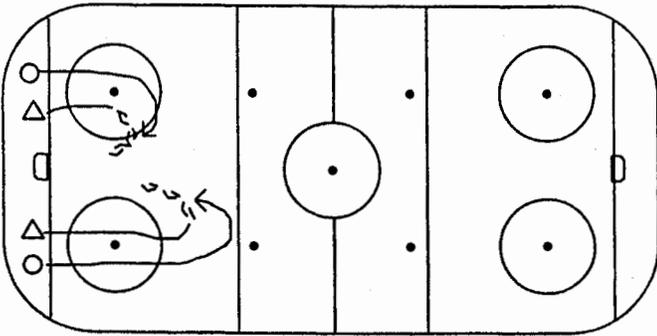


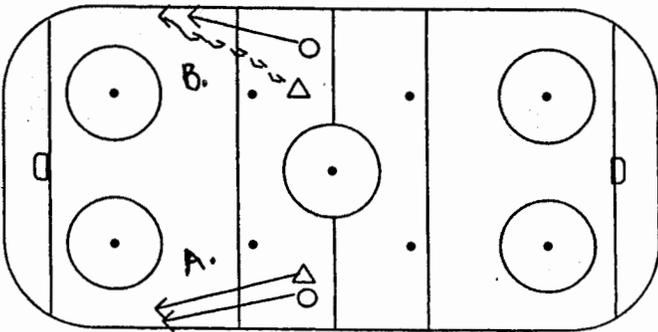
Play Without The Puck

Play without the puck 1



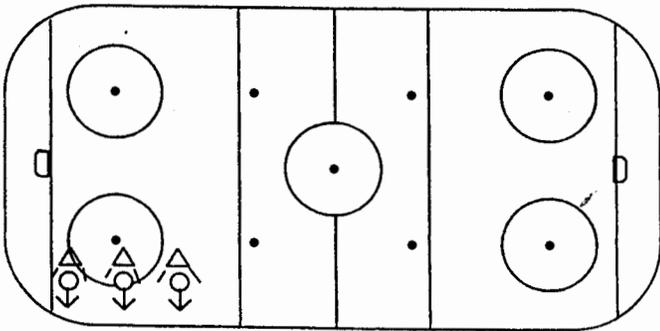
Defenseman practices closing the gap of the opponent with skating techniques (skills).

Play without the puck 2



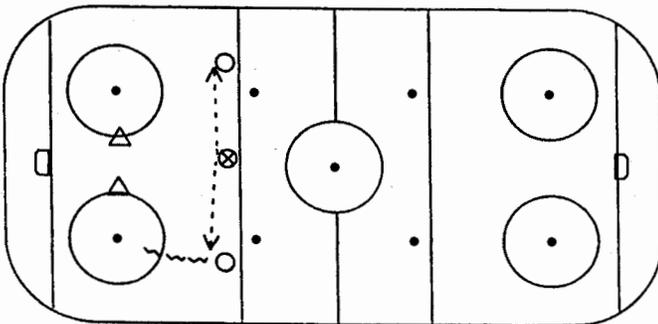
- A. Defenseman practices catching up to the attacker toward the boards with forward skating.
- B. Defenseman skates backward, the rest as in A.

Play without the puck 3



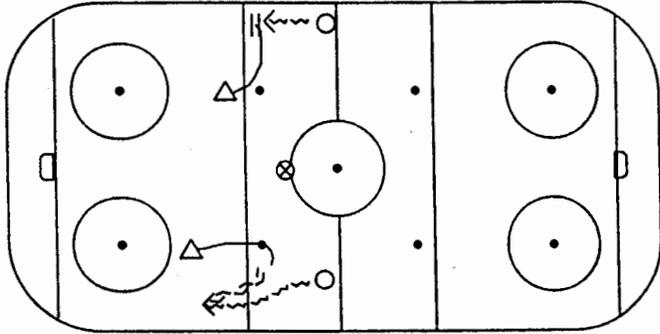
Defenseman practices checking on the boards.

Play without the puck 4



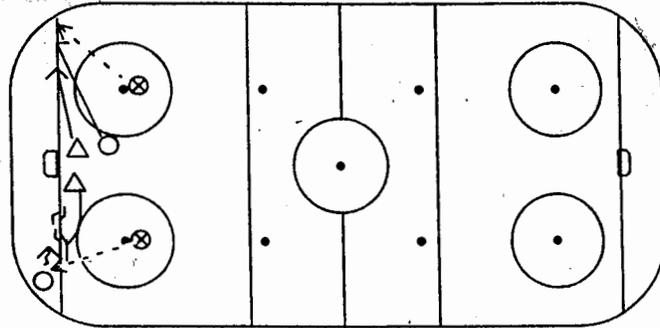
- A. The coach alternately passes the puck to the attackers. Defensemen practice the technique of closing the gap (come close).

