

Developing Defensemen



Defensive Concepts:

Entries into the Defensive Zone

Situational Reads :

Is it an even or odd man rush?

- You must gauge the speed of the puck carrier / attackers
 - Where will the puck enter into the Defensive Zone
 - Personnel on the rush
 - Time of game
 - Score of the game
 - Situation strength: PP or PK



D-Man Job on Each Rush
Specific Situational Reads:
Is it an even or odd man rush?

- 1 on 1
- 2 on 1
- 2 on 2
- 3 on 2
- 4 on 3
- 4 on 4



D-Man Job on Each Rush

Specific Situational Reads: **1 on 1**

- Close gap as quick as possible
- Always protect the middle of the ice
- Stick on puck
- Take away ice options - "Close off ice"
- Separate man from puck

D-Man Job on Each Rush

Specific Situational Reads : **2 on 1**

- Get puck to outside as far as possible
- Stay in the middle taking away pass options
- Do not allow puck carrier to cut to the middle of the ice
- As the puck gets deeper in the D zone take pass away
- Must prevent back door pass options



D-Man Job on Each Rush
Specific Situational Reads:
Is it an even or odd man rush?

- 1 on 1
- 2 on 1
- 2 on 2
- 3 on 2
- 4 on 3
- 4 on 4



D-Man Job on Each Rush

Specific Situational Reads : **2 on 2**

- D1 Must play puck carrier the same as 1 on 1
- D2 Must stay inside body position
- D2 Must stay in the Defensive lane
- D2 Must take stick away of attacking player
- D2 Must be aware of puck carrier / shooting options

D-Man Job on Each Rush

Specific Situational Reads : **3 on 2**

- D must stay in a tight formation protecting middle lane drive
- Force puck wide
- Keep puck outside by sagging inside
- Force bad angle shots by protecting the middle of the defensive zone
- D must box out
- D must battle hard for all rebounds



Specific Types of D-Zone Coverage:

Specific Formats:

Man on Man
Zone Coverage
Box + 1 (Layer)

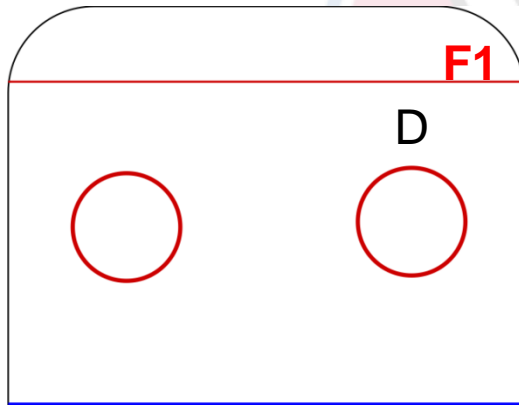


D-Man should be proficient in:

- Body Positioning
- Stick Position
- Gap Control
- Pinning / Containment
- Net Front Battles
- Quick feet
- Retrieving pucks
- 1st Pass accuracy
 - Puck Control
- 1st Pass Accuracy - Outlet pass to forwards
 - Puck Support
 - Position on ice



No Gap Corner 1 on 1 Battles:



Set-Up:

- F1 With puck on wall in corner
- D one stick length away

Drill:

- F1 Protects puck on wall and
- Attempts to take puck to the net
- D contains Fwd in Corner creating stall or turnover

Teaching Points (T-1):

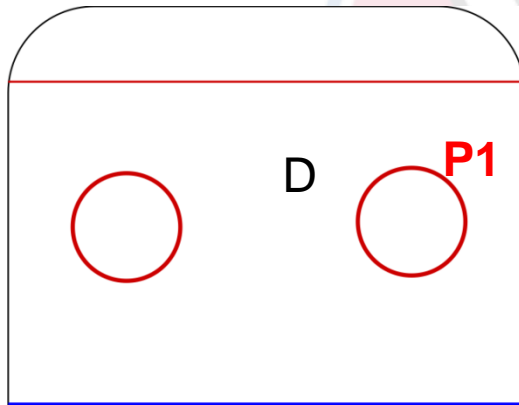
- Keep Forward (F1) contained against wall
- Stay between F1 & net; stick on puck
- Use body position to direct F1 where you want
- Use free hand to contain on hip
- Make sure stick on puck

Teaching Points (T-2):

- Direct Forward (F1) to back hand
- With stick on puck roll body between F1 to create puck separation
- If F1 rolls to free hand D must disengage and reseal with body



Retrieving Pucks for Breakouts:



Set-Up:

- Pucks behind net inside trapezoid with coach; D on hash mark
- P1 on half wall

Drill:

- D skates backwards to find puck below goal line
- D takes a good angle to puck
- D passes puck to P1 on half wall
- D accelerates forwards above faceoff dot pivots backwards locates a puck passes the puck to P1 coming off the wall
- D retrieves a 3rd puck makes stretch pass to P1

Teaching Points:

