

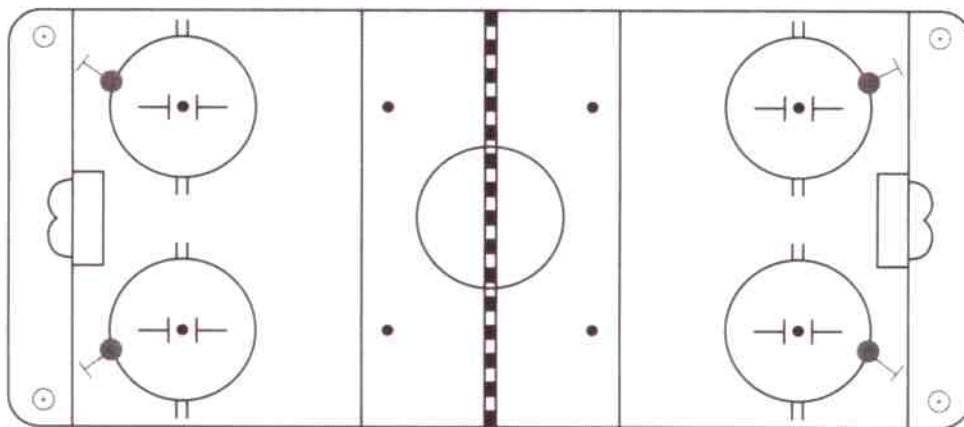
Defensive Drills

This chapter contains drills for working on individual and team defensive skills, including drills that can be used to practice forechecking, backchecking, and defensive zone play. Good teams in ice hockey play well defensively, and the drills in this chapter will improve defensive play if done regularly and executed properly. The defensive part of the game is very important, and defensive drills should be included in most practices.

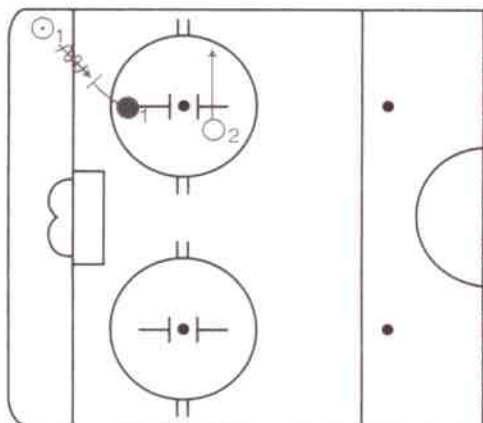
Since defensemen are constantly working in the corners and in front of the net during one-on-one battles for the puck, many of the drills provided here are designed to work in those areas. All the drills in the chapter should be run with game intensity to simulate game situations. If a skill is not being executed properly, the coach should stop the drill and make sure the players know how to perform the skill. Checking should also be incorporated into these drills when appropriate, as it is an important defensive skill. To prevent injuries, checking should be monitored so that it is not done too hard. The coach should also be sure when practicing checking that in a game situation, with a referee, no penalties would be called.

Goalies should also be used to further simulate game situations whenever the drill calls for a shot to be taken. Because defense is such an important aspect of the game, these drills should be incorporated into practices frequently.

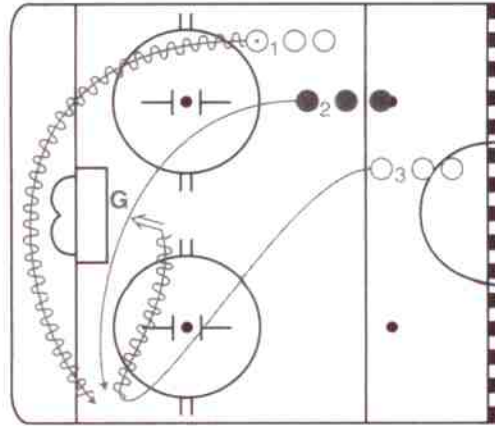
1. Four offensive players go 1v1 against four defensive players simultaneously in the four corners of the rink.
2. The drill goes for 20 to 30 seconds, beginning with a whistle from the coach.
3. The offensive and defensive players then switch positions and go 1v1 at the next whistle for the next 20 to 30 seconds.



