

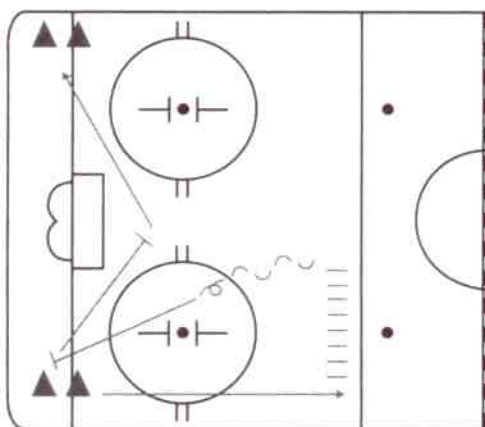
# **Defenseman Drills**

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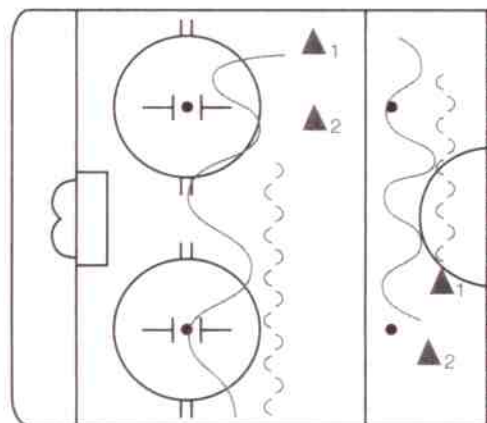
This chapter includes individual skating, passing, and shooting drills designed specifically for defensemen. Defensemen need exceptional skating speed both forward and backward, must be able to start and stop on a dime, must have great agility, accurate passing and puck handling, and must be able to shoot quickly with both wrist shots and slap shots. Agility, balance, and strength are essential as the defenseman is constantly working in the corners and in front of the net during one-on-one battles for the puck. The drills included in this chapter have been used by experienced coaches to develop these important skills needed by the modern day defenseman.

During the execution of the drills in this chapter, players should be going near game intensity to simulate game situations. The coach should watch for proper technique in the players' shooting, skating, and passing. Additional defensive drills can be found in chapter 9.

1. The defenseman starts in the corner and skates forward to the blue line.
2. He then skates using chop steps along the blue line to the middle.
3. He skates backward to the face-off circle.
4. He then pivots, skates forward to the corner, and stops.
5. Then he skates to the front of the net, stops, and goes to the opposite corner.
6. The defenseman will then come out of that corner for his or her next turn.
7. The drill can be done from both corners simultaneously.



1. Defenseman 1 skates forward in a zigzag motion across the ice.
2. Defenseman 2 skates backward, head up, mirroring the movement of defenseman 1.
3. Defensemen 1 and 2 come back the other way, changing positions so that defenseman 2 skates forward and defenseman 1 skates backward, mirroring defenseman 2.
4. The offensive player being mirrored can skate with or without a puck.



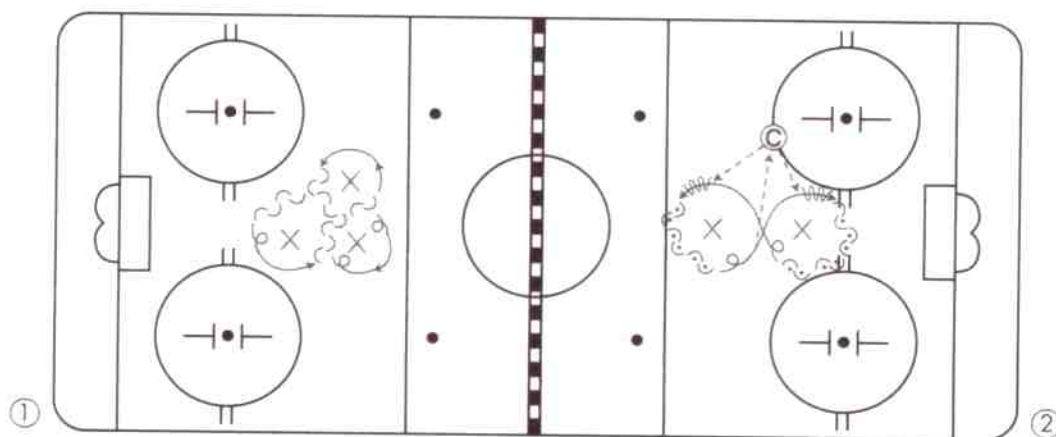
Players can perform either sequence to work on skating.

