

B2 - Defense Individual Skill and Partner Drills – Pro

Jim Playfair is a great coach for the details that defensemen need to be successful at the pro level. In this video there are many offensive skills such as drag and shoot, shot pass, taking the rim off the boards and shooting, hinging with a partner etc.

I sent this video to Sean who coaches my defense and they did many of these drills at our last few practices. Very worthwhile.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011102107250666>

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<https://youtu.be/SGWDrCi3qss>