1. On the whistle, offensive player 1 comes out of the corner with the puck, going against defensive player 1.
2. On the next whistle, offensive player 2 joins the play for a 2v1 against defensive player 1.



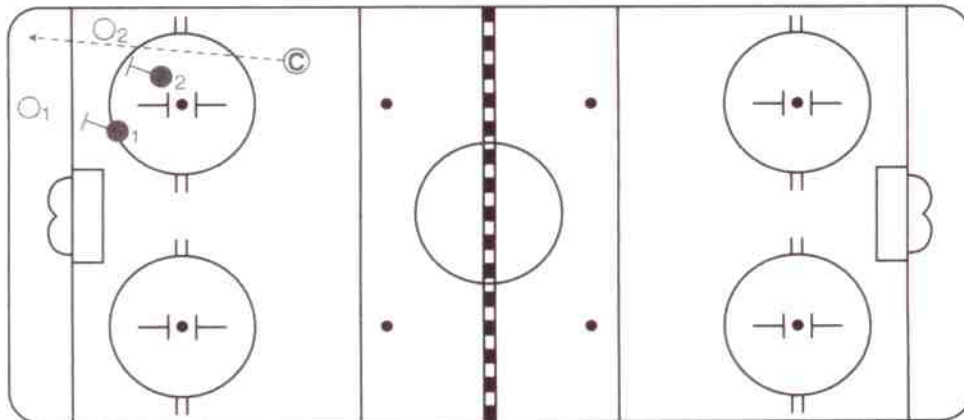
1. Offensive player 1 carries the puck behind the net.
2. Defensive player 2 mirrors offensive player 1 by skating in front of the net.
3. Defensive player 2 angles the puck carrier, makes body contact, and allows offensive player 3 to retrieve the puck, come out of the corner, and shoot.
4. The three forwards rotate to different lines.
5. This drill can be done from both sides of the rink.



1. On the whistle, the coach shoots a puck in the corner, and offensive forwards 1 and 2 go against defensive forwards 1 and 2.
2. The four players wait on their knees until the whistle starts the drill.

Variation

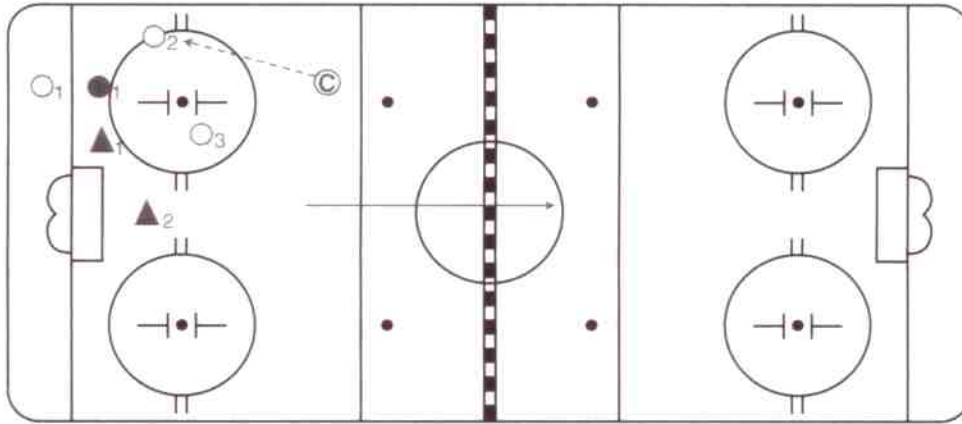
When the defensive players gain possession of the puck, they go 2v0 to the opposite end, with offensive forwards 1 and 2 chasing.