### Sequence 1

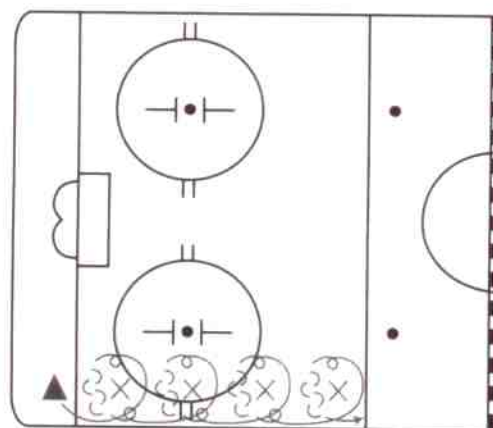
1. Cones (or pucks) are arranged in a triangle.
2. The player skates around the cones, alternating between skating forward and backward at each cone.

### Sequence 2

1. Two cones are placed about 5 to 10 feet apart.
2. The player alternately skates forward and backward in a figure eight pattern around the cones while exchanging passes with the coach or another player.



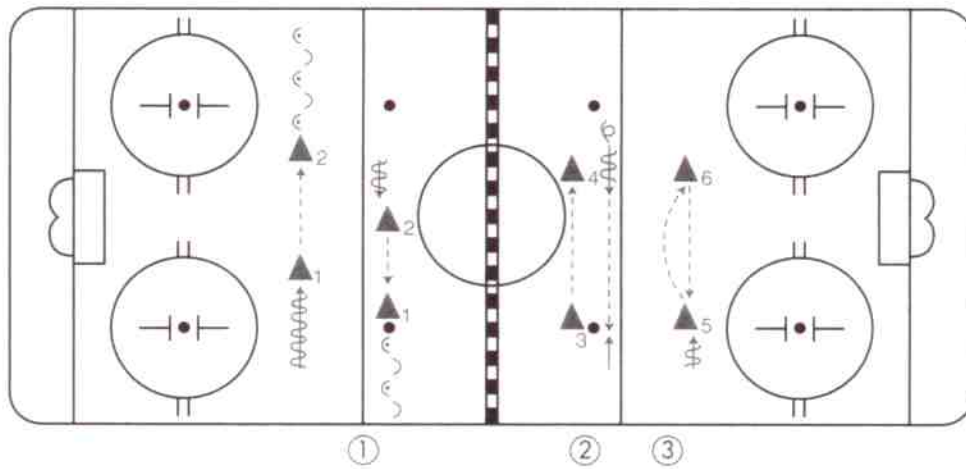
1. Several cones are placed in a row, approximately 7 to 10 feet apart, from the goal line to the blue line. The offensive defenseman skates forward around each cone, then pivots and skates backward halfway around it.
2. The player repeats this pattern all the way to the blue line.



1. Defenseman 1 skates forward with the puck. Defenseman 2 skates backward (see figure 1).
2. Defenseman 1 passes the puck to defenseman 2.
3. Defenseman 2 then skates forward, and defenseman 1 skates backward.
4. Defenseman 2 passes to defenseman 1, and they repeat the pattern.

### Variations

- Defenseman 3 passes to defenseman 4, who pivots 360 degrees, skates forward, and passes to defenseman 1. Defenseman 1 then repeats the pattern (see figure 2).
- Defenseman 5 flips the puck in the air to defenseman 6, who knocks it down with a glove and passes it back to defenseman 1. Defenseman 1 then repeats the pattern (see figure 3).



