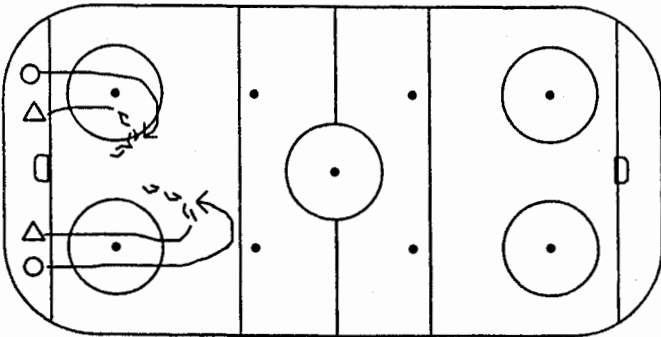


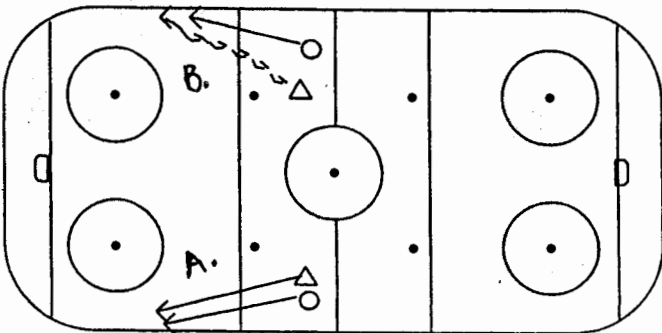
Play Without The Puck

Play without the puck 1



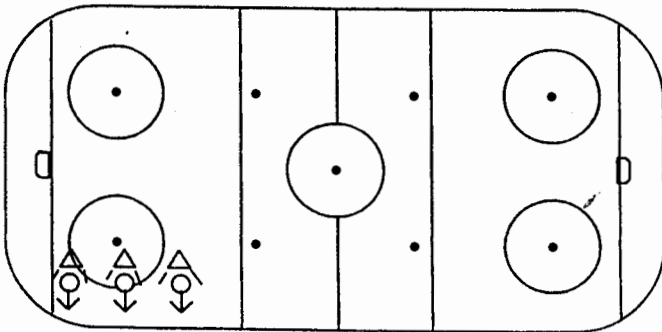
Defenseman practices closing the gap of the opponent with skating techniques (skills).

Play without the puck 2



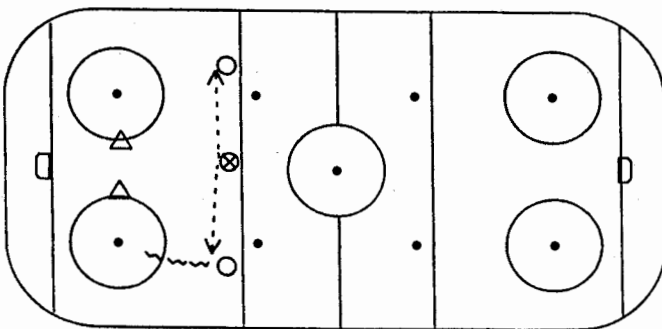
- A. Defenseman practices catching up to the attacker toward the boards with forward skating.
- B. Defenseman skates backward, the rest as in A.

Play without the puck 3



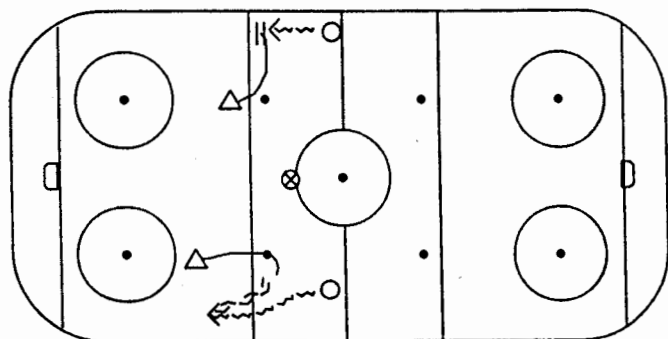
Defenseman practices checking on the boards.

Play without the puck 4



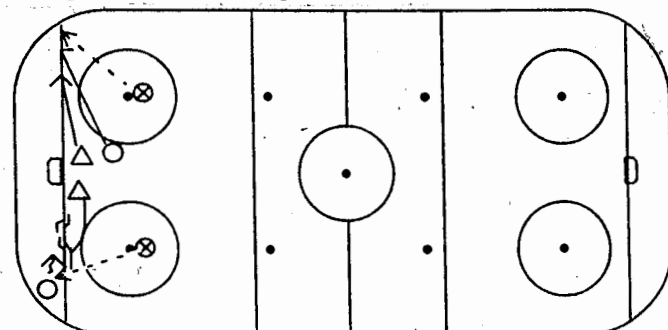
- A. The coach alternately passes the puck to the attackers. Defensemen practice the technique of closing the gap (come close).