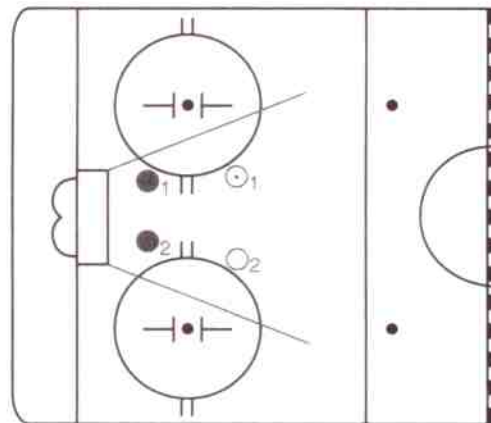
On a pass from the coach, offensive forwards 1, 2, and 3 go 3v3 against defensive forward 1, defensive defenseman 1, and defensive defenseman 2, who try to stop the offense from scoring.

Variation

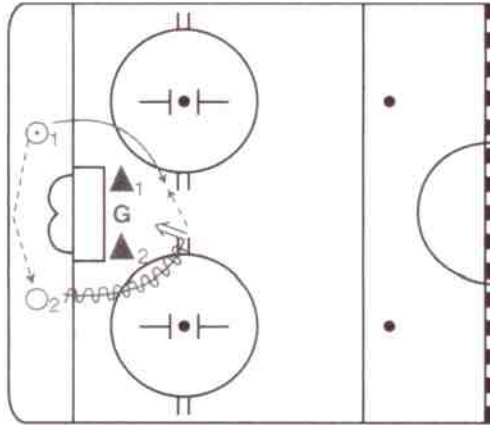
When the defensive players gain control of the puck, they go 3v0 to the opposite end, with the offensive players chasing.



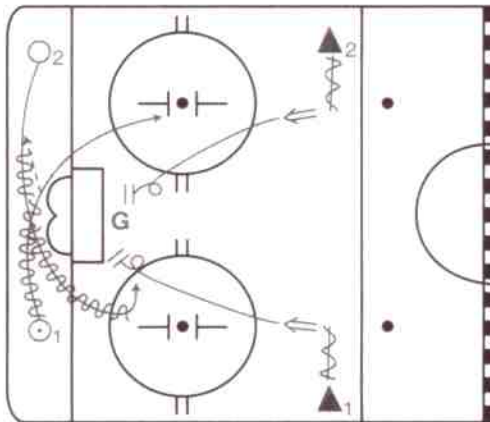
1. The slot area is marked by two lines using rope, rubber tubing, or spray paint.
2. Offensive players 1 and 2 go 2v2 against defensive players 1 and 2, who must protect the slot.



1. Forwards 1 and 2 are behind and beside the net.
2. Defensemen 1 and 2 are in front of the net. Forward 1 passes the puck behind the net to forward 2.
3. Forward 2 comes out in front of the net and either passes to forward 1, who has come out in front, or shoots.
4. Defensemen 1 and 2 try to block the shot or break up the play.



1. Defenseman 1 skates across to the middle of the blue line and shoots.
2. Then defenseman 2 shoots.
3. Defenseman 1 and defenseman 2 go to the front of the net.
4. Forward 1 and forward 2 cross behind the net and exchange a puck.
5. Forward 1 and forward 2 go 2v2 against defenseman 1 and defenseman 2.