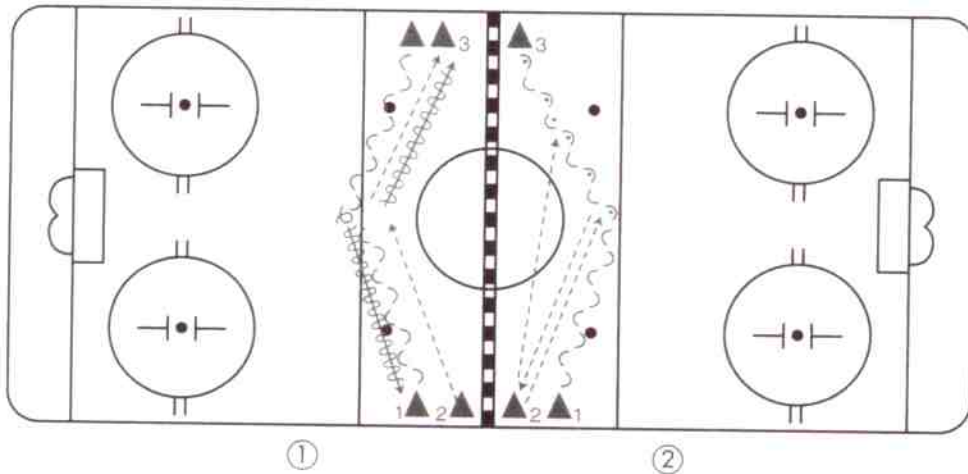
Players can perform these sequences consecutively, or they may form two separate groups and perform them simultaneously.

### Sequence 1

1. Defenseman 1 starts from the side boards at the center line and skates laterally backward to the middle of the blue line.
2. Defenseman 2 passes the puck to defenseman 1, who pivots, skates forward to the center line at the boards, and passes the puck to defenseman 3.
3. Defenseman 1 then repeats the sequence going the other way, skating laterally backward from the center line to the middle of the blue line.
4. Defenseman 1 receives a pass from defenseman 3, pivots, skates forward, passes the puck to defenseman 2, and skates to the center line at the boards.

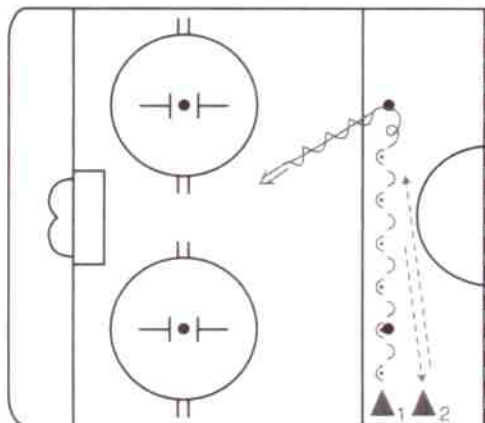
### Sequence 2

1. Defenseman 1 skates laterally backward from the center line to the middle of the blue line and skates backward to the center line at the far boards, exchanging passes with defenseman 2.
2. Defenseman 1 repeats the pattern back to the starting position, skating laterally backward to the middle of the blue line and back to the center line at the boards, exchanging passes with defenseman 3.