Play without the puck 5



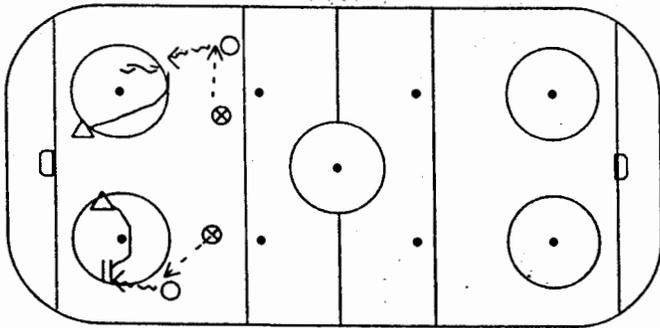
B. Same as A. in other positions on the rink.

Play without the puck 6



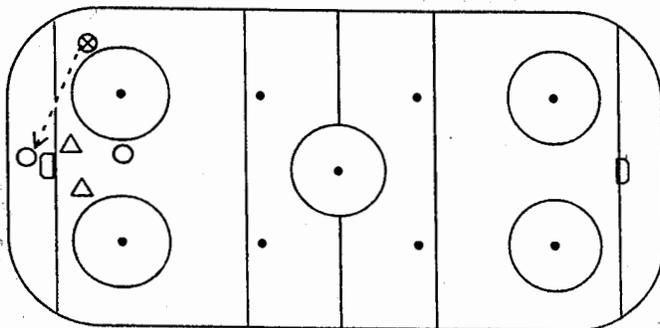
C. Defenseman determines the situation. Close the gap with transition skating or put on full pressure at the boards.

Play without the puck 7



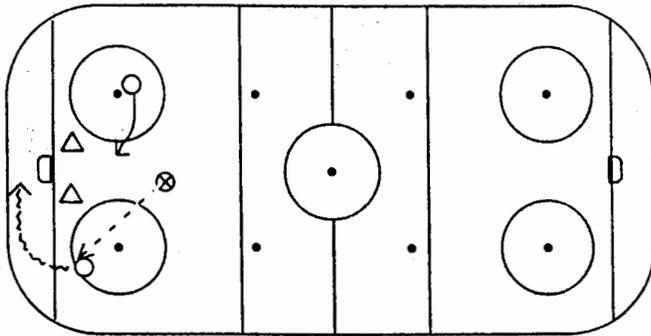
D. Defenseman puts pressure on the puckcarrier who comes along the boards or tries to cut to the middle.

Play without the puck 8



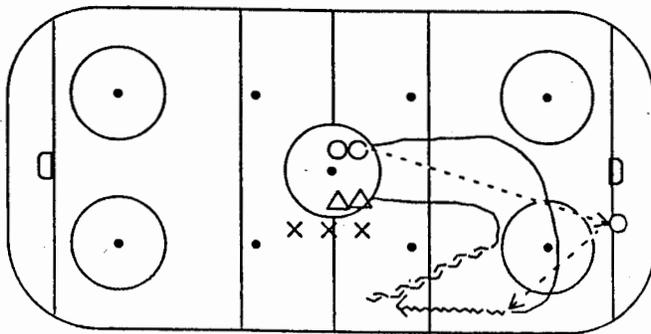
Coach passes to the player behind the goal. Defensemen work 2-on-2. See figure.

Play without the puck 9



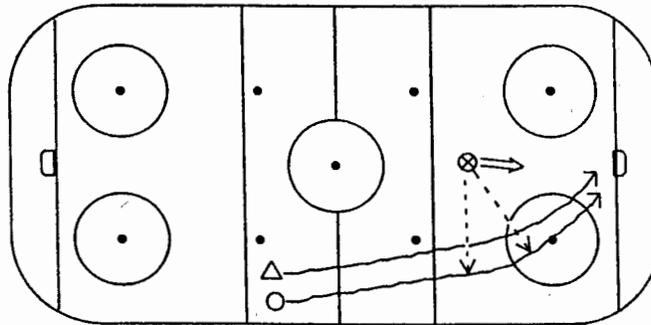
Attacking player receives pass and drives puck down behind the goal. Defenseman determines his actions from how close he is to his opponent.

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.

4. Individual Tactical Play With The Puck

The thing we work with today at the elite level is to shorten the time period that it takes to readjust from offense to defense and vice versa. This is all about shortening the time period to a few seconds or less.

It means that the defenseman in the play with the puck:

Always has prepared himself before he receives the puck about what he should do, ex. direct (one-touch) pass, one-time shot of quick initiative with stickhandling (no excessive puckhandling).

