

# Developing Defensemen

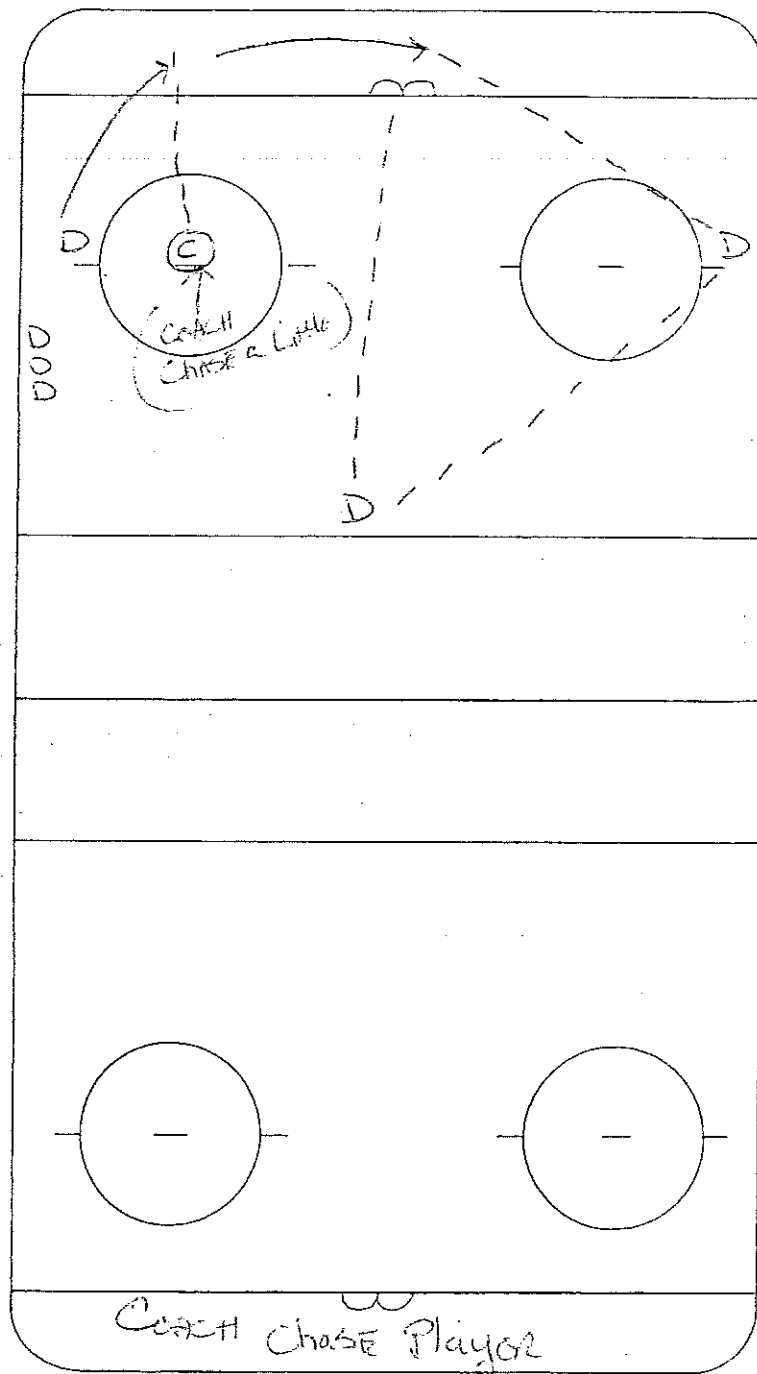
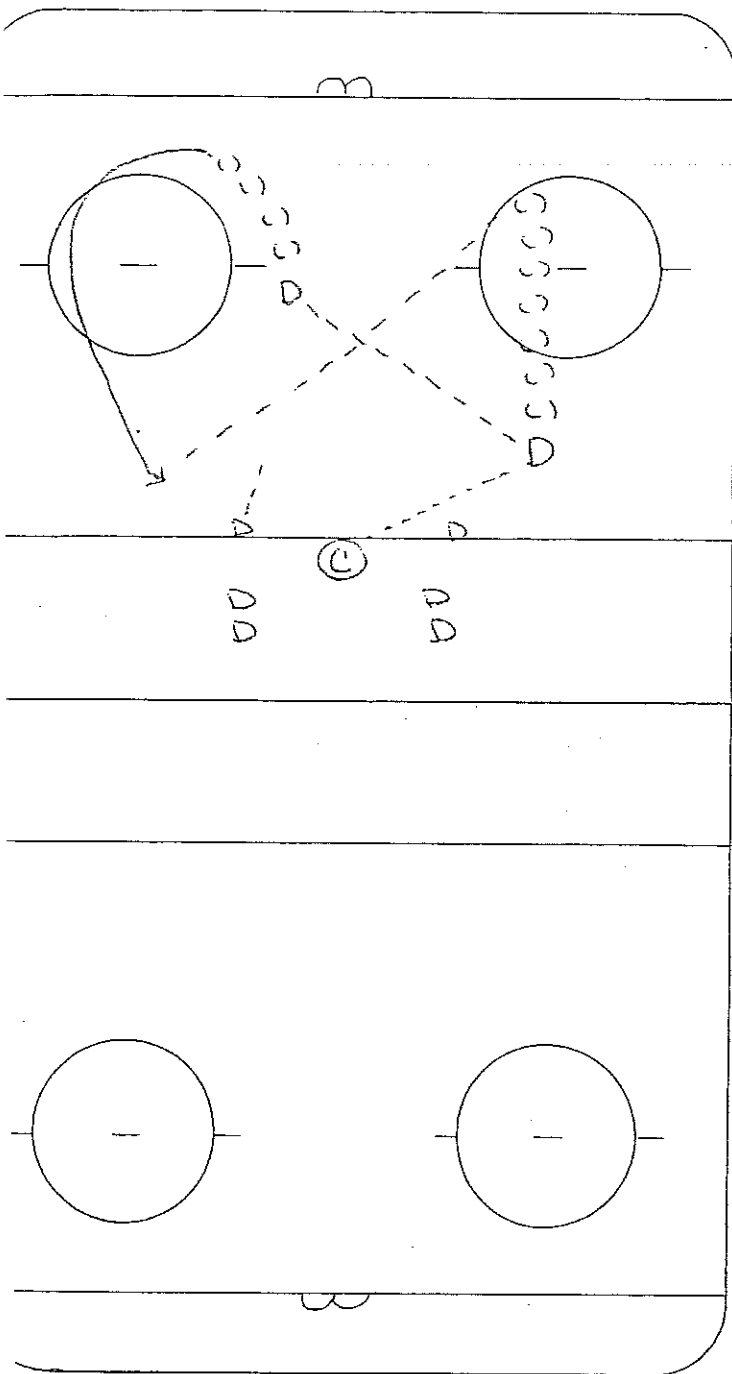
## Practice Drills & Game Preparation

