

Defensive Hockey: Game Playing Roles 3 and 4

B – Checking and Battling Skills

T - Checking Rules and Ethics – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174743488>

A - Tripod Three Point Stance – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162710670>

B - Hip Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162940630>

B - Pry Puck Loose Along Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314163150931>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014031416344697>

B - Taking a Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313175050979>

B - Protect Puck on Boards and Escape – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174922775>

B - Offensive Bumping – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317152836272>

B - Poke Check

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153424987>

B - Stick on the Puck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153804305>

A - Chip and Spin Escape Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151723521>

B - Blocking Shots – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

B - Open Ice Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152158716>

B - Protect the Puck vs. a Poke Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152511571>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152745586>

B - Taking an Angle Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152953548>

B5 - Neutral zone Angling – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014032014381730>

B - Angling – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144146657>

B - Block Passes with Shaft of Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144359468>

B - Protect Puck with Stick Slap – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144720442>

B - Protect the Puck with Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144959789>

B - Front Attacker and Take Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140321145928696>

B - Angle Checking – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426120111464>

Body Checking and Battling Contests

These are some really good contests for competing, body checking, toughness. Keep score and make a contest out of these battles. Insist on good technique and keep each rep short.

[E1 Shootout Race – Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428093723982>

[C300 Protect the Dot – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042809423468>

[B300 Escape from Alcatraz – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428094704988>

C - Defensive 1 on 1 Situations – Sweden

Most of these video clips are from Sweden and show how they practice the 1-1 skills.

[C1, 1 on 1 - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417112911309>

[C6, 1-1 in Front - Point Shots - Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417205232314>

[C3 1-1 x 2 From Blue Line and Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041717094974>

[C500 - 1-1 in Front and Support at Point and Behind - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417111338220>

[C300 1-1 Checking From the Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417203022411>

[C300, 1-1 Battle in Front of Net-Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041719184157>

[C300 1-1 Along Boards - Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417204036621>

[B300 1-1 Checking and Get Puck Out - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417194243900>

One on One - Situation Drills, Transition Games, Games

[Practicing 1- 1 Drills – Transition Games - Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6807>

C - Defensive 2-1 Situations - Sweden

[C1 - 2 on 1 Situations on Dump In - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091917614>

[D400, 2-1, Battle in Slot - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091403276>

[C2 – 2 on 1 with Backchecker – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421092228235>

[C3 - 2 on 1 with 2 Backcheckers – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091642365>

[C2, 1-0, Point Shot and 2-1 Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042109112259>

[T3 - How to Play a Defensive 2-1 - TJ](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421170229108>

Two on One - Situation Drills, Transition Games, Games

[2 on 1 Drills - Transition Games and Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6808&topic=6808#6808>

C and D - 2 on 2 Situations - Sweden

[C3 - 2 on 2 from Neutral Zone - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426131816777>

[D400 - 2 on 2 in Front - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426133052898>

[D400 - 2 on 2 in Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426132407364>

[D400 - 2-2 with Passes from Below Goal Line - Sw U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506110551821>

Two on Two - Situation Drills, Transition Games, Games

[2 on 2 Drills - Transition Games - Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6809&topic=6809#6809>

C – DT - 3 on 2 Situations - Sweden

[C3 - 1-1 to 2-2 to 3-2 Progression - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140507155232755>

[C3 - 3 on 2 with a Backchecker - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140507154629235>

[DT100 - 3 on 2 x 2 Transition to 5-5 - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014050715434853>

Three on Two - Situation Drills, Transition Games, Games

[3 on 2 Drills, Transition Games, Shoot-out, Instruction](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6812&topic=6812#6812>

D - 3 on 3 Situations - Sweden

[D202 - 3 on 3 Keepaway in Neutral Zone - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140508102012811>

[D400 - Low 3-3 on Dump-in - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140508101708240>

[D400 - 3 on 3 Starting with Face-off - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014050810143129>

Three on Two - Situation Drills, Transition Games, Games

[3 on 3 Situations from ABC Forum](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6810&topic=6810#6810>

Defensive Technique Drills

[B5 Forecheck Skills Deflect-Steer-Angle-Finish Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

[B5 - Neutral zone Angling - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131101142929311>

[B500 Angling and Escapes](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>

[B500 Defensive Side with Stick on the Puck - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

B500 Defensive Drill to Keep the Stick on the Puck – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190606500>

[C2 Angling 2-1 Wally - Pro W](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130902174459633>

[C2 Angling Drill](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174240723>

[D4 Attack and Defend the Dot](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101218074836562>

[D400 2-2 passes from behind net - Sweden U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120131091959989>

[D200 Angling Game 1-1 to 3-3](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005185904685>

[D200 Straight on Angling Game 1-1 to 3-3](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140607111112834>