If we see the transition situations which come up in the play, the defenseman should strive above all to shift the play (transition) with direct (one-touch) pass just to decrease the time for the opponents to form (get into) their defensive positions.

After such a transition the defenseman should also follow up with the attack just in order to be utilized in several play alternatives for the attacking team.

Following are some examples in the play which may help to develop the defenseman's game in play with the puck!

4.1 Transition

Today we all know well what is meant by the term transition and that they may take place on various parts of the rink. What transitions are aimed at are to quickly change from defensive play to offensive play.

It is important to have the five-man-units quickly cooperate (collaborate) on a transition situation. There then is a greater chance of getting into a position to shoot, before the defensive team has the time to set up in its defensive positions.

4.2 Objectives

To teach our defensemen to take the initiative and with a good game understanding perform so that the transition takes place quickly.

It occurs all too often in Swedish ice hockey that we in the play build-up (constructive play) deep in our own zone, the defenseman turns off the initiative capacity by bringing down a forward in order to, for example, conduct the build up of the attack.

We should train the skillful defensemen so that they can handle making the constructive play (build-up) without bringing a forward down in order to conduct the constructive play against today's steering play (trap play).

If the defenseman takes the initiative, for example passing to the other defenseman or a direct pass (touch pass) to the forward in the transition there are several players who can go on the attack and the attack has greater pressure! It is also important that the defenseman quickly follows up (joins in) in the attack!

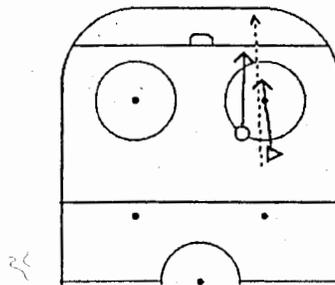
4.3 Own zone with pressure

Teach the players when, where, and how they should relay (outlet) with pressure in one's own zone, the first wave.

The relay (outlet) may occur on the whole anywhere on the rink. There are however some moments where it is of great importance that everybody knows their tasks in order that the opposition will not get pressure on our team.

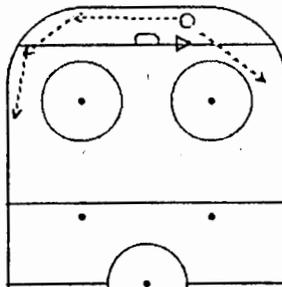
When one's own team's defenseman is forced to skate with the opponent in back (from the rear) toward his own end boards (see figure 1) it is of great importance that the forwards move at the right time to the outlet areas.

fig. 1



If our defenseman is a left-handed shot and he is pressure according to figure 1, it may be an advantage to quickly pass the puck around the goal cage to the outlet man. Vice versa if the defenseman is a right-hand shot and picks up the puck on the other side of the goal cage.

fig.2



4.4 Use of the Goal Cage (Defensive Zone)

- * The goal cage in the defensive zone only has to be used when the player, team is subjected to pressure, forechecking or one's own team needs to gain time for, ex. change, killing a penalty, etc.
- * PROTECTION OF THE GOAL ON OTHER OCCASIONS ONLY OFFERS THE OPPONENT EXTRA TIME TO ORGANIZE THEIR DEFENSIVE POSITIONS.
- * The defenseman who has the puck and rounds his own goal with an opponent behind should skate as close to the goal cage as possible so that the opponent stops at the goal cage or is forced to skate a longer path.

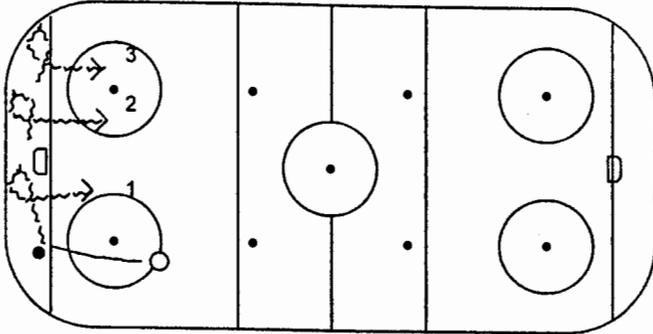
4.5 Shoot Quickly in the Offensive Zone

- * Improve the defenseman's ability to shoot quickly from the blue line.
- * The defensemen often receive passes from the forwards on the same side or from the other defenseman, in 5-on-5 situations as well as on the power play. Then the defenseman from this position has the opportunity to shoot (finish off), it is of great importance that he can quickly move to a favorable position for the shot.
- * The way to move is to quickly take lateral strides and eventually change to backward skating and from there shoot quickly.
The procedure is little different depending on whether the defenseman is a right or left shot.
- * It is required that the defensemen are able to do the individual techniques (skills) and when they are able to then it is important to practice them often, from the correct starting position.
- * Important reminder, the shot doesn't have to be the hardest you can take, but shoot the puck quickly in on goal and at the same time think about shooting toward the near post (eventual rebound), if the defenseman shoots from an angle.