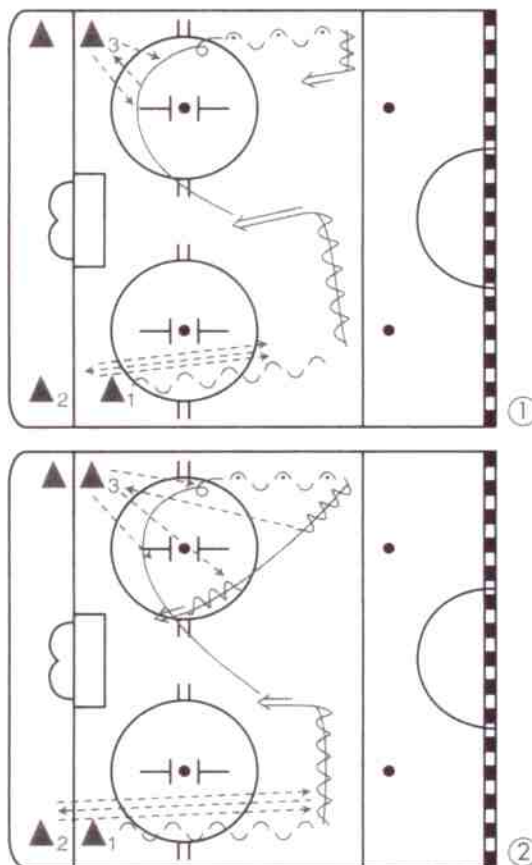
1. Defenseman 1 skates backward with the puck along the blue line and exchanges passes with defenseman 2.
2. Defenseman 1 pivots, skates forward, and shoots the puck just inside the blue line.



1. Defenseman 1 skates backward from the goal line and one-touch passes with defenseman 2 (see figure 1).
2. Defenseman 1 skates with the puck to the middle of the blue line and shoots.
3. Defenseman 1 then one-touch passes with defenseman 3, skates backward with the puck to the blue line, skates laterally along the blue line, and shoots a quick wrist shot.
4. The next player repeats the same pattern from the opposite corner. Players change lines after completing the drill.

#### Variation

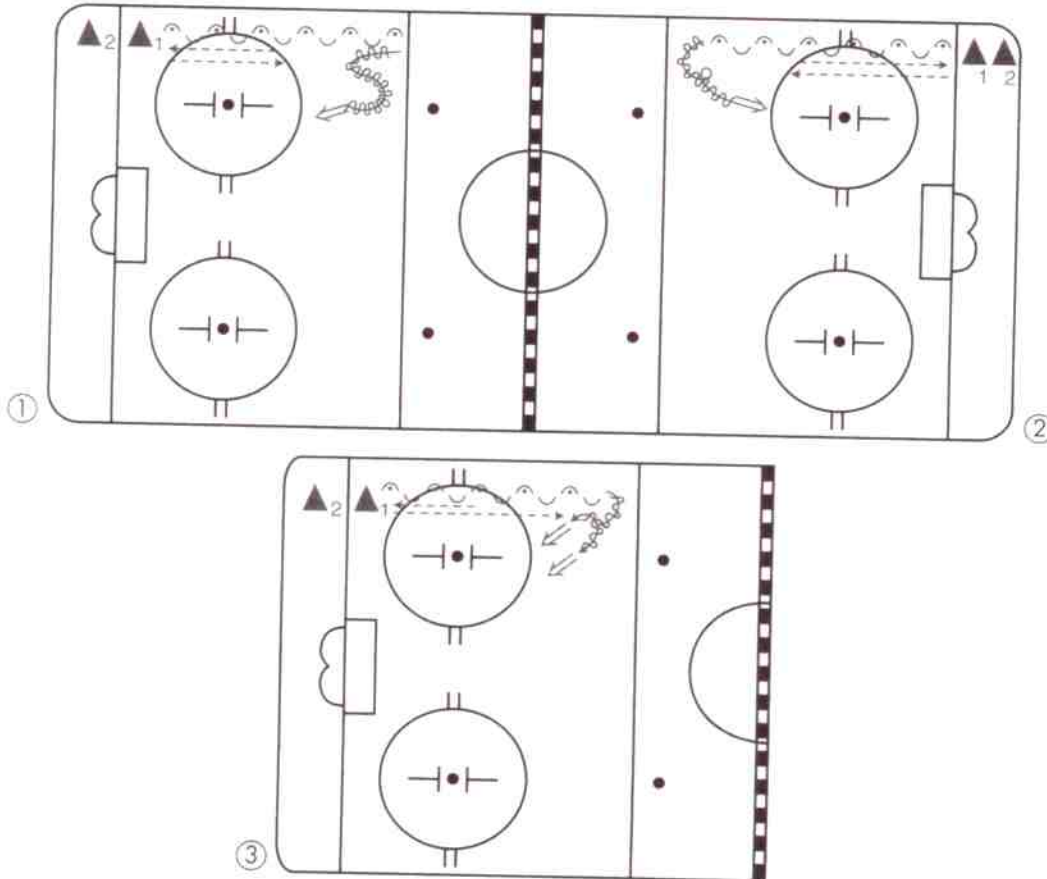
The drill is the same, but on the second shot, defenseman 1 does a give-and-go with defenseman 3 and then shoots at the face-off circle (see figure 2).



