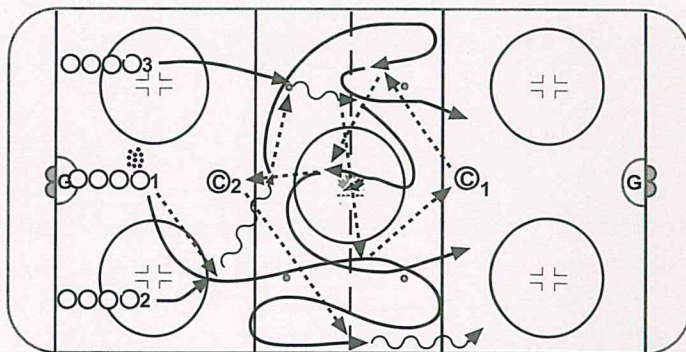


- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
 2. Refine individual defensive tactic: defensive side positioning
 3. Refine team defensive tactics: support through awareness and communication

5 min

THREE MAN WEAVE WITH REGROUPS

- O1 passes to O2 and follows the path of the pass changing lanes.
- Passes continue through the neutral zone eventually passing to ©1 for a regroup.
- Regroup with ©2 and attack the net.



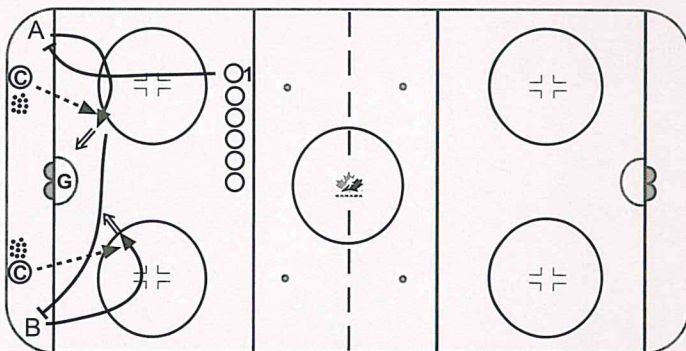
KEY EXECUTION POINTS

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

8 min

PRESSURE FORECHECK

- O1 drives to the corner and pins an imaginary opponent "A".
- O1 spins off check and goes to the net for a feed from the ©.
- After quick shot, O1 moves to the opposite corner and pins opponent "B" and spins for 2nd shot.



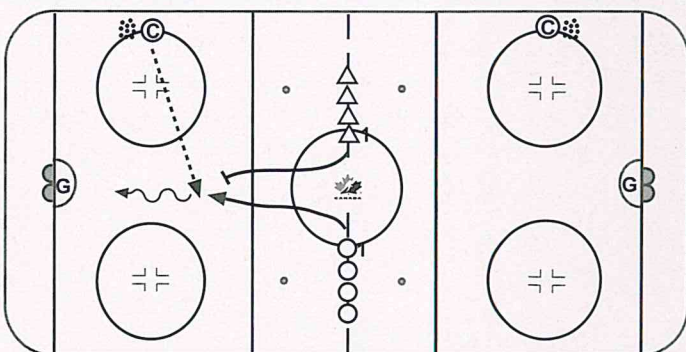
KEY EXECUTION POINTS

- Transition
- Control
- Readiness
- Quick shot

6 min

CENTER LINE DRILL

- O1 and Δ1 are facing onxe another.
- O1 goes one way or the other and Δ1 must react and cover O1.
- © can either pass directly to O1 or shoot on goal with O1 driving for the rebound.
- All players play offence and defense.



KEY EXECUTION POINTS

- O's • Net drive
- Δ's • Head on a swivel
- "D" side coverage
- Quick feet
- Read and react

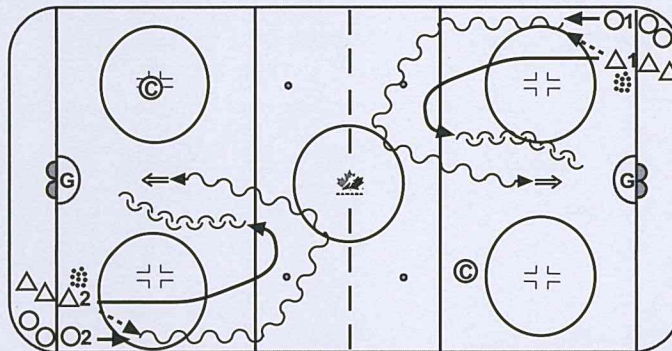
- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
 2. Refine individual defensive tactic: defensive side positioning
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9 min

1 ON 1 GAP CONTROL

Atlantic 1 on 1 Drill

- O1 exchanges passes with Δ1.
- O1 turns back while controlling the puck and Δ1 must close the gap.
- O1 turns back to attack 1 on 1 and Δ1 must retreat and defend, keeping O1 to the outside.



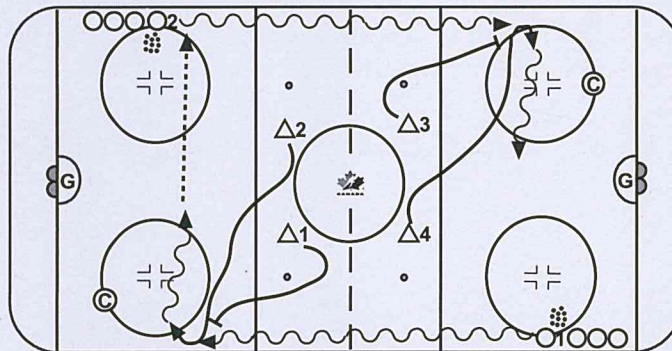
KEY EXECUTION POINTS

- Close gap quickly
- Δ must pivot inside to keep O outside

9 min

1 ON 2 SUPPORT DRILL

- O1 executes net drive against Δ1.
- Δ1 plays tight gap and seals O1 on the boards, while Δ2 moves in to pick up the loose puck.
- Δ2 looks cross ice and outlets to O2 who executes net drive against Δ3 while Δ4 provides support.
- Drill repeats itself.



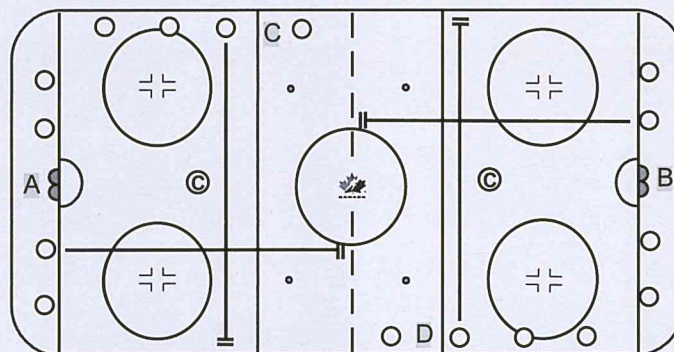
KEY EXECUTION POINTS

- | | | | | |
|------|---------------|-----------------|------|----------------------|
| Δ's: | • Close gap | • Pin and stick | O's: | • Outside drive only |
| | • Communicate | • Close support | | • Keep feet moving |

8 min

FULL ICE SPIRIT SPRINT

- Players divided into 4 groups.
- Group A to the red line and stop, group B to the red line and stop, group C across ice and stop, group D across ice and stop.
- Group A back to goal line, group B back to goal line, group C back, group D back.



KEY EXECUTION POINTS

- Each group go on the whistle
- Repeat forward, backward, lateral crossovers, etc.