PLAY WITH THE PUCK

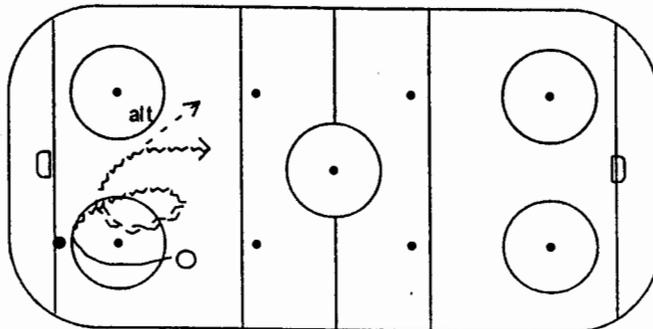
TRANSITIONS

Play with the puck 1



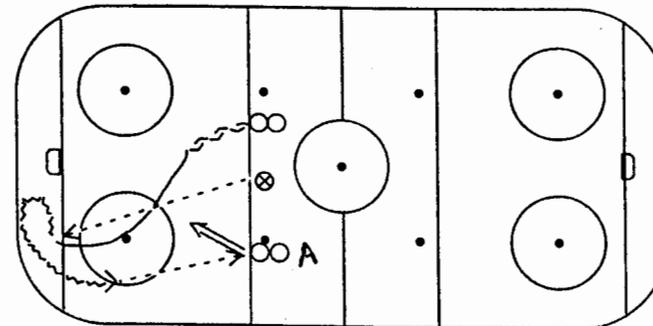
Defenseman practices quickly cutting (curling) back with the puck in order to get away from eventual checking.

Play with the puck 2



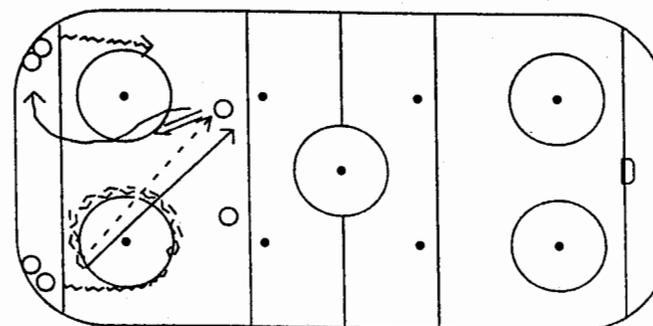
The defenseman takes the initiative with the puck, transfers to backward skating for eventual regrouping or in order to get away from steering player.

Play with the puck 3



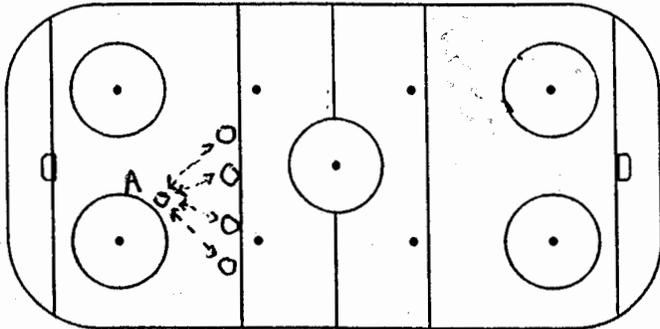
The coach passes the puck down into the corner. The defenseman starts backward transfers to forward skating, picks up the puck, makes a quick cut back (curl), takes initiative and passes to A who shoots on goal.

Play with the puck 4



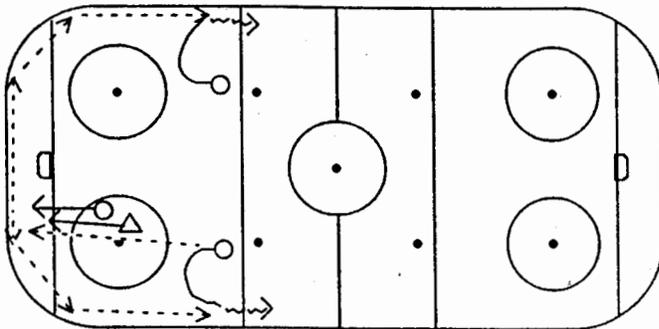
Defenseman starts from the corner with a puck, pivots to backward skating around the circle, again forward, initiative, passes to player who shoots on goal.

