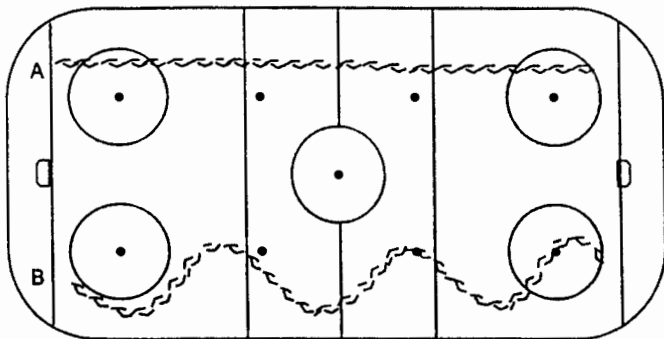


SKATING TECHNIQUE

Following are examples of drills with comments!

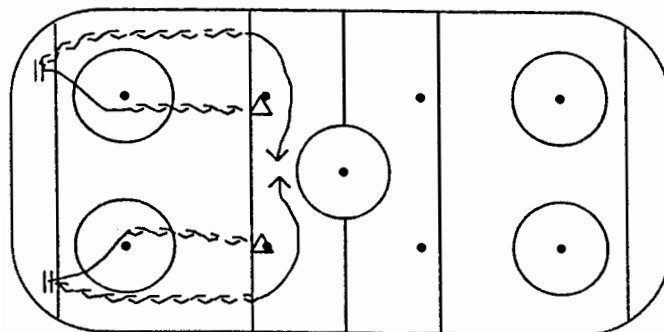
These drills which are described below, can and should of course be used during practice when only defensemen are specially trained, many drills can be woven into the practice where game elements are practiced with several players involved.

Skating technique 1



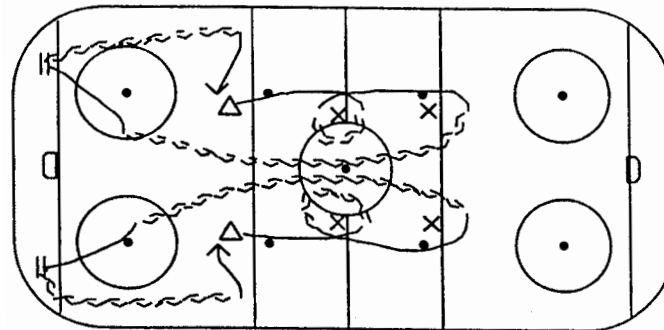
Skating technique backward
A. Practice technique of skating backward-straight back.
B. Practice technique of backward cross-over skating.

Skating technique 2



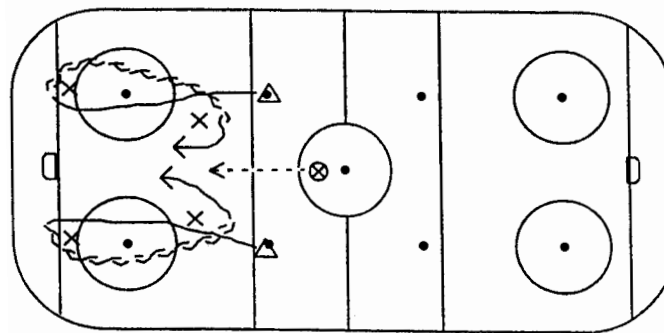
Two players start at the same time backward, open the hips, pivot to forward skating down toward the corner, stop, pivot to backward skating up toward the blue line.

Skating technique 3



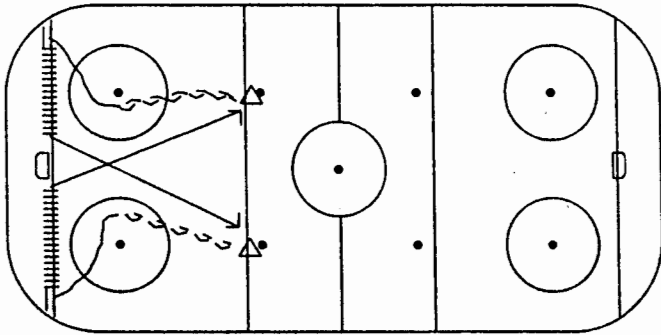
Same as above, but start skating forward, make pivots around cones.

Skating technique 4



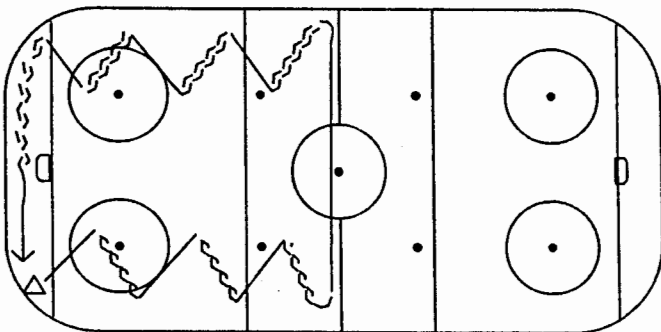
Two players start on the signal. Skate making pivots. Coach passes puck, first to puck scores a goal, second player defends.