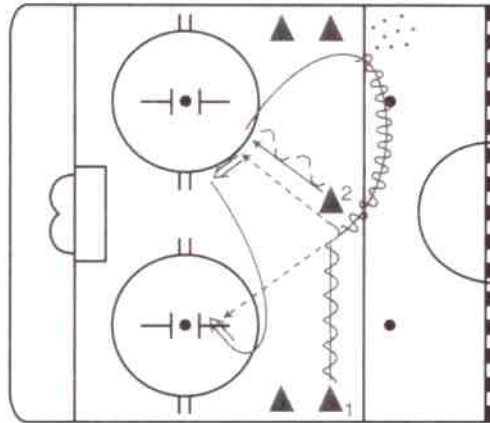
1. Defenseman 1 skates backward from the corner with the puck and one-touch passes with defenseman 2 (see figure 1).
2. After reaching the blue line with the puck, defenseman 1 stops, then moves to the outside (right), the inside (left), and quickly shoots.

### Variations

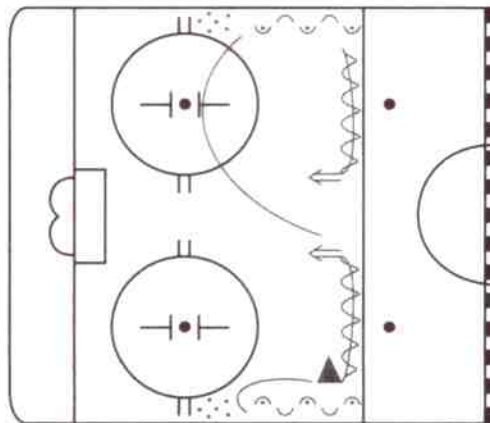
- The drill is the same except that when defenseman 1 gets to the blue line, he or she pivots with the puck and quickly shoots (see figure 2).
- The drill is the same except that when defenseman 1 gets to the blue line, he or she fakes a shot and then moves right or left and shoots (see figure 3).



1. Defenseman 1 is at the boards, and defenseman 2 is at the middle of the blue line.
2. Defenseman 1 skates with the puck along the blue line to the middle of the ice.
3. Defenseman 2 moves to the top of the far circle.
4. Defenseman 1 passes to offensive defenseman 2 for a one-timer shot.
5. Defenseman 2 then skates to the blue line at the boards and gets a second puck.
6. Defenseman 2 skates to the middle of the blue line.
7. Defenseman 1 skates to the top of the near circle.
8. Defenseman 2 passes to defenseman 1 for a one-timer shot.
9. The right shots are on the left side, and the left shots are on the right side.