Brad Berry  
University of North Dakota  
Fighting Sioux



DRILL: D-MAN SUPPORT

DRILL: FACE OFF BREAKOUT



### PLANATION:

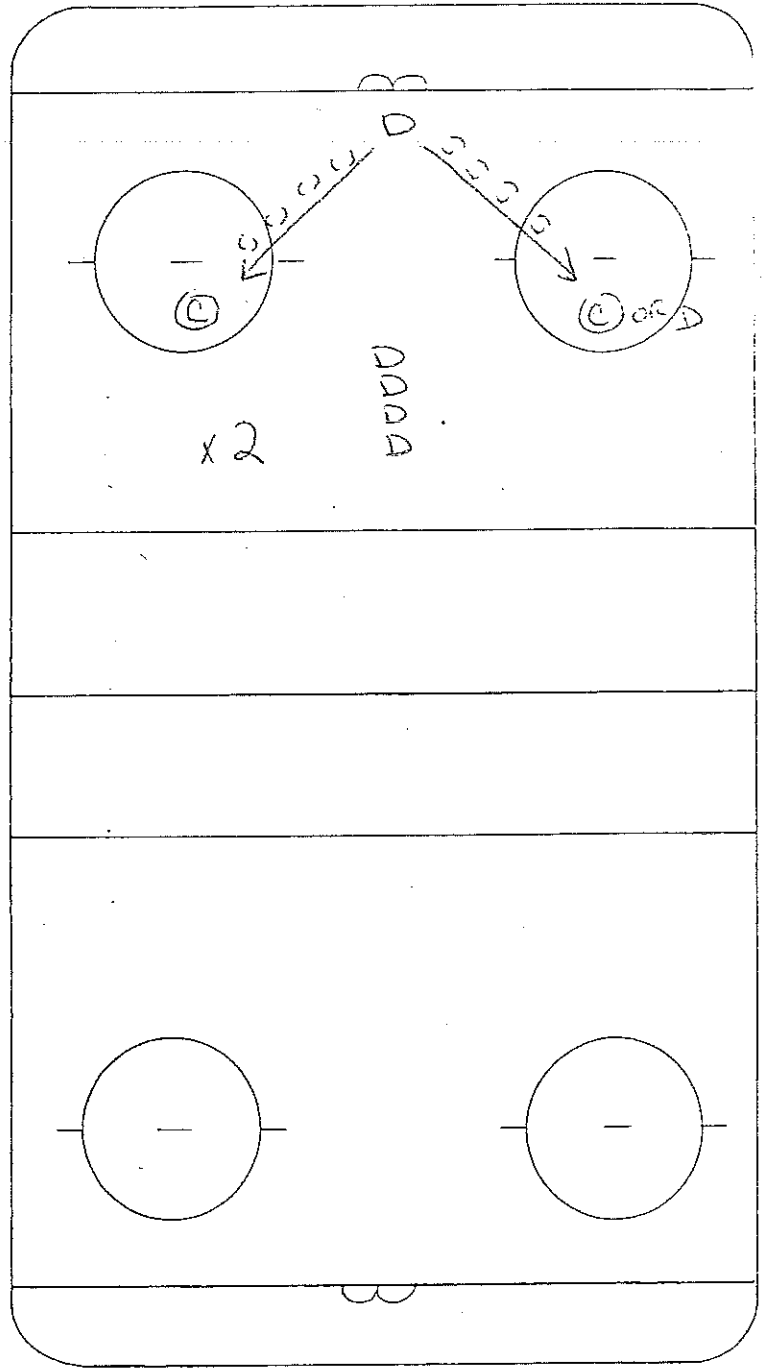
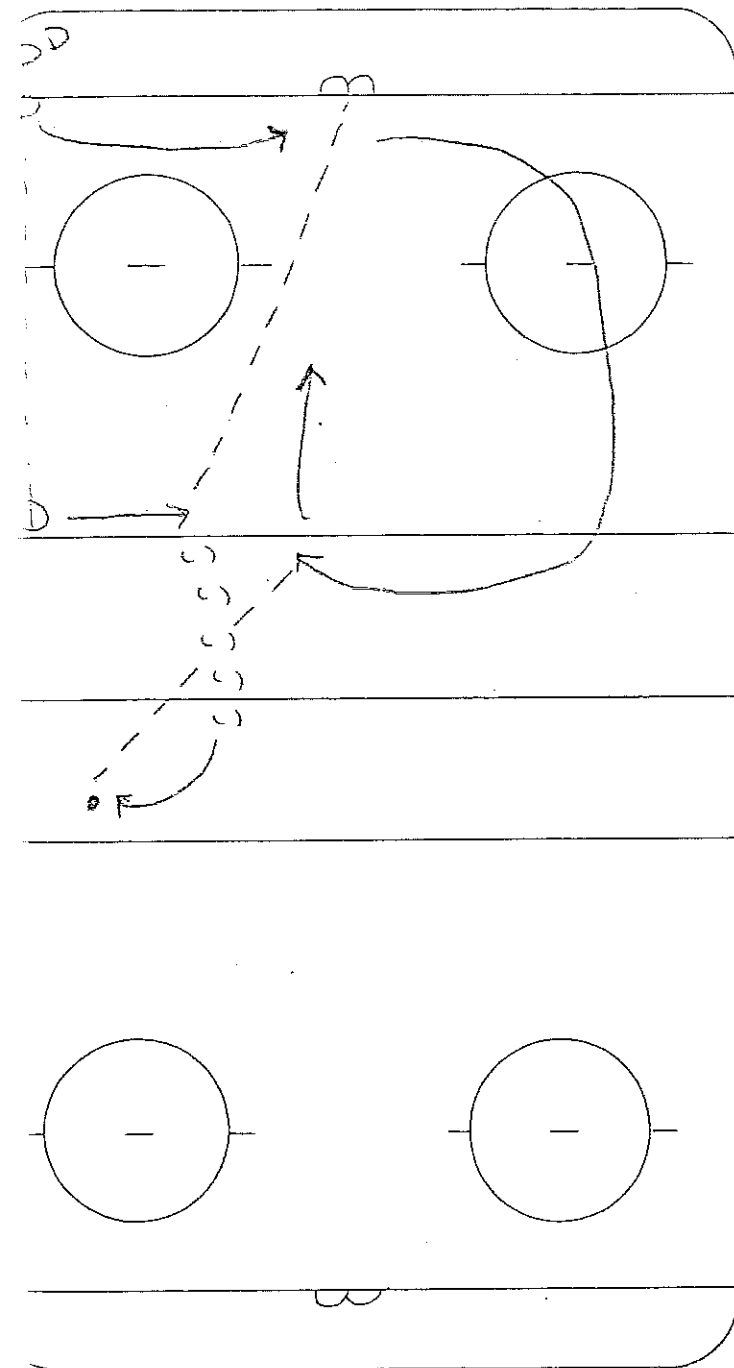
D PAIRS MOVE PUCK (ROTATION)  
D-MAN WITHOUT PUCK ALWAYS SUPPORTS  
PUCK CARRYING D-MAN  
GOOD HARD DIAGONAL PASSES  
EFFECTIVE ON BREAKING "THE TRAP"  
2 D-MEN WAITING ON BLUE LINE  
RECEIVE PASS - (SHOT ON NET)

- COACH DUMPS PUCK IN CORNER
- D-MAN RETRIEVES PUCK AND MAKES GOOD 1ST PASS TO PLAYER ON THE WALL
- WALL TO POINT MAN - SHOT
- \* GO BACK HARD TO GET PUCK AND MOVE IT AS QUICK AS POSSIBLE.
- FACEOFF SIMULATION
- OPTIONAL: ① D-MAN HANGS FORECHECKER ON NET
- ② INSIDE D-MAN GETS PUCK



DRILL: POINT SHOT/REBOUND

DRILL: D-MAN SHOT BLOCK



### PLANATION:

Puck goes from goal line to blue line

Drag Puck - Shot/Tip

Backwards - Retrieve neutral zone Puck

\* Always turn to boards

Quick up to swinging player

Follow up for rebound

OPTIONAL = Add 3rd Puck to trailing D-man

- D-MAN STARTS IN FRONT OF NET

- Skate out to coach in shooting lane

- Block shot going down on 1 knee.

\* NEVER leave both feet if possible.

- Skate back to front of net.