Play with the puck 5



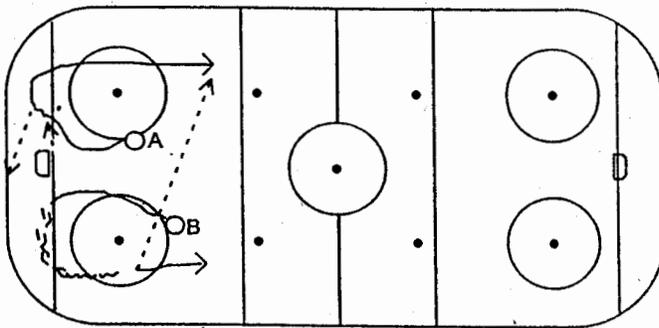
Practice touch passes. Player A touch passes to four players who each have a puck. Receive and pass directly back new puck from next player.

Play with the puck 6



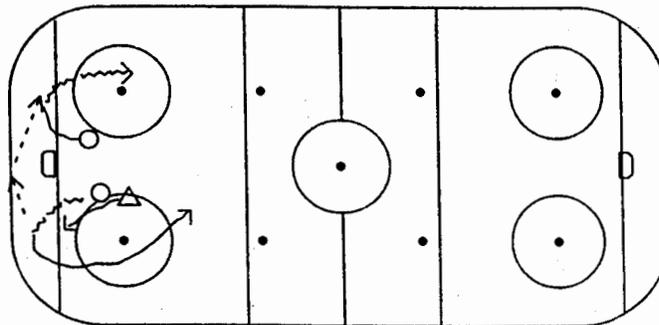
Situation where the defenseman is put under pressure at the backboards. Defenseman with head on a swivel orientates himself regarding which pass alternative is the best, most often pass on the forehand.

Play with the puck 7



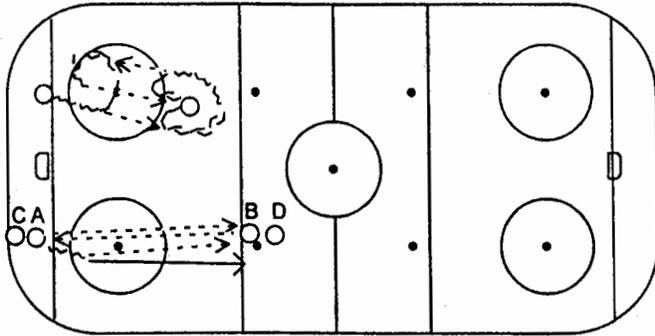
Defenseman A skates down, picks up a puck, passes via the boards to player B who quickly takes the initiative and passes back to A or alternative --another player.

Play with the puck 8



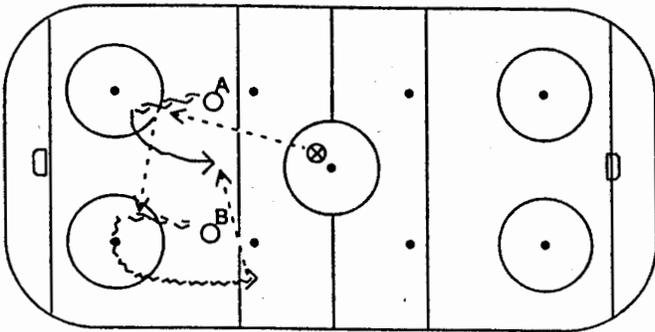
Defenseman has the puck, is checked by opponent, passes via the boards to other defenseman who takes the initiative up in the rink.

Play with the puck 9



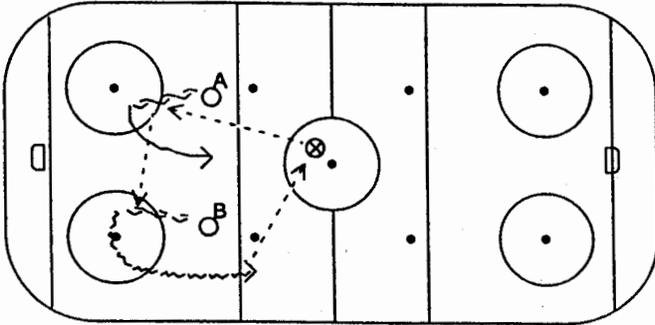
- A. Direct game drill
A and B pass three times before B passes to C.
- B. Two players pass to each other while skating with pivots (Forw-bckw)

Play with the puck 10



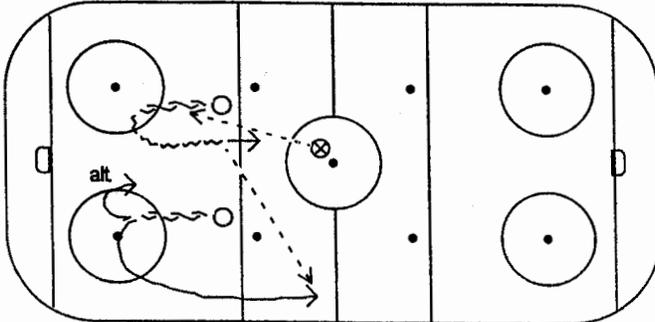
Defenseman A receives a pass from the coach, A passes to B who takes the initiative forward and outward and passes back to A who follows up in the middle.