Skating technique 5



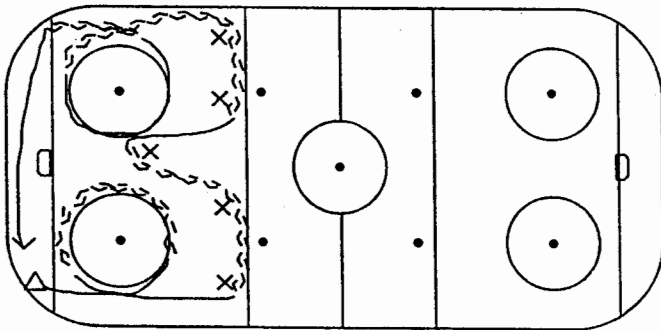
Two players start with backward skating, pivot to forward skating out toward the corner - stop, lateral crossovers in toward the goal, the chest is facing in toward the rink. Sprint to the opposite line.

Skating technique 6



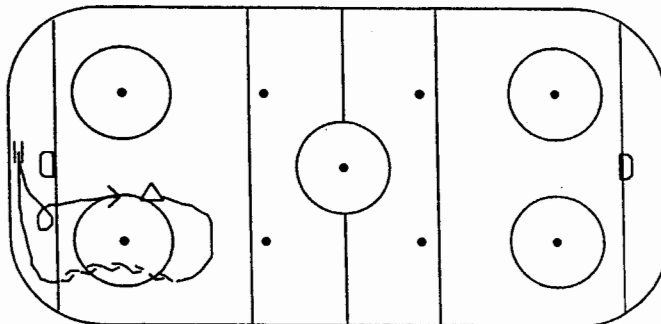
Player makes skating pivots in both directions. The chest is facing the same sideboard during the drill.

Skating technique 7



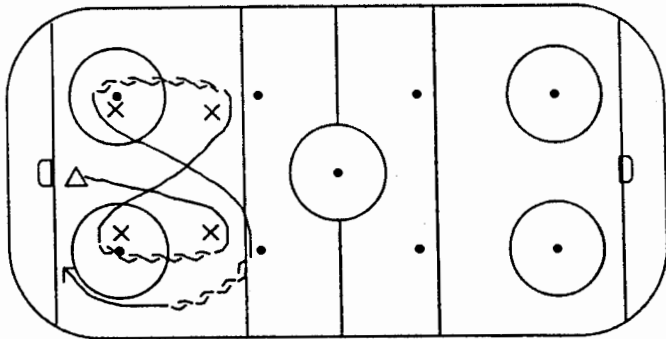
Skating pivots around the circles and cones.

Skating technique 8



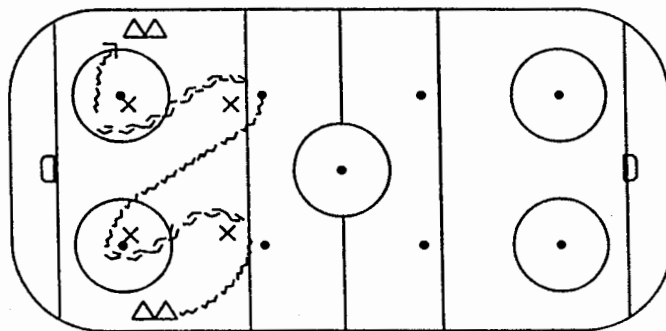
Player makes pivots from forward to backward skating, stops behind the goal, forward cut back (curl), skating forward in the rink.

Skating technique 9



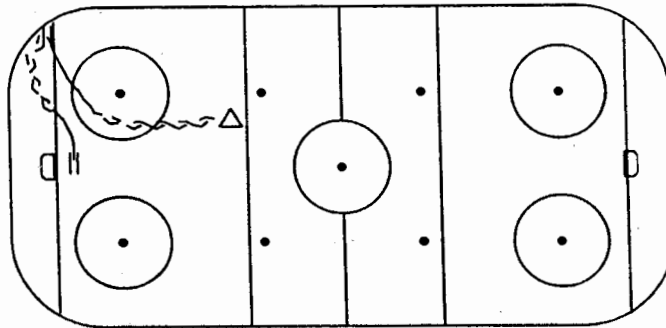
Player makes skating pivots around the cones.