- Shooting lane to opposite side

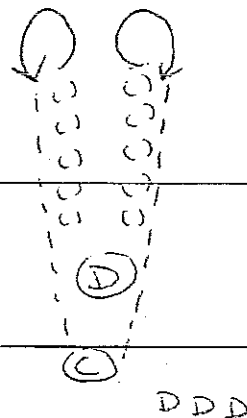
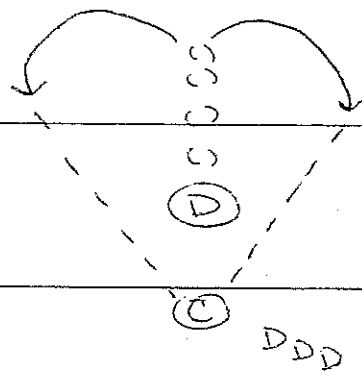
\* Blocking shots is

TEAM CONTAGIOUS



DRILL: QUICK UP

DRILL: QUICK UP / PIVOT



### PLANATION:

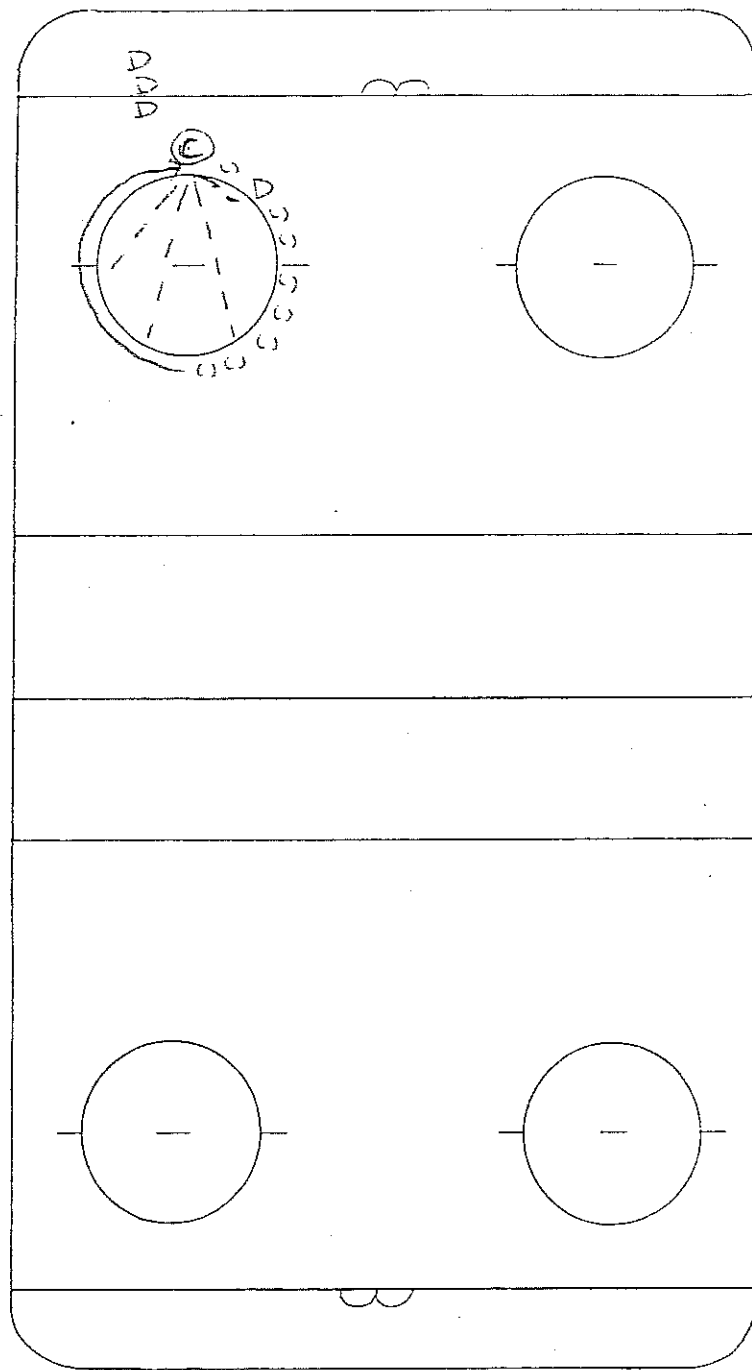
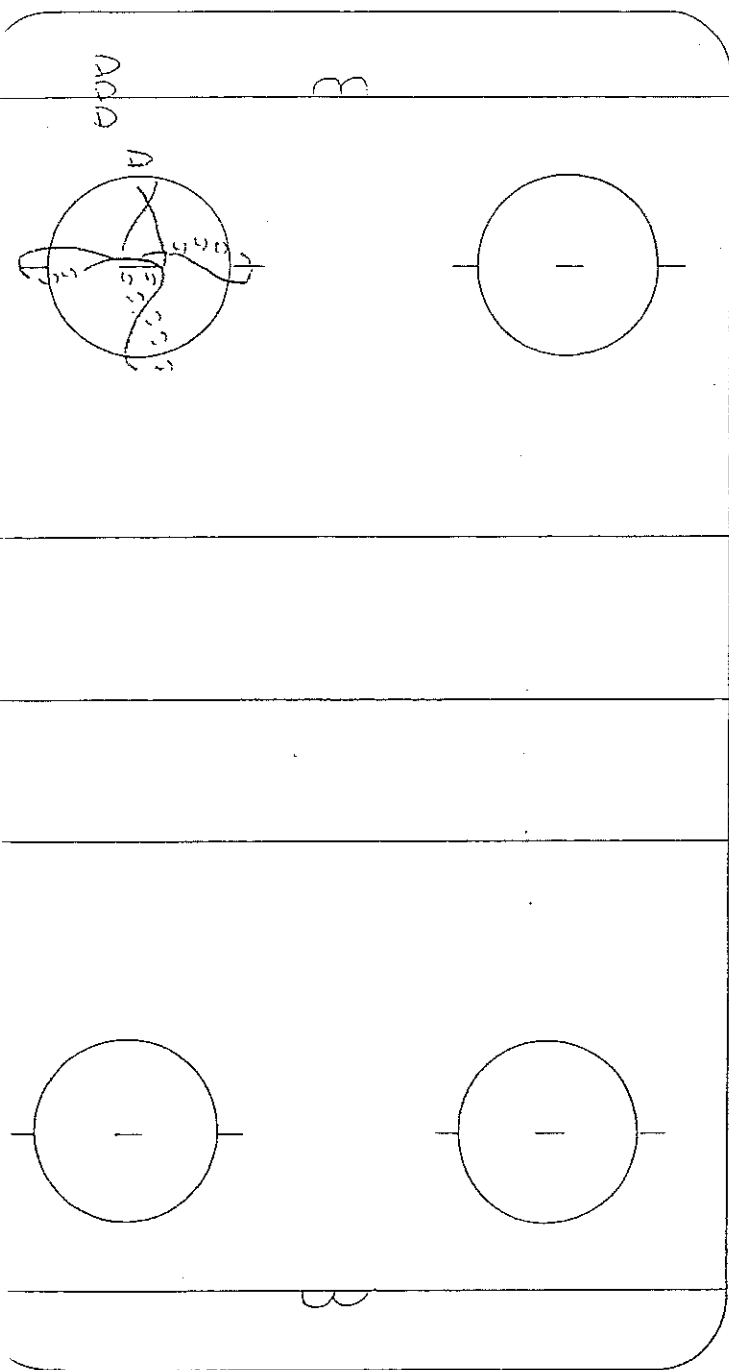
D-MAN GETS PUCK SKATING BACKWARDS  
2 LATERAL STRIDES - QUICK PASS TO COACH  
D-MAN GETS UP TO REDLINE.  
SAME OPPOSITE DIRECTION