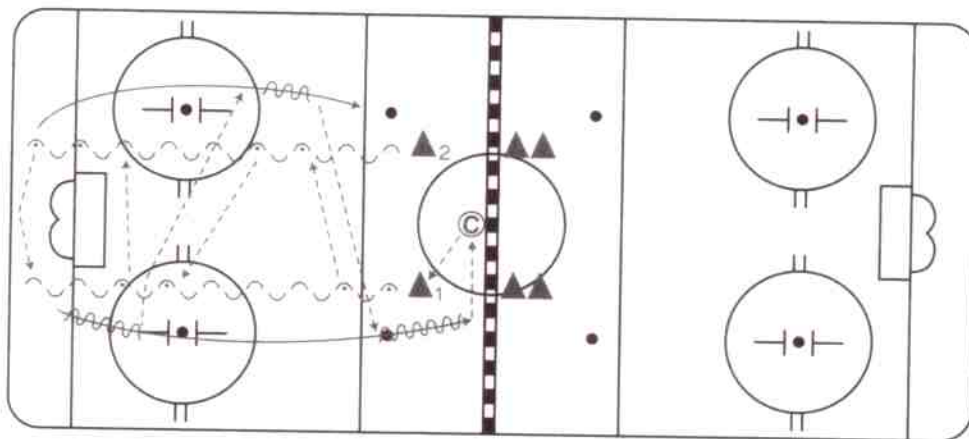
1. The defenseman skates in from the blue line and gets a puck at the hash marks of the face-off circle near the boards.
2. The defenseman skates backward with the puck to the blue line, skates along the blue line, and shoots at the middle.
3. The defenseman then skates to the hash marks of the far face-off circle, gets a second puck, skates backward to the blue line with the puck, skates to the middle of the blue line, and takes a second shot.



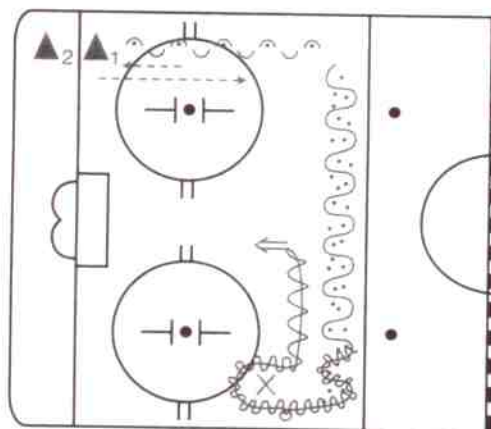


**BACKWARD, FORWARD PASSING**

1. Defenseman 1 or 2 receives a pass from the coach to start the drill.
2. Defensemen 1 and 2 skate backward from the center line, passing the puck, until they are behind the net.
3. Defensemen 1 and 2 then skate forward to the center line and pass the puck to the coach, who passes it to the next two defensemen to repeat the drill.

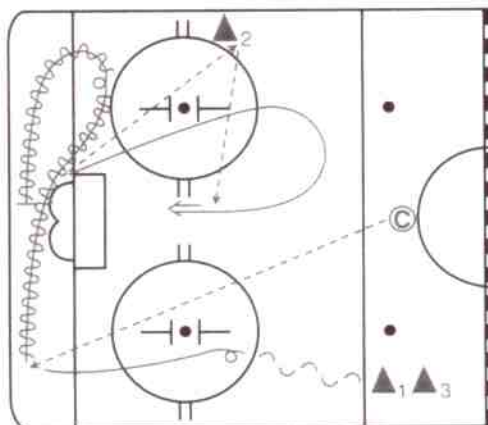
**AGILITY WITH THE PUCK, SHOOT**

1. Defenseman 1 one-touch passes with defenseman 2 in the corner while skating backward to the blue line.
2. Defenseman 1 then skates laterally along the blue line to the far boards, pivots, skates forward around the cone, skates to the middle of the ice, and shoots.



## 288 AGILITY SKATING, PASSING, SHOOTING

1. The coach shoots the puck in the corner to start the drill.
2. Defenseman 1 skates backward, pivots, skates forward, and gets the puck.
3. Defenseman 1, after giving a head fake in the opposite direction, skates around behind the net and starts up ice, does a tight turn, goes back behind the net, stops, passes to defenseman 2 at the boards, and skates toward the blue line.
4. Defenseman 1 then loops back, takes a return pass from defenseman 2, and shoots.
5. Defenseman 1 then takes the position of defenseman 2 at the boards, and defenseman 3 starts the next sequence of the drill when the coach shoots the puck in the other corner (on the same half of the rink).