Play with the puck 11



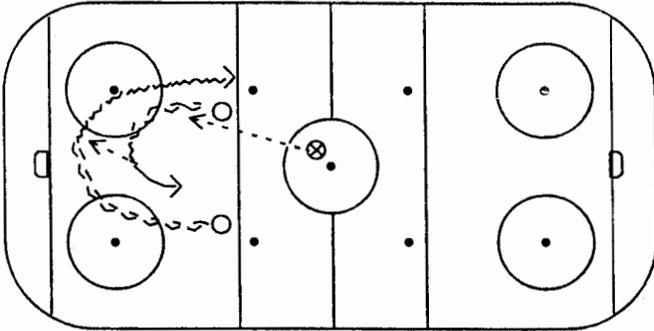
Same as drill above, only that defenseman B passes the puck forward in the rink. (to coach)

Play with the puck 12



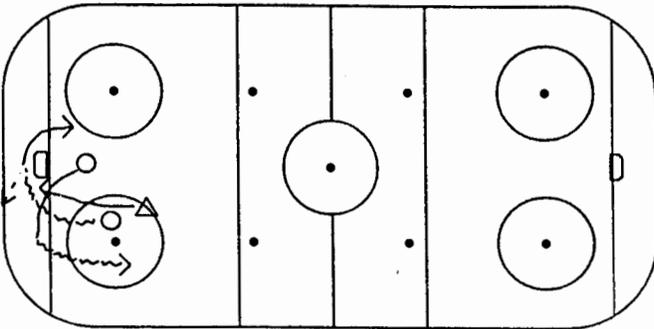
Same starting position as previous drill. Defenseman A takes quick initiative up in the rink.

Play with the puck 13



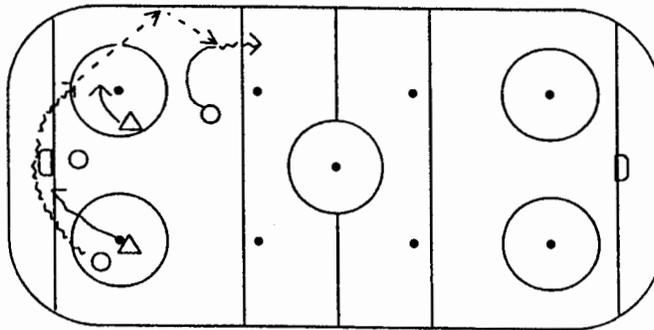
Defenseman receives pass from the coach, takes initiative forward in the rink, passes over to other defenseman who in his turn takes the initiative forward.

Play with the puck 14



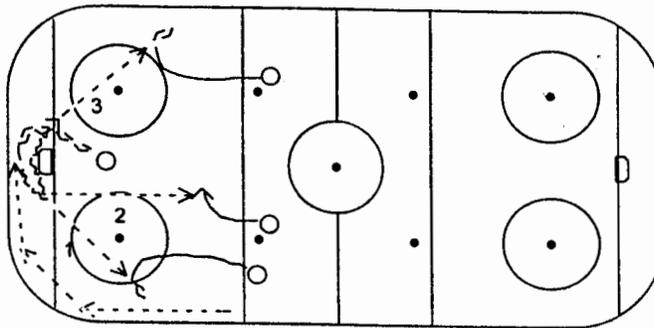
Defenseman is checked down behind own goal, passes via the boards to the other defenseman who skates out and quickly takes the initiative.

Play with the puck 15



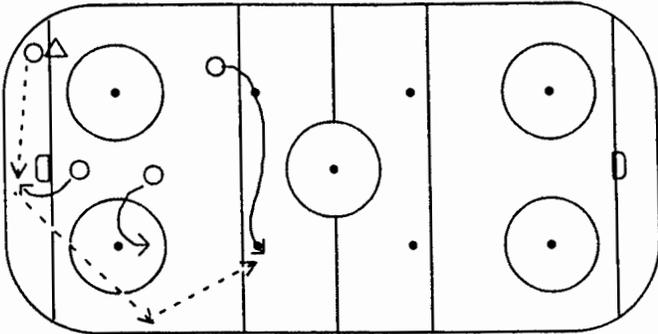
Defenseman is checked down behind own goal. Skates close to goal cage so that the opponent stops. Pass via the boards up to player beyond eventual opponent.