Skating technique 10



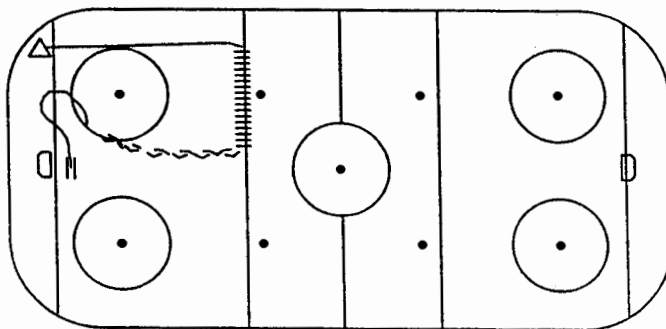
Player makes skating pivots around the cones with the puck.

Skating technique 11



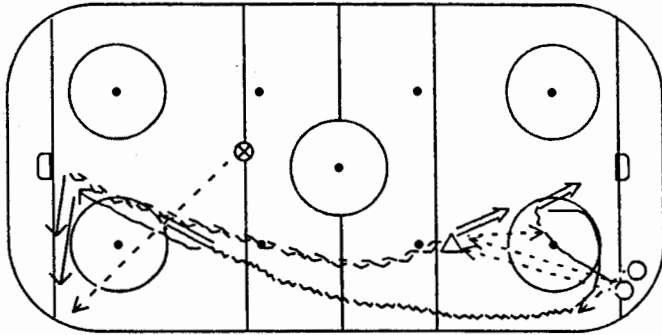
Player starts backward, opens the hips, forward out toward the corner boards, snowplow stop on one leg, pivot to backward skating.

Skating technique 12



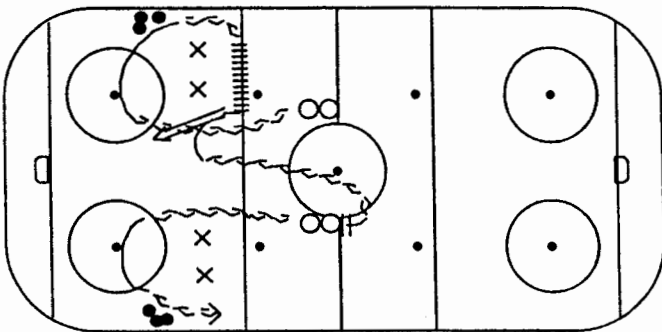
Player starts forward, lateral crossovers, chest directed forward in the rink, pivot to backward skating, open in the hips, forward skating, stop in front of the goal.

Skating technique 13



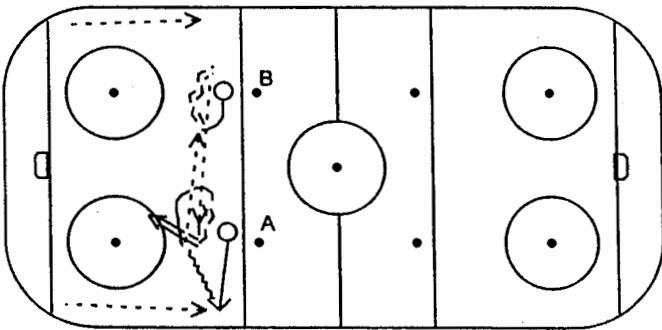
Defenseman receives pass from forward, shoots. Receives new pass, passes back to the forward who goes in and shoots. Forward skates up out of the zone, receives a pass from the corner and works 1-on-1 against the defenseman. After finishing off (shooting), the coach passes a puck down into the corner. New 1-on-1 situation from the corner.

Skating technique 14



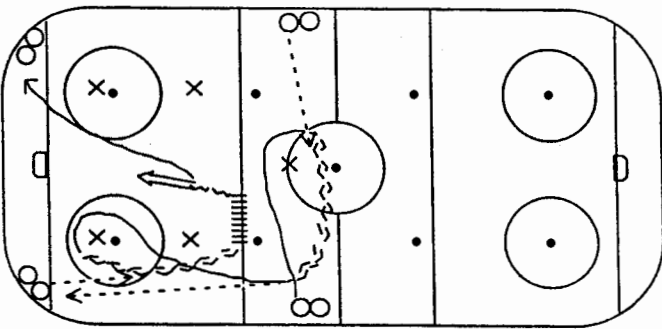
Defenseman starts backward, pivots to forward skating out toward the boards, picks up puck and pivots to backward skating. Lateral crossovers into the rink around obstacles, shot. Pivot quickly to backward skating up in the rink to other line.