Play without the puck 5



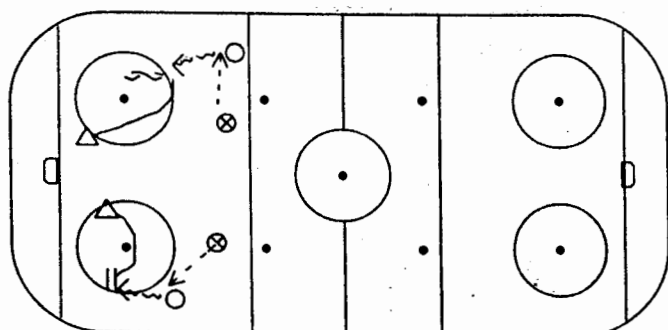
B. Same as A. in other positions on the rink.

Play without the puck 6



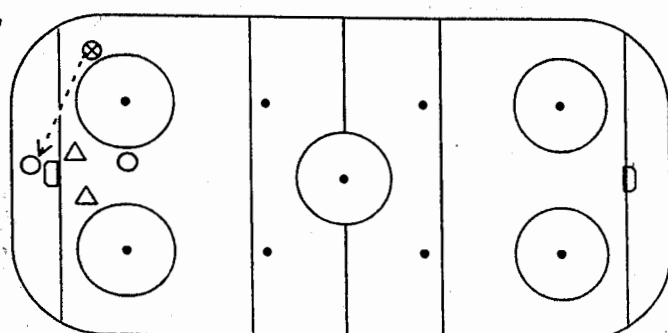
C. Defenseman determines the situation. Close the gap with transition skating or put on full pressure at the boards.

Play without the puck 7



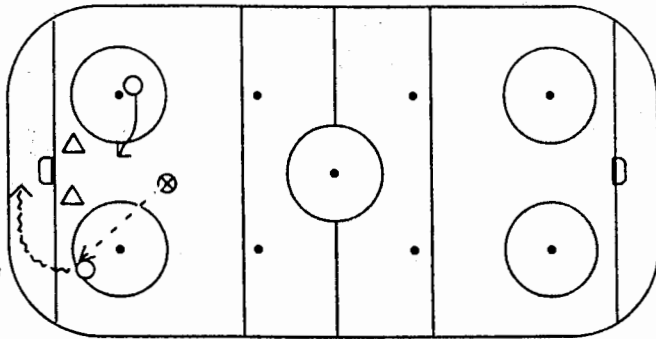
D. Defenseman puts pressure on the puckcarrier who comes along the boards or tries to cut to the middle.

Play without the puck 8



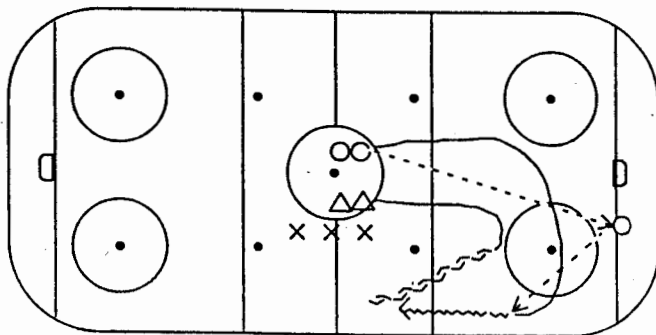
Coach passes to the player behind the goal. Defensemen work 2-on-2. See figure.

Play without the puck 9



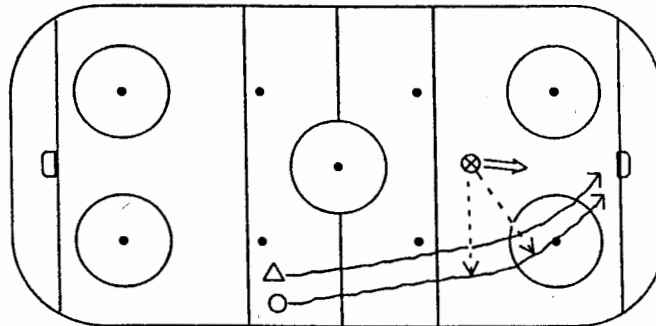
Attacking player receives pass and drives puck down behind the goal. Defenseman determines his actions from how close he is to his opponent.

Play without the puck 10



Defenseman tries with the help of skating technique to close the gap with the attacker. If the defenseman can close the gap with his opponent quickly, the chance is greater to check and stop the attacker.

Play without the puck 11



Backchecking situation. Defenseman always tries with fast skating to get on the defensive side of his attacker. The coach tries to pass to the attacker or shoots toward the goal if both players come right down in front of the goal.