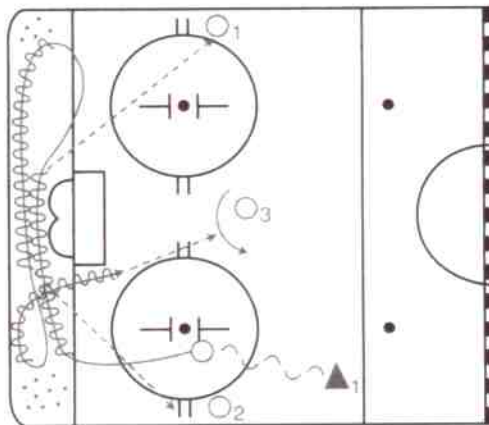


### Variation

Defenseman 1 takes the return pass from defenseman 2 at the blue line, skates to the middle of the blue line, and shoots.

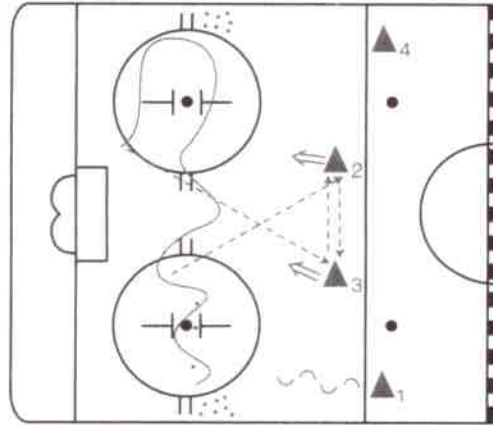
## 289 THREE BREAKOUT PASSES

1. Defenseman 1 skates backward, pivots, gets a puck in the corner, skates behind the net, and passes to forward 1 at the boards.
2. Defenseman 1 skates to the other corner, gets a puck, skates behind the net, and passes to forward 2 at the boards.
3. Defenseman 1 then skates to the corner, gets a puck, and passes to forward 3 up the middle of the ice.



## 290 SKATING Laterally, PASSING, SHOOTING

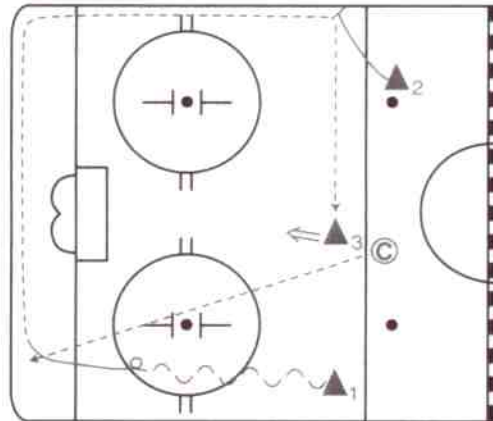
1. Defenseman 1 skates backward from the blue line, pivots, gets a puck at the hash marks of the face-off circle near the boards, skates laterally with the puck, and passes to defenseman 2.
2. Defenseman 2 passes to defenseman 3.
3. Defenseman 3 shoots.
4. Defenseman 1 continues skating laterally, gets a puck at the hash marks near the opposite boards, and passes to defenseman 3.



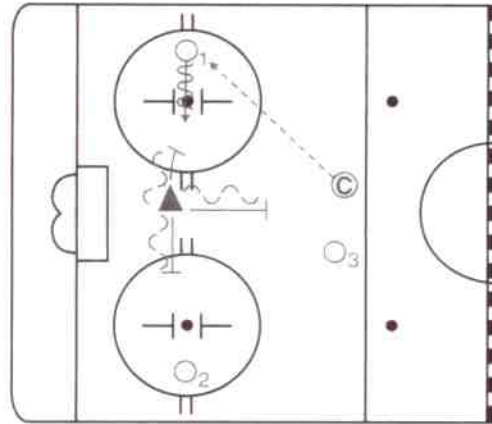
5. Defenseman 3 passes to defenseman 2, who shoots.
6. Defenseman 4 starts the next round of the drill from the opposite side.
7. The two players shooting at the blue line should rotate after they shoot with then next two defensemen.