Play with the puck 16



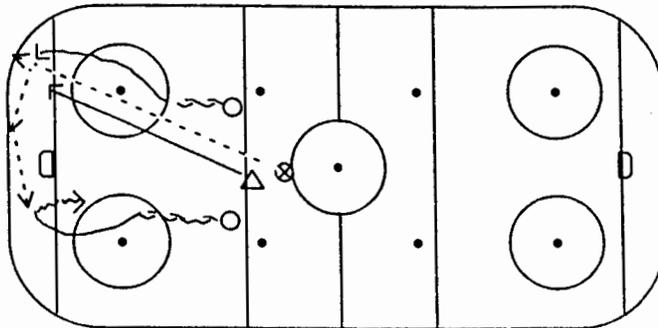
Defenseman starts backward quickly takes puck behind the goal. The defenseman determines which one of the three alternatives is most advisable.

Play with the puck 17



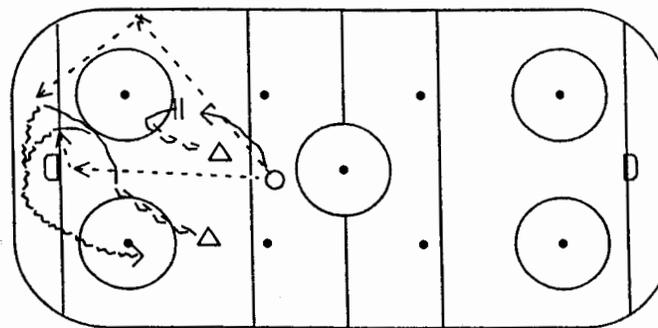
Defenseman wins the puck in the corner, passes to other defenseman who quickly passes via the boards up to center zone past eventual opponent who checks.

Play with the puck 18



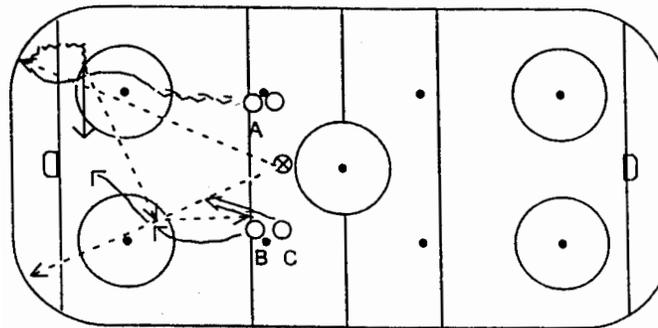
The defensemen start backward, coach passes the puck down in the corner. The defenseman passes via the boards past the checker to the other defenseman who takes initiative forward.

Play with the puck 19



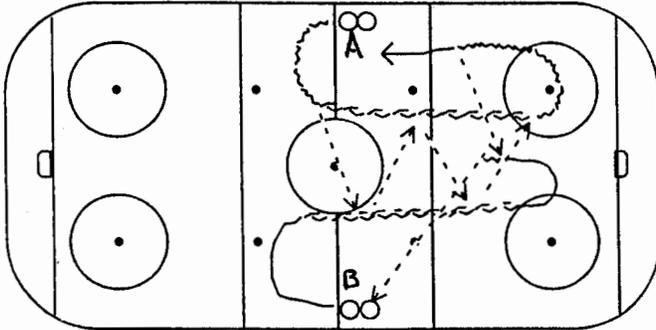
Attacking player passes the puck via the boards down toward the ends boards. Defenseman stops --holds up the fore-checker. The other defenseman picks up the puck and quickly takes the initiative forward.

Play with the puck 20



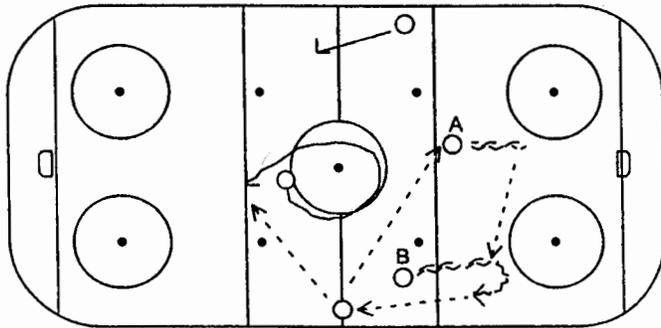
Coach passes the puck down toward the corner, defenseman A starts backward pivots to forward, quickly cuts back (curls), passing up to B who passes on to C who shoots on goal. Players A and C work 1-on-1 in front of the goal. Coach passes puck down in other corner. B attacks, A defends the new situation.