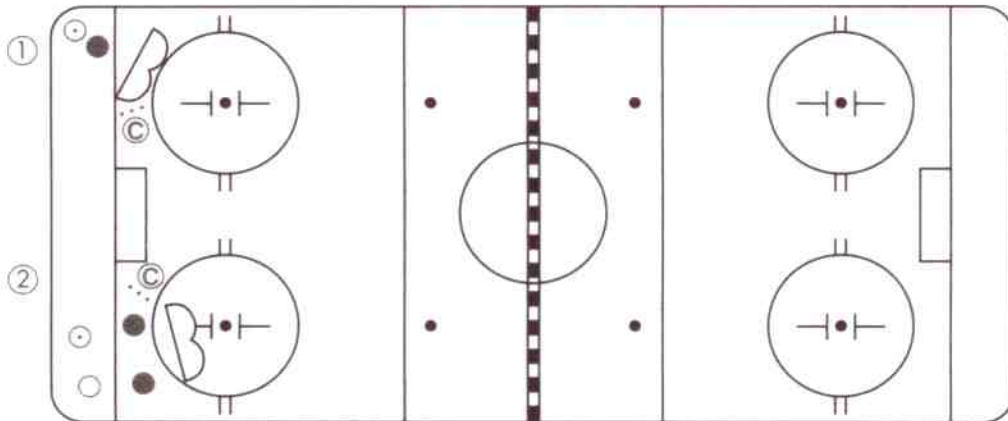


1V1 SMALL-AREA PLAY WITH NETS IN THE CORNER

1. The net is moved to the corner of the face-off circle and turned toward the corner.
2. Players go 1v1 for 20 to 30 seconds. If a goal is scored or the puck goes outside the small area, the coach provides another puck. Players rotate from offense to defense.

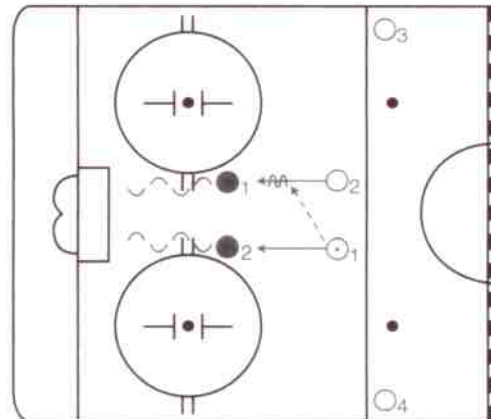
Variation

The drill is the same but with four players going 2v2.

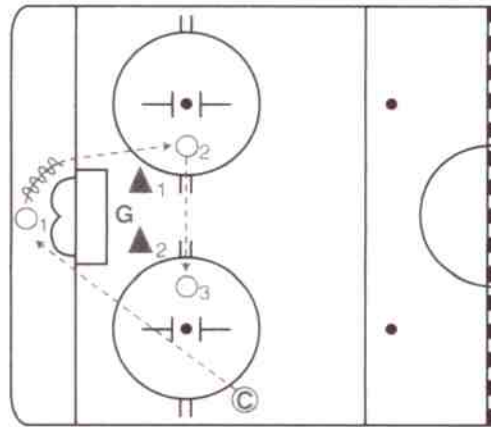


2V2 RUSSIAN

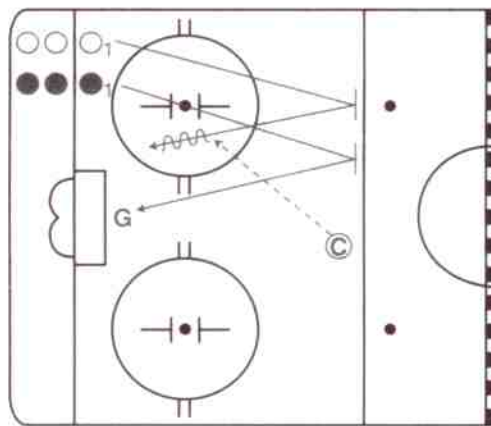
1. Offensive players 1 and 2 go 2v2 against defensive players 1 and 2, who try to get the puck.
2. When defensive players 1 and 2 gain possession of the puck, they pass to offensive players 3 and 4 at the blue line.
3. Offensive players 1 and 2 then go defensively against offensive players 3 and 4.
4. The drill is continuous.