D-MAN GETS PUCK SKATING BACKWARDS  
- QUICK PIVOT - QUICK PASS TO COACH  
- D-MAN GETS UP TO REDLINE  
- SAME OPPOSITE DIRECTION.



DRILL: FIERY CROSS

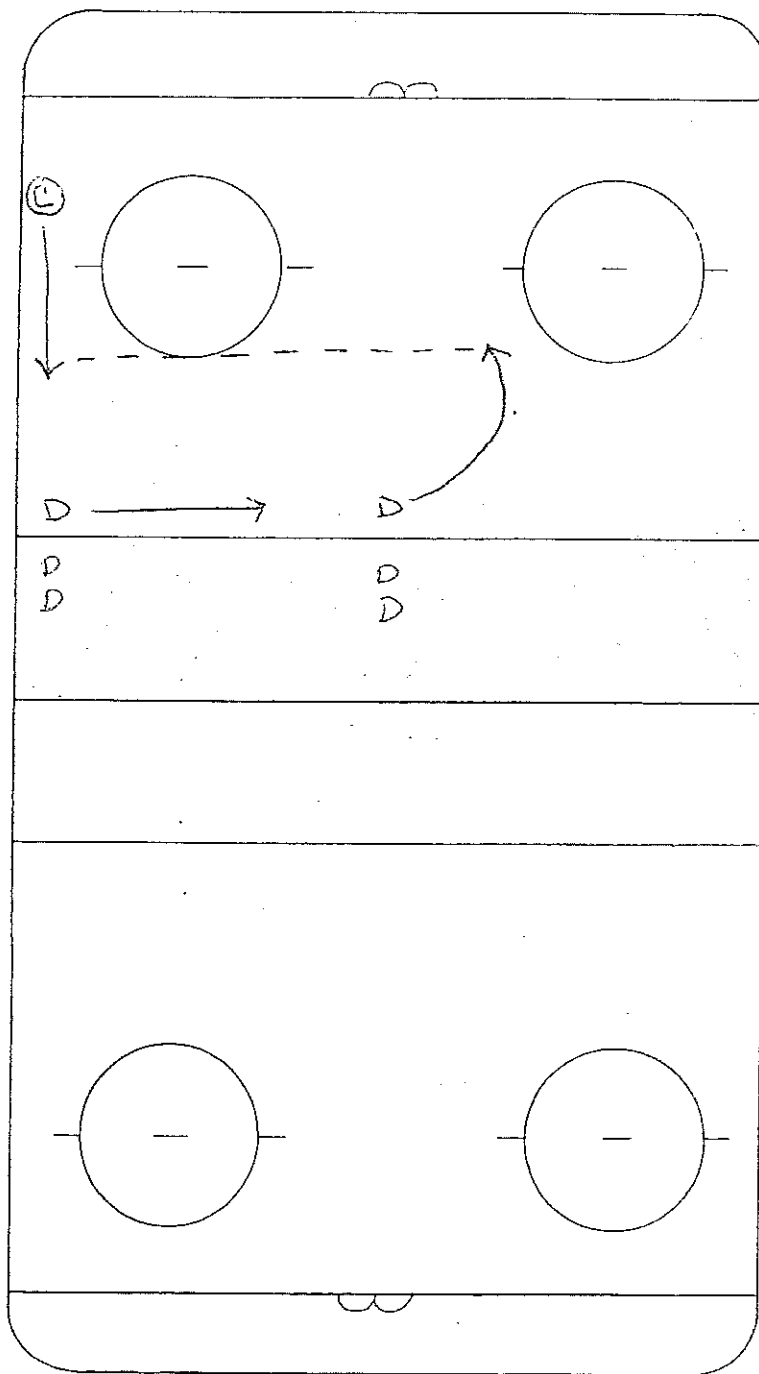
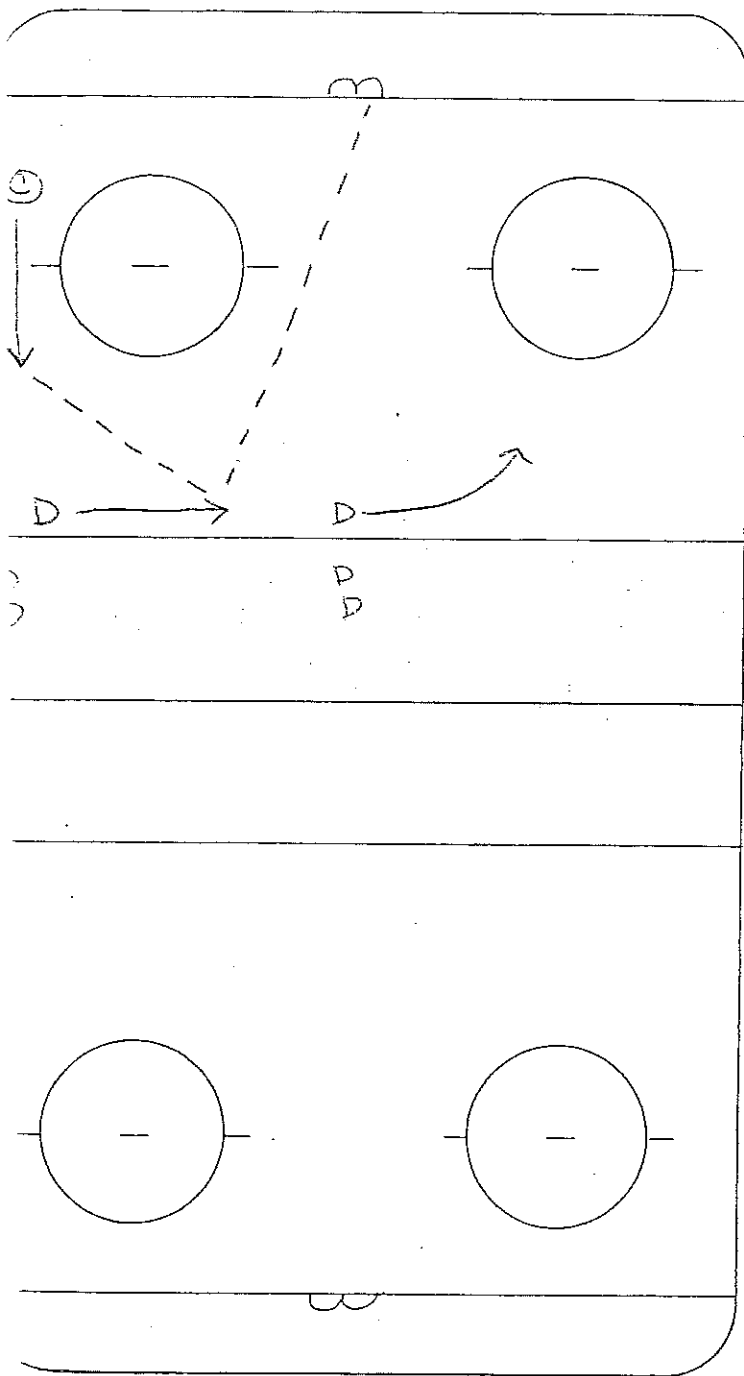
DRILL: CIRCLE TOUCH PASS



### PLANATION:

- 1/2 TURNS AROUND EACH PUCK/CONE
- ALWAYS FACE UP ICE
- 1) WITHOUT PUCK
- 2) WITH PUCK
- PROGAL
- 3) FORWARD 1/2 TURNS

- ALWAYS FACE COACH
- QUICK, HARD PASSES
- TRY TO COMPLETE AS MANY AS YOU CAN WHILE STILL BEING IN CONTROL
- BOTH DIRECTIONS