## 291 RIM, PASS, SHOOT

1. The coach starts the drill by shooting the puck in the corner.
2. Defenseman 1 skates backward from the blue line, pivots, skates forward, gets the puck, and rims it around the boards to the far blue line.
3. Defenseman 2 moves in and stops the puck and then passes it to defenseman 3, who shoots.
4. The players should rotate after each shot.



1. The coach passes to forward 1.
2. Forward 1 goes 1v1 against the defenseman.
3. After the 1v1 is finished, the coach passes to forward 2, and forward 2 goes 1v1 against the defenseman.
4. The coach then passes to forward 3, and forward 3 goes 1v1 against the defenseman.
5. After the third 1v1, the next defenseman repeats the same drill.

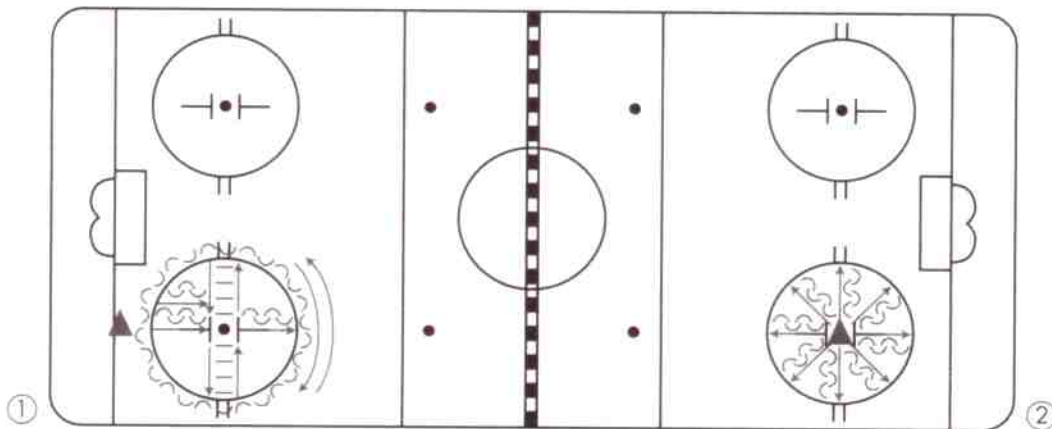


The defenseman starts on the outside of the circle and skates the following sequence:

1. Skates forward to the dot, backward to the outside, and then forward again to the dot (see figure 1).
2. Skates using chop steps right to the outside, then skates using chop steps back in to the dot.
3. Skates forward to the outside, then skates backward to the dot.
4. Skates using chop steps left to the outside, then skates using chop steps back in to the dot.
5. Skates backward to the outside, backward around the outside of the circle, stops, and skates backward in the other direction around the outside of the circle.

#### Variation

The defenseman starts in the middle of the circle, skates forward out to the outside, and skates backward back to the middle, moving around the circle in a pattern that resembles the spokes in a wheel (see figure 2).





## 294 BACKWARD AND LATERAL SKATE, SHOOT

1. Defenseman 2 skates backward from the corner with the puck and passes to defenseman 1.
2. Defenseman 2 skates forward around the cone, gets a puck in the face-off circle, skates backward with the puck to the blue line, and shoots.
3. Defenseman 2 skates around the next cone at the top of the opposite circle, gets a puck in the circle, pivots, skates backward to the blue line, skates along the blue line, and shoots.
4. Defenseman 3 goes next from the opposite corner.