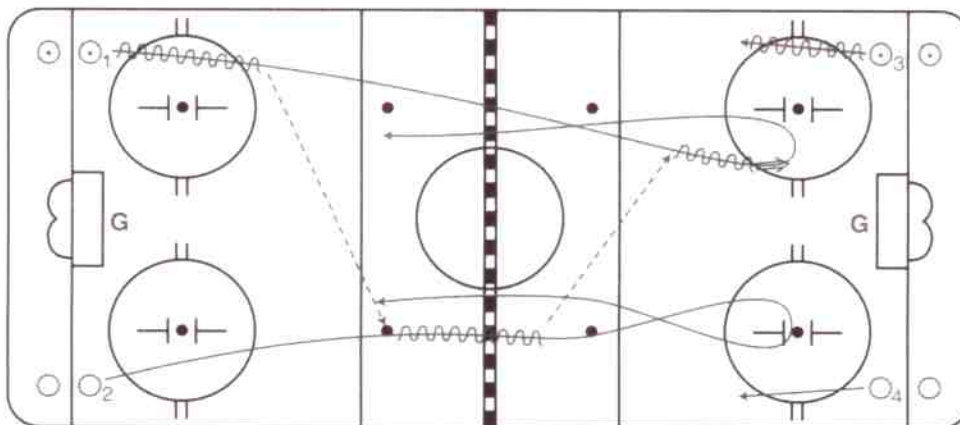
1. The coach passes to forward 1 behind the net.
2. Forward 1 passes to either forward 2 or 3.
3. Forwards 2 and 3 go 2v2 against defensemen 1 and 2 in front of the net.
4. When that play is finished, the coach passes a second puck to forward 1, who again passes to forward 2 or 3 for a 2v2.
5. When that play is finished, the coach passes again to forward 1, who passes yet again to forward 2 or 3. Forwards 1, 2, and 3 then go 3v2 against defensemen 1 and 2.



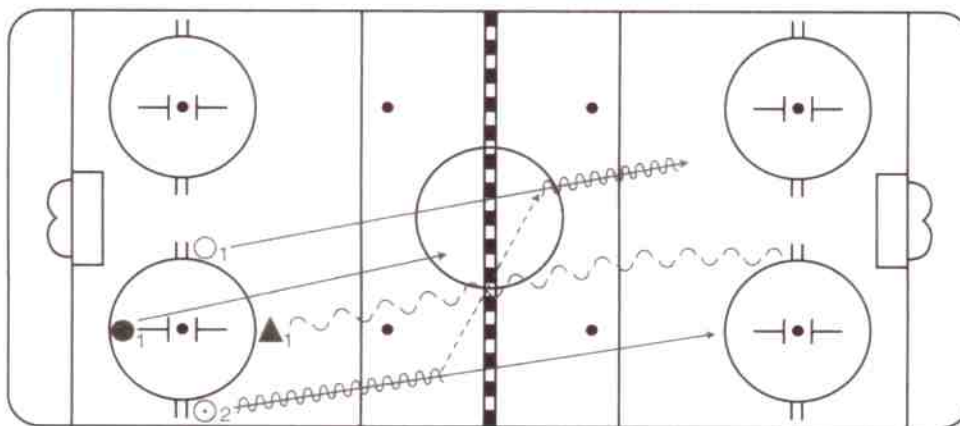
1. Both defensive forward 1 and offensive forward 1 skate to the blue line and stop, then skate to the net at the end where they started.
2. The coach passes to offensive forward 1 on the outside.
3. Defensive forward 1 takes an inside position and backchecks to the net to prevent offensive forward 1 from making a shot or a play on the goalie.



1. Forwards 1 and 2 go 2v0 the length of the ice.
2. As soon as forward 1 or 2 shoots, forwards 3 and 4 go 2v0 in the opposite direction with another puck.
3. After forward 1 or 2 shoots, both players backcheck against forwards 3 and 4.
4. The drill is continuous.

