



GAME DAY COACHES CLINIC DECEMBER 2009

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Teaching Effective Defensive Play

Penalty Killing

Skills for Defensemen



Teaching Defensive Play

- Defense at the Puck
- Defense *Away* from the Puck
- Defensive Tactics

Defense at the Puck

- Have Ice Awareness
- Count Numbers
- Identify
- Communicate

Positioning

- Establish Defensive Side Positioning
- Take Away Time and Space
- Close and Keep a Tight Gap
- Angle to the Boards

Gap Control



Weakside Forward Support



Checking

- Angle the Play
- Choose a Checking Strategy
 - Take the man out of the play
 - Take away a skating lane – soft lock
 - Separate hands from puck

Checking Technique

- Stay in control
- Maintain an athletic stance
- Keep stick and elbows down
- Keep eyes on the chest
- Pin and Contain

Control the Puck Carrier's Ability to Move the Puck

- Stick on Puck / Stick on Stick
- Pokecheck
- Stick in Passing Lanes / Take Away
Where you're coming from
- Sweep Check

Stick on Stick



stick on stick

Stick On Stick



Sweep Check



sweep check

Forechecking

- Know when to Pressure or Contain
- Faces and Asses

Pressure Strategy

- Take Away Time and Space
- Shut Down Critical Areas
- Pinch in the Offensive Zone
- Body Check

Ozone Pinch



Containment Strategy

- Take Away Space, Seal Middle or Boards
- Angle to the Boards, Critical Areas
- Steer the Attack
- Close the Gap

Containing Forecheck



Back Checking

- Back Check a Puck Carrier
- Back Check a 1 on 1
- Redline / Blueline Rule
- Identify Low Forward

Backcheck, Low Forward



backcheck low fwd

Blocking Shots

- Stay in Shooting Lanes
- Extend Stick
- Sliding, Drop to 1 Knee or 2 Knees
- Use Proper Timing

Shot Block



Support

- Area Coverage / Layers
- D Side Positioning
- Cut Ice in $\frac{1}{2}$

Layers...D Side Positioning



Penalty Kill

- Tactics
- Forechecking
- Defensive Zone Coverage
- Faceoffs

Tactics

- Penalty Killers must Communicate
- Take Away the Middle/Own the House
- Box Out at the Net
- Collapse on Shots to the Nets and Rebounds

- Stops and Starts
- Face the Puck
- Keep Sticks on the ice and in lanes
- Deny Passing Lanes
- Finish Checks when Appropriate

Forecheck Habits/Tactics

- Deny Middle
- Angle the Attack
- Don't let One Pass beat 2 forecheckers
- Face the Puck
- Don't Chase behind the Net without Stick Contact

PK vs Line Rushes

- Defense play with a Good Gap
- Keep sticks down and in Passing Lanes
- Forwards backcheck through the Middle
- Backcheck to the house or the Crease
- Puck Support by forwards

Forechecking Systems

- 1-1-2
- 1-3
- 2-2
- 0-4

1-1-2



Defensive Zone Coverage

- When to Pressure/Cues
- Who Pressures/ When?
- Know when not to Pressure

Dzone Pressure



Dzone Pressure



Dzone Pressure



Faceoffs

- Responsibilities for a Win
- Responsibilities for a Loss

Dzone Faceoff Win



Defenseman Skills

- Quick Feet Drills
- Backwards/Forwards Pivots
- 1 on 1 Gap, Stick Drills
- Shooting Drills
- 1st pass drills