### PLANATION:

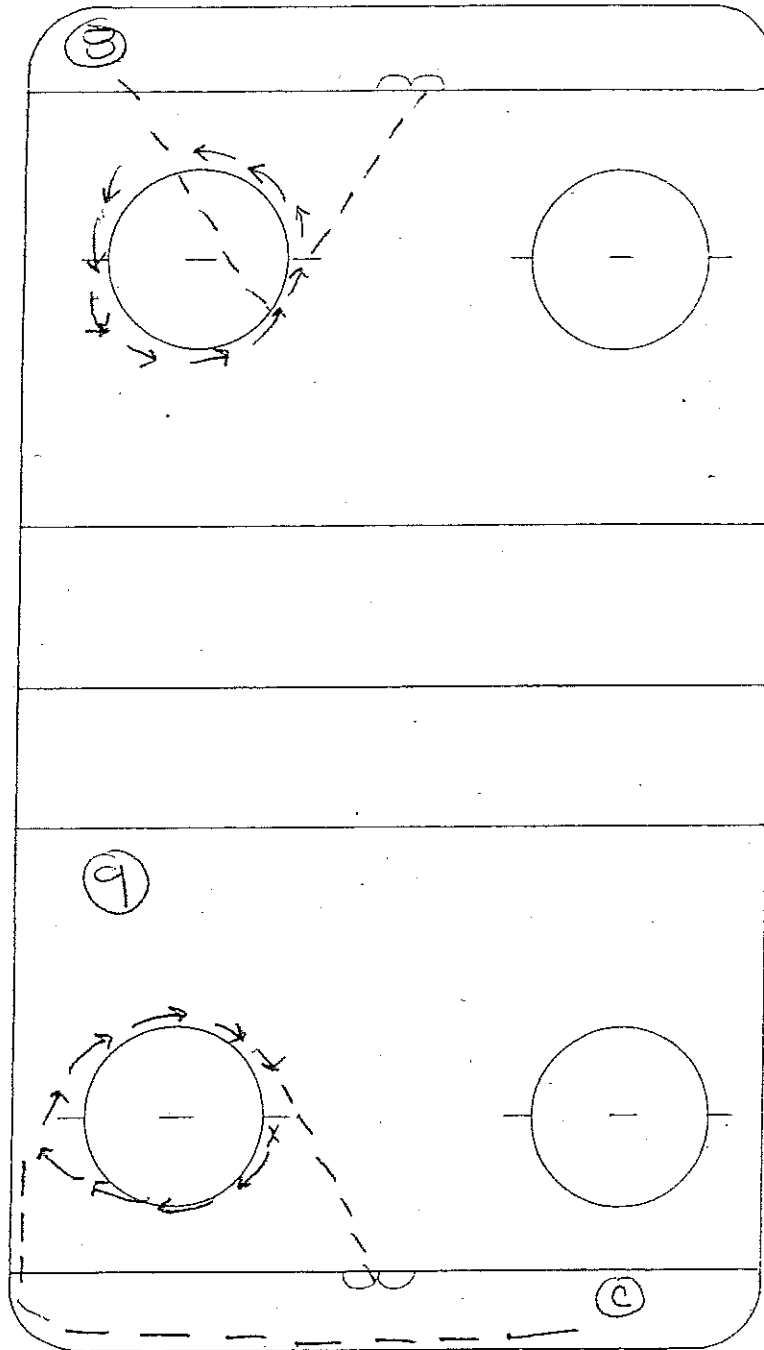
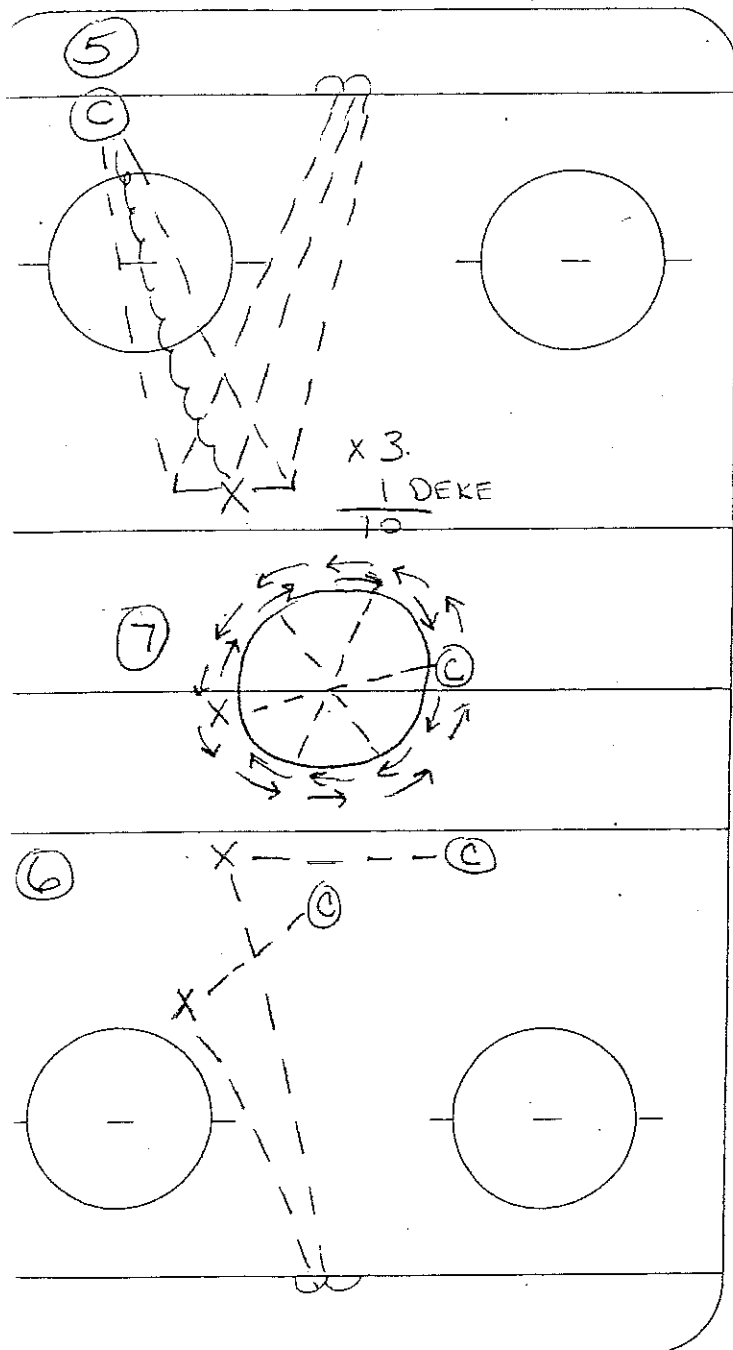
COACH SKATES UP WALL WITH PUCK  
BOARD-SIDE D-MAN MOVES ACROSS BLUE  
TO RECEIVE PASS.  
MIDDLE BLUE D-MAN MOVES DEEPER  
IN OFFENSIVE ZONE.  
COACH MOVES PUCK TO BOARD-SIDE D-MAN/  
SHOT ON NET  
COACH GETS ANOTHER PUCK AND MOVES IT  
TO PINCHING D-MAN (RIGHT SIDE OF PAGE)