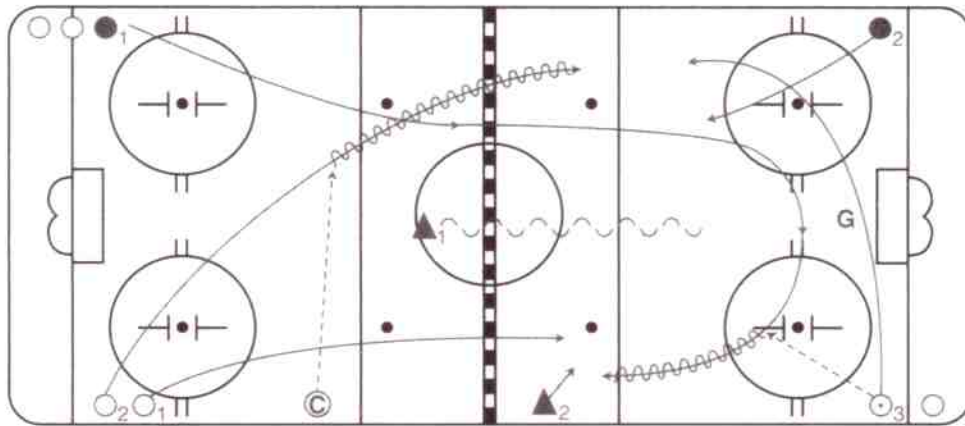


1. Forward 1 and forward 2 go 2v1 against defenseman 1.
2. Defensive forward 1 backchecks to the net.

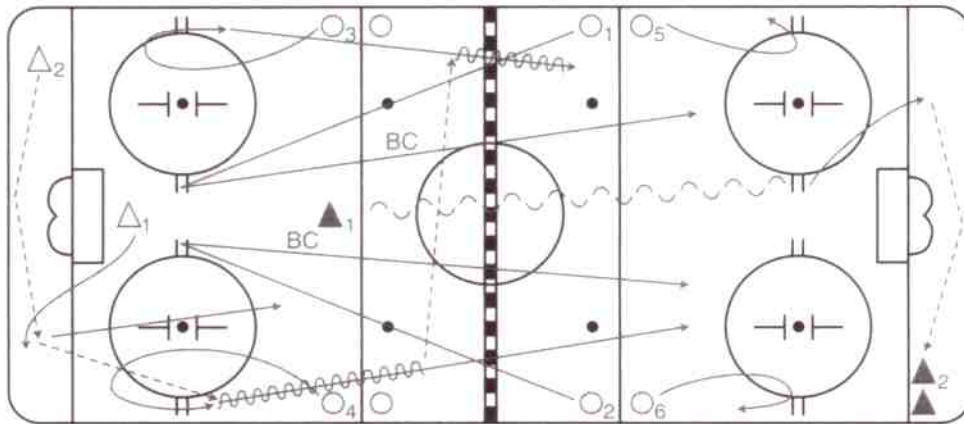


213 2V1 WITH BACKCHECKER, CONTINUOUS

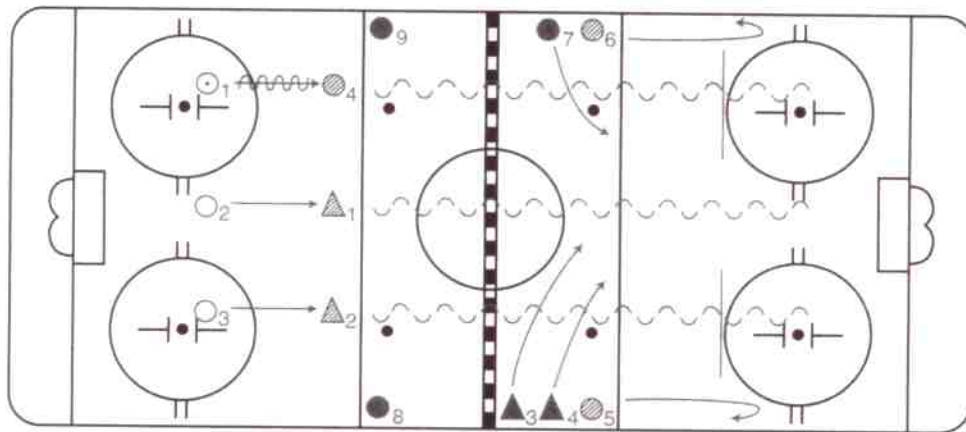
1. Forwards 1 and 2 come off the boards from the same side and take a pass from the coach.
2. Defensive forward 1 comes from the opposite corner and backchecks the length of the ice as forwards 1 and 2 go 2v1 against defenseman 1.
3. After a play on the net, defensive forward 1 swings to one side and takes a pass from forward 3.
4. Offensive forward 3 then goes on offense with defensive forward 1, the original backchecker.
5. Defensive forward 2 comes from the opposite corner as the backchecker.
6. The drill is continuous, with the backchecker going on offense each time with the player in the corner that the backchecker swings to. The forward in the other corner that the backchecker doesn't swing to is always the next backchecker.