Play with the puck 21



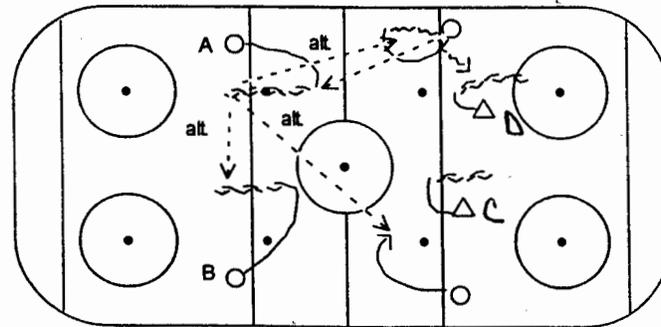
Defenseman A & B start at the center line while skating backward and pass to each other. When defenseman A is even with the circle in own zone, he takes the initiative forward, passes to defenseman B who skates deep in the middle. B passes the puck quickly forward to the boards on the other side.

Play with the puck 22



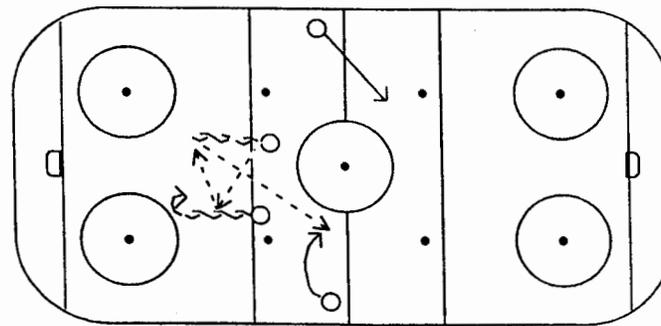
Transition situation with whole unit-of-five, where the defensemen A & B shift the play.

Play with the puck 23



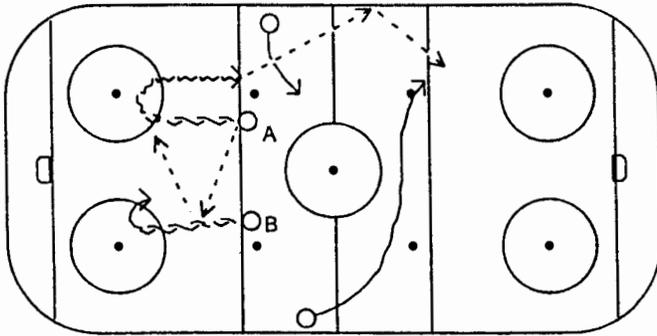
Transition situation. The defensemen A & B shift the play with two forwards who in turn finish off against the defensemen C & D.

Play with the puck 24



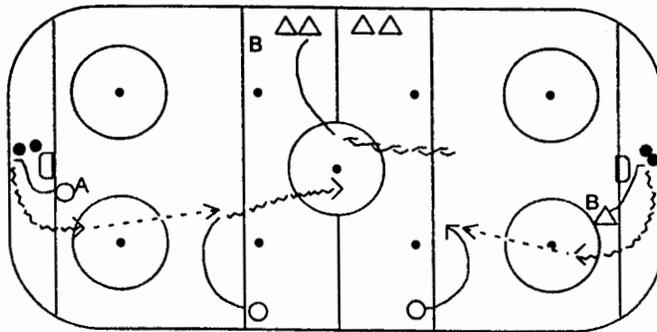
Same as above. The defensemen A & B pass together on regrouping with the forwards.

Play with the puck 25



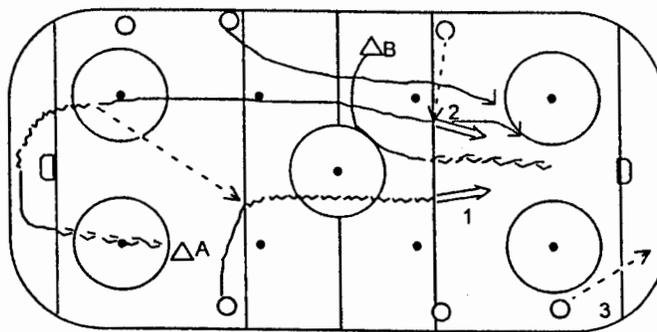
Same as above.
Here defenseman a takes the initiative and in the center zone passes on the boards past eventual opponent. Forward C skates in order to receive the pass.

Play with the puck 26



Defenseman A quickly takes the initiative passes to the forward high up in the zone. Defenseman B goes in and defends 1-on-1. After the completion defenseman B takes the new initiative from other direction. Can be added to with several players.

Play with the puck 27



Defenseman a starts backward, takes puck, skates close to goal cage, passes to forward high in the rink. Forward from other side comes in at the same time as defenseman B goes in and defends, 2-on-1, finish off and stop in front of the goal. Defenseman A follows up the attack, receives new puck from other side, shoots from the blue line, in front of the goal there are now two forwards and defenseman B. After the shot from defenseman A, A continues forward toward the goal and defends when the coach passes in a new puck and it becomes 2-on-2 play the other way.