- SAME DRILL  
- ONLY COACH MOVES PUCK  
TO FAR-SIDE PINCHING D-MAN.  
\* THIS SIMULATES FORWARDS CYCLING  
THE PUCK AND USING THE  
D-MEN AS OUTLETS.



DRILL: \_\_\_\_\_

DRILL: \_\_\_\_\_



### PLANATION:

#### 5) 10 Puck SHOOTING (D-MEN)

- FOREHAND - SHOT
- BACKHAND - TO FOREHAND - SHOT
- FLIP PUCK - CONTROL - SHOT
- DEKE ON 10TH PUCK

#### 6) ONE-TIMERS

- BLUELINE
- OFF THE UNDRELLA

#### 7) CIRCLE ROTATION PASSING (SKATING BACKWARDS)

- COACH AND PLAYER SKATE BACKWARDS
- DIAGONAL PASSING (BOTH DIRECTIONS)

#### 8) CIRCLE SHOOTING (BOTH SIDES)

- WHEN USING CIRCLE ON BACKHAND, USE BOTH BACKHAND AND FOREHAND TO RECEIVE PUCK.
- QUICK RELEASE
- ALWAYS KEEP FEET MOVING FORWARDS

#### 9) RETRIEVE RIMS/SHOT (BOTH SIDES)

- TIMING - ADJUST YOUR SPEED TO THE RIM
- TURN TO PUCK OR FACE PLAY, FORWARDS
- CONTROL RIM / SHOOT FROM SLOT.

## Goals Of Developmental Drills

- To Improve On:**
1. Mobility/Agility - skating forwards and backwards at a high tempo while handling the puck. Stickhandling, Passing, and Shooting.
  2. Shooting
    - increase velocity and accuracy
    - quickness to get shot off
    - reacting to blocked shooting lane
    - adjusting yourself to pass
  3. Passing
    - success rate of tape to tape passes
    - using forehand and backhand to give and receive.
    - Sharpness – hard, flat passes.
  4. Hand-Eye Coordination
    - catching a saucer or flip pass
    - gaining control of a rebound for a shot on goal
- To Build:**
5. Confidence
    - improve on hockey skills that made player weak in certain areas in the past.
  6. Routine
    - by repeating developmental drills in practice, performing skills in game situations become quicker and more natural.





# COLORADO COLLEGE HOCKEY



Drill Session-Naples 08'  
Joe Bonnett

**Name:** Bukac Drills

## Concept:

Developing defensemen skating skills, mobility, change of direction & ability to attack the middle of the ice with feet. High repetitions result in confidence, muscle memory and quick feet.

Attacking "NETS" gives different/better height, width and depth. The nets take away more time and space. The nets provide better lateral movement opportunities.

## DRILL #1:

Coach throws #1 puck into corner. D1 retrieves puck → Escapes from behind the net. D1 attacks the middle of the ice/net with feet. D1 makes outlet pass to D2. D2 dumps 2<sup>nd</sup> puck. D1 retrieves puck #2. D1 breaks puck out with feet "wheel" and hits coach with middle breakout pass (repeat).

## DRILL #2:

D1 makes a move on net #1 then shoots on goal. Coach dumps puck behind goal. D1 retrieves puck & escapes from behind goal. D1 attacks net #2 and escapes out toward boards and middle of ice. D1 re-attacks net #1 and passes to D2 (repeat).

## DRILL #3:

Coach passes puck to D1. D1 uses creative thoughts to move around net #1. D1 makes move around Net #2 and looks to shoot. Be creative and work on all types of moves. Try to have D re-attack middle of ice for 2<sup>nd</sup> move. Have Fun!