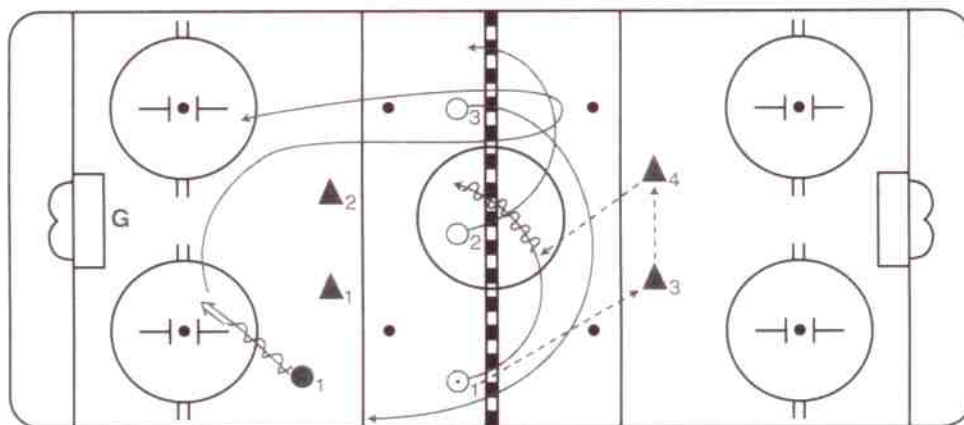
1. Offensive forward 1 and offensive forward 2 skate into the defensive zone and then backcheck.
2. On the whistle, offensive defenseman 1 (in front of the net) releases to the corner and receives a pass from offensive defenseman 2 behind the net.
3. Offensive defenseman 1 passes to start a 2v1 for offensive forward 3 and offensive forward 4 against defensive defenseman 1.
4. Offensive defenseman 1 follows the play down the ice and will play defense in the next 2v1.
5. After the play, defensive defenseman 1 passes behind the net to defensive defenseman 2, who starts the next 2v1 for offensive forwards 5 and 6.
6. Offensive forward 3 and offensive forward 4 now backcheck against forward 5 and 6.
7. The drill is continuous.



