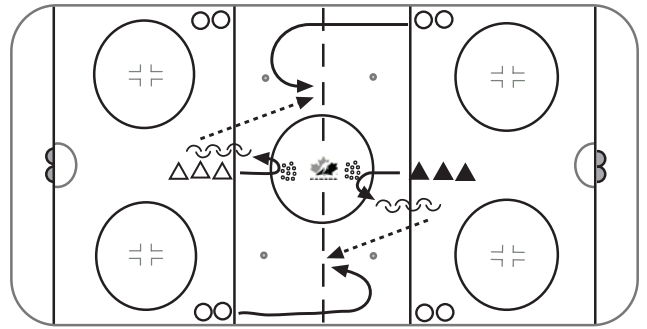


**Practice 6**

**Drill Name & Description**  
**D Man Mobility Warm – Up 1**  
 Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

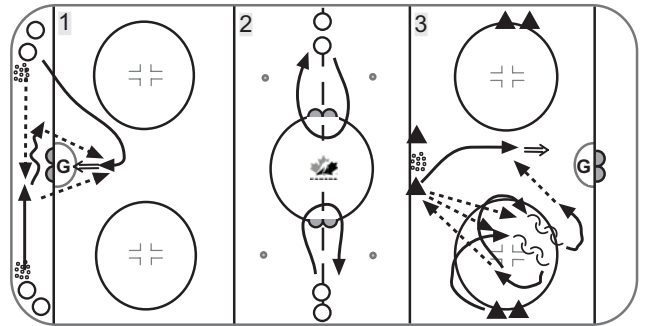
- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in centre of ice
- 4) D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass



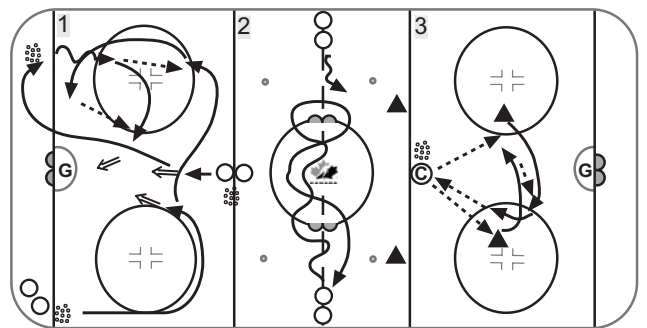
**Drill Name & Description**  
**Skills Stations 1**

- 1) Shooting / Scoring – Behind Net Pass Out**  
 Player sin opposite corner, pass is made behind net passer heads to net front for pass from behind net near side or far side.
- 2) Agility Nets – NZ Skating**  
 Place 2 nets in the neutral zone, players from each side work on quick, feet pivots etc going around the nets. Add pucks.
- 3) D Man Mobility – Transition Footwork**  
 D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.



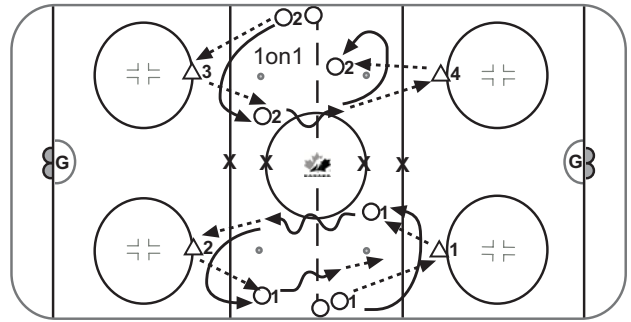
**Drill Name & Description**  
**Skills Stations 2**

- 1) Shooting / Scoring – 3 Shot Corner Cycle**  
 D start in middle of ice just inside blueline, Fwds in corners. On whistle, D starts play with shot on net, Fwd follows from corner with 2<sup>nd</sup> shot. D then retrieves puck from corner, skates up ice and drops to Fwd who skates around top of opposite circle after shot. D heads to net to get backdoor pass from fwd. Alternate sides.
- 1) Agility Nets – NZ Puck Control – Finish With Shot**  
 Place 2 nets in neutral zone, players from opposite sides perform various skating/ puck control moves working on quick feet and hands
- 2) D Man Mobility – Transition Reverse**  
 2 D start in zone, D1 receives pass from coach and skates to middle of ice, D2 skates below D1 to get a drop pass (Reverse) then passes back to coach and then start the sequence again. 3 – 4 reps then switch D



**Drill Name & Description**  
**1 on 1 Transition**

- 1) D Start at top of circles at both ends and on both sides of the ice.
- 2) Fwds on wall at centre
- 3) First fwd passes to D swings across in front of D, opens up gets pass from D, Fwd then skates toward D at other end, gives pass, opens up and gets pass back.
- 4) Fwd then attacks original D 1 on 1. Same sequence then goes the other way, both sides at same time, start in opposite directions.

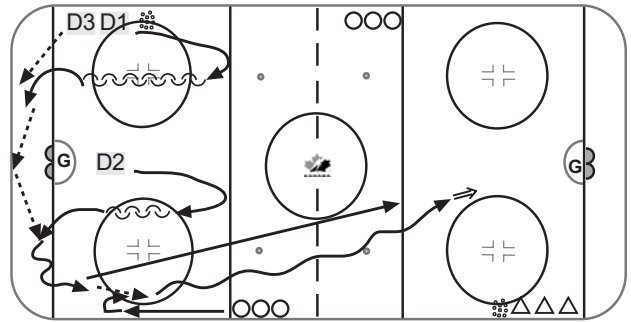


**Drill Name & Description**  
**Breakout – Over Progression**

- 1) Same drill as above except now 2 D involved for the over.
- 2) D2 joins rush, then goes to hash mark on the wall.
- 3) D1 fills in for D2.
- 4) Drill goes on Coach's command.

**Key Teaching Points**

- Quick feet, check shoulder, D2 feet pointed up ice to identify outlet, communicate, move puck, move feet.

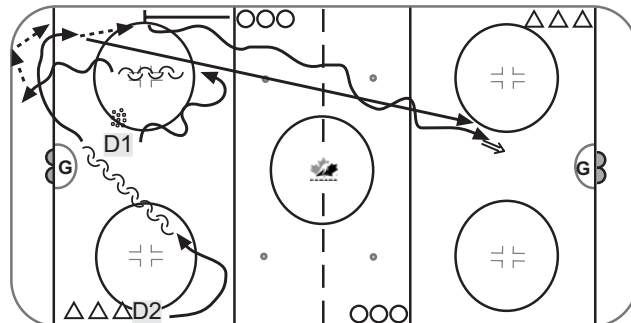


**Drill Name & Description**  
**Breakout – Reverse Progression**

- 1) D1 spots puck for himself.
- 2) D1 reverses to D2 who moves puck to forward.
- 3) D2 joins play and fills in on middle hash mark.
- 4) D1 reverses puck then joins line on hash marks on the wall.

**Key Teaching Points**

- Quick feet, protect net front, communicate.



**Drill Name & Description**  
**Olympic 1 on 1 / 2 on 1**

Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.

- Defense must move feet quick.
- Forwards must attack with speed.

Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.