Skating technique 15



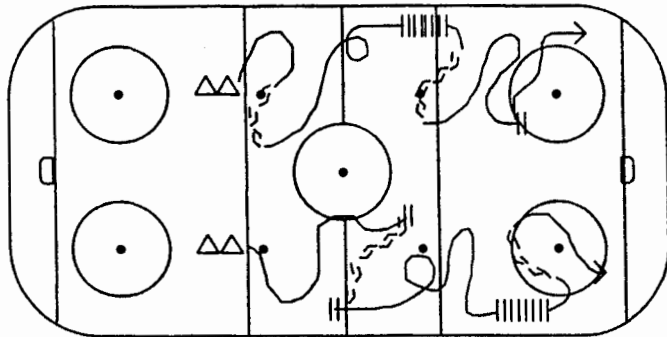
Defenseman A quickly stops the puck out by the boards, moves in, makes a fake shot, passes to B who times coming in and passes back to A who shoots directly (one-timer) if A is a right shot. Same thing from other direction for left shot.

Skating technique 16



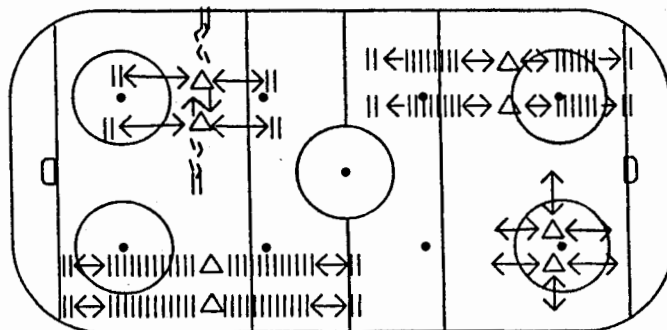
Defenseman starts skating forward, pivots to backward skating, and receives a pass. Passes down to corner, pivots out toward the boards, receives new pass, lateral crossovers into the middle of the rink and shoots.

Skating technique 17



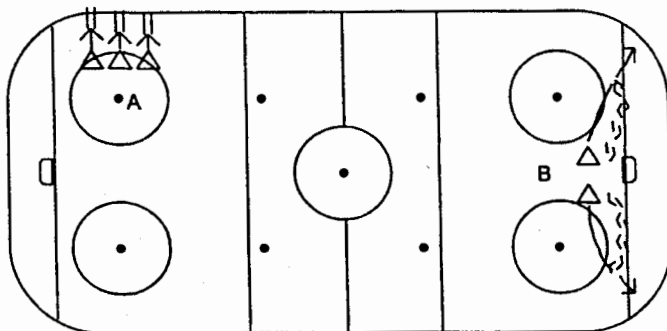
Players work in pairs, shadow (mirror) skating, pivots and various changes of direction.

Skating technique 18



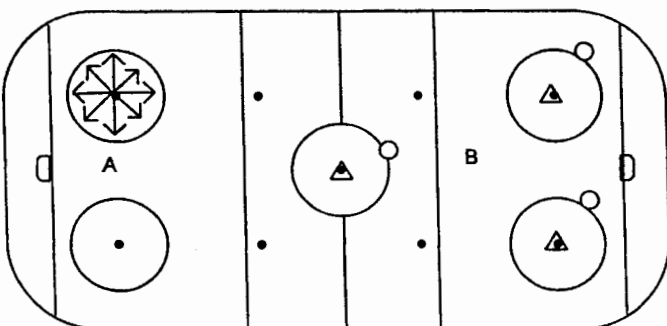
Two players stand opposite each other, work according to mirror image (shadow each other).

Skating technique 19



- A. Player practices short pivots. Use one-foot snowplow.
- B. Player starts in front of the goal, skates out toward the corner, determines whether to use short pivot to backward skating or to go ahead and apply pressure.

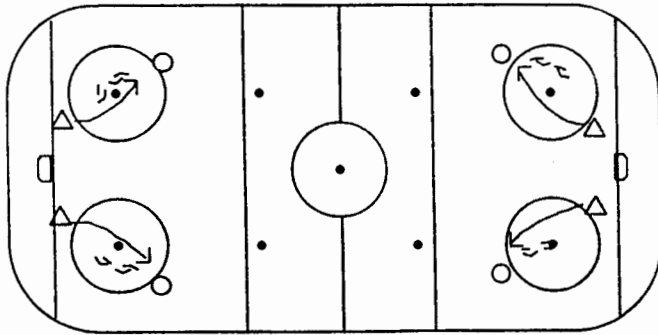
Skating technique 20



"Spoke Drill"

- A. Players use circles to make short pivots in all directions.
- B. Competitive element (Dot drill). No sticks. Attacking player has a puck in one hand and he tries to skate into the circle and leave the puck on the face-off dot. Defensive player tries to prevent this by using his body and skating mobility.

Skating technique 21



Competitive element. Player has stick, but no puck. The defensive player will prevent the attacking player from getting in on the goal. The defenseman will with good skating technique close the gap on the attacking player and prepare himself for changes of direction. (angling/ defensive side positioning) Use short burst to establish checking angle (inside out) and defensive side positioning.