Shoulder Checks

Protect yourself

Always recover to middle

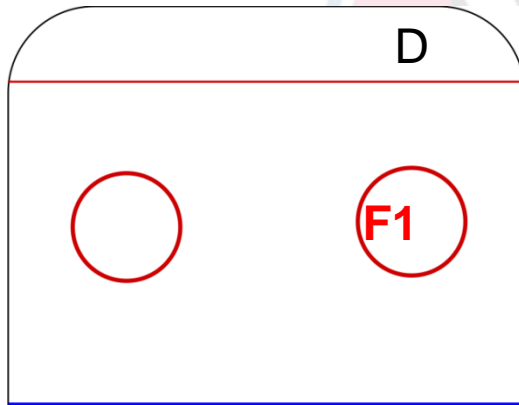
Ability to move pucks on the backhand

Take a good angle to the puck

Keep feet moving

Be available for a return pass

D Agility 1 on 1: Fwd turning inside or outside



Set-Up:

- Pucks inside blue line
- D standing below goal line
- F1 standing on lower face-off T

Drill:

- On coaches command F1 accelerates for puck at blue line
- F1 has the choice to turn inside or outside
- D must close gap defend 1-on-1

Teaching Points (T1):

- Close gap
- Protect the middle of the ice
- Keep F1 in front
- Stick on puck

Teaching Points (T2):

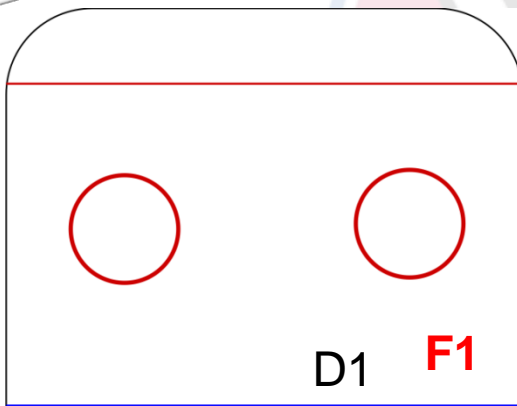
- Gain as much ice back as possible
- Close gap
- Push F1 to the outside
- Stick on puck

Teaching Points (T3):

- Follow F1 up ice
- Maintain inside body position
- Influence F1 to turn to the boards
- Do not allow F1 to turn back & create speed



D Agility 1 on 1: Forward outside



Teaching Points (T1):

- Keep F1 to the outside
- Stick on ice
- Angle back to near goal post

Set-Up:

- Pucks on blue line
- D standing on blue line
- F1 standing on blue line

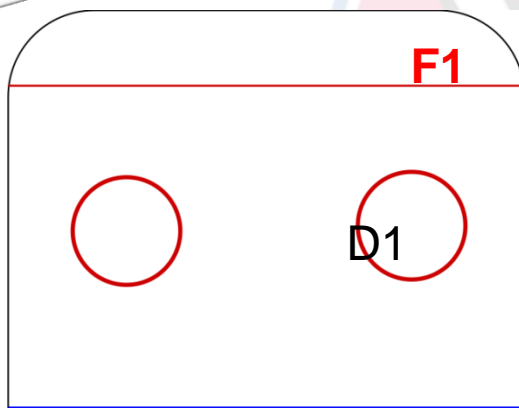
Drill:

- On coaches command F1 accelerates with a puck around pylon drives net
- D accelerates around dot & pivots to backwards to close gap defend 1-on-1

Teaching Points (T2):

- Stick on puck
- Maintain inside body position
- Angle to boards with outside shoulder
- No Crossovers after pivot
- Recognize shooters strong side or weak side

Gap Corner 1 on 1



Set-Up:

- F1 in corner with puck
- D standing inside face-off circle

Drill:

- On coaches command F1 accelerates with a puck
- D must close gap defend 1-on-1

Teaching Points (T1):

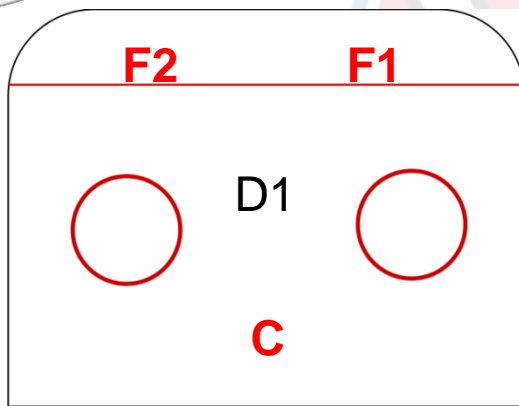
- Stay above F1 & between man & net
- Stick on Ice
- If closing close under control with stick on ice
- Recognize if F1 has puck under control to determine rate of closing speed
- Steer F1 to backhand with body position

Teaching Points (T2):

- Have stick extended with skates sideways taking away passing lanes as you close
- Once you close the gap same rules apply as no gap



Net Front Box-Outs / Battles



Set-Up:

- F1 on goal line with pucks
- D in front of net
- Coach © **inside blue line**

Drill:

- F1 passes puck to ©; **F1 moves to net**
- D meets F1 to battle for position & stick
- © **shoots for deflection or rebound**
- D & F1 battle 1-on-1

Teaching Points:

- Get F's stick off ice
- Clear all rebounds into the corner
- Keep stick on puck
- Body position (depends on F's depth)
- Mirror F's stick
- Box out before F enters screen area
- Create body position off rebounds
- Clear all rebounds into the corner
- Possible shot blocking