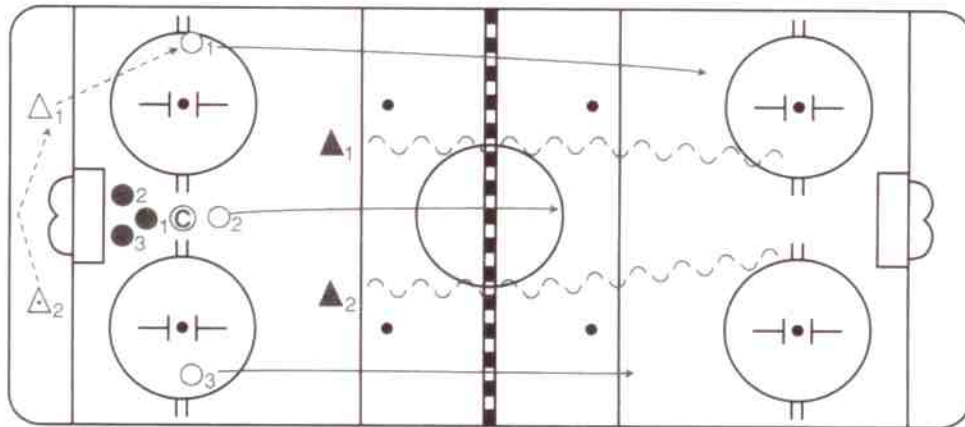
1. Forwards 1, 2, and 3 go offensively against defensemen 1 and 2 and defensive forward 4 on the next forward lineup at the far end of the rink.
2. When forwards 1, 2, and 3 pass the top of the circles in the opposite end, forwards 5 and 6 from the next line up skate to the boards at the face-off circles.
3. When defensemen 1 and 2 gain possession, they pass the puck to forward 5 or 6.
4. Forwards 4, 5, and 6 go 3v3 against defensemen 3 and 4 and forward 7, who have taken positions on the blue line after offensive forwards 1, 2, and 3 passed the top of the circles.
5. Forwards 8 and 9 wait at the far blue line to go offensively with forward 7, who is playing 3v3 with defensemen 3 and 4.
6. The drill is continuous, and the three forwards up next should alternate taking the one defensive far position on the far blue line with the two defensive defensemen for the next 3v3.



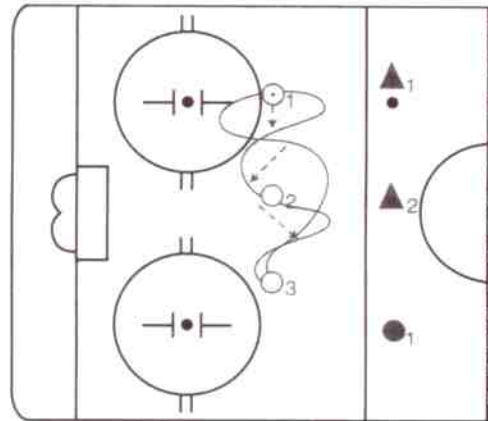
1. Offensive forward 1 passes to defenseman 3.
2. Defenseman 3 passes to defenseman 4.
3. Forwards 1, 2, and 3 regroup with defensemen 3 and 4 and then go 3v2 against defensemen 1 and 2.
4. At the same time, defensive forward 1 skates in from the blue line and shoots, skates across the rink over the center line, pivots, and backchecks against forwards 1, 2, and 3 as they are going 3v2 against defensemen 1 and 2.



1. Offensive forwards 1, 2, and 3 break out with offensive defensemen 1 and 2 against defensive defensemen 1 and 2.
2. Defensive forwards 1, 2, and 3 are in front of the net at the end of the rink where the breakout starts.
3. The coach signals for a backcheck with defensive forwards 1, 2, or 3.
4. The coach can send one, two, or three backcheckers early or have one or two of them trail the play into the offensive zone depending on what he signals.
5. The players should rotate so that all forwards take a turn at backchecking.



1. Offensive forwards 1, 2, and 3 exchange passes; on the whistle, they go 3v3 against defensive forward 1 and defensive defensemen 1 and 2.
2. Defensive forward 1 goes on the command "Go" and either fore-checks or trails the play.



1. Offensive forwards 1, 2, and 3 go 3v2 against third-unit defensemen 1 and 2 with forward 6 coming into the zone as a late backchecker.
2. After forwards 1, 2, and 3 pass the top of the circles, forwards 4 and 5 go to the side boards by the face-off circles.
3. When defensemen 1 and 2 gain possession of the puck, they pass to forward 4 or 5.
4. Forwards 4, 5, and 6 go 3v2 against defensive defensemen 3 and 4, who have taken positions on the blue line after offensive forwards 1, 2, and 3 passed the top of the circles.
5. Forward 1 (the high offensive forward) now becomes the late backchecker against forwards 4, 5, and 6.
6. Forwards 7, 8, and 9 wait at the far blue line to start the drill again.
7. The high forward on each rush is the backchecker against the next forward line.
8. The drill is continuous, using one puck.

