

H PERFORMANCE COACHING



Developing Defensemen
Today's Game

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USA Hockey



WORLD LEADING

ENDORSED BY THE

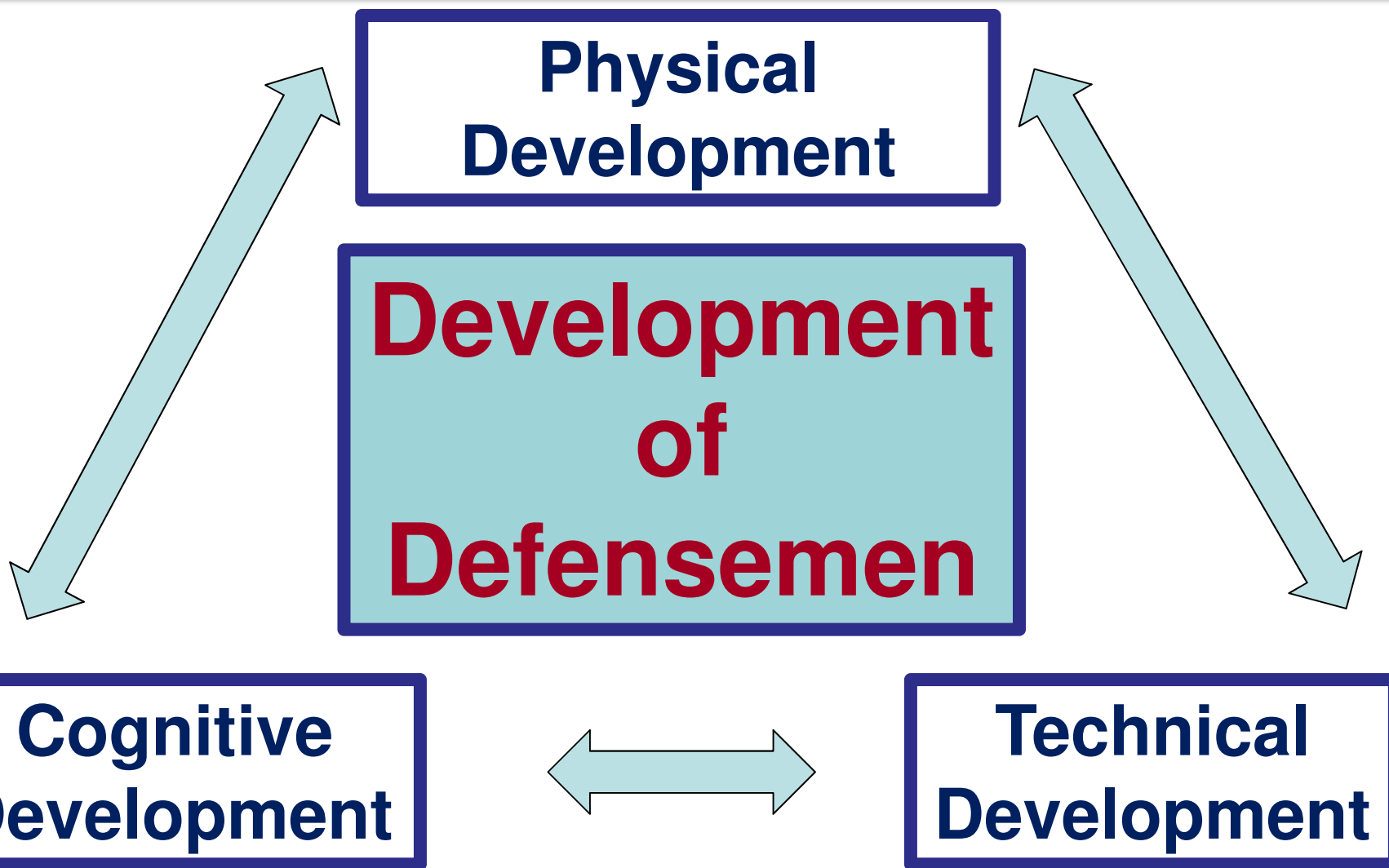


BE AN “ELITE” COACH!

**INTEGRATE TRAINING,
COMPETITION**

AND

**RECOVERY PROGRAMMING
IN RELATION TO THE BIOLOGICAL
DEVELOPMENT AND MATURATION
OF
YOUR PLAYERS**



What Is Today's Game

- **Quick pace**
- **Puck Possession**
- **High Skill sets**
- **High Compete level**
- **Hockey IQ**
- **Special teams**
- **Goaltending**

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Fundamental Hockey Skills

- Skating
- Shooting
- Passing & Receiving
- Puck Handling
- Stick & Body Contact Skills
- Puck Protection



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CHARACTERISTICS OF ELITE PLAYERS

- **WORLD CLASS SKILL**
 - **APPROPRIATE TO SIZE & POWER**

- **HOCKEY INTELLIGENCE**
 - **SENSE/AWARENESS/DECISION MAKING**

WHAT IS TODAY'S GAME... ...FOR DEFENSEMEN?

➤ **DEFEND**

➤ **DISTRIBUTE**

➤ **JOIN**

DEFEND

- **Defensive Triangulation (Man-U-Net)**
 - **Inside/Out (Control Middle Ice)**
 - **Defend Away From the Net**
 - **Heels to the net**
 - **Head on a Swivel**
 - **Stick on Puck**
 - **Be Active**

DISTRIBUTE

- **Get to Puck First/Win Battle**
- **Protect Puck, Control or Chip**
 - **First Pass Tape to Tape**
 - **Support**

JOIN*

- **Fill the Appropriate Lane**
- **Look for Every Opportunity**
- **Attack with Awareness**
- **Don't Overstay**

***4v3 IS THE NEW 3v2**

WHEN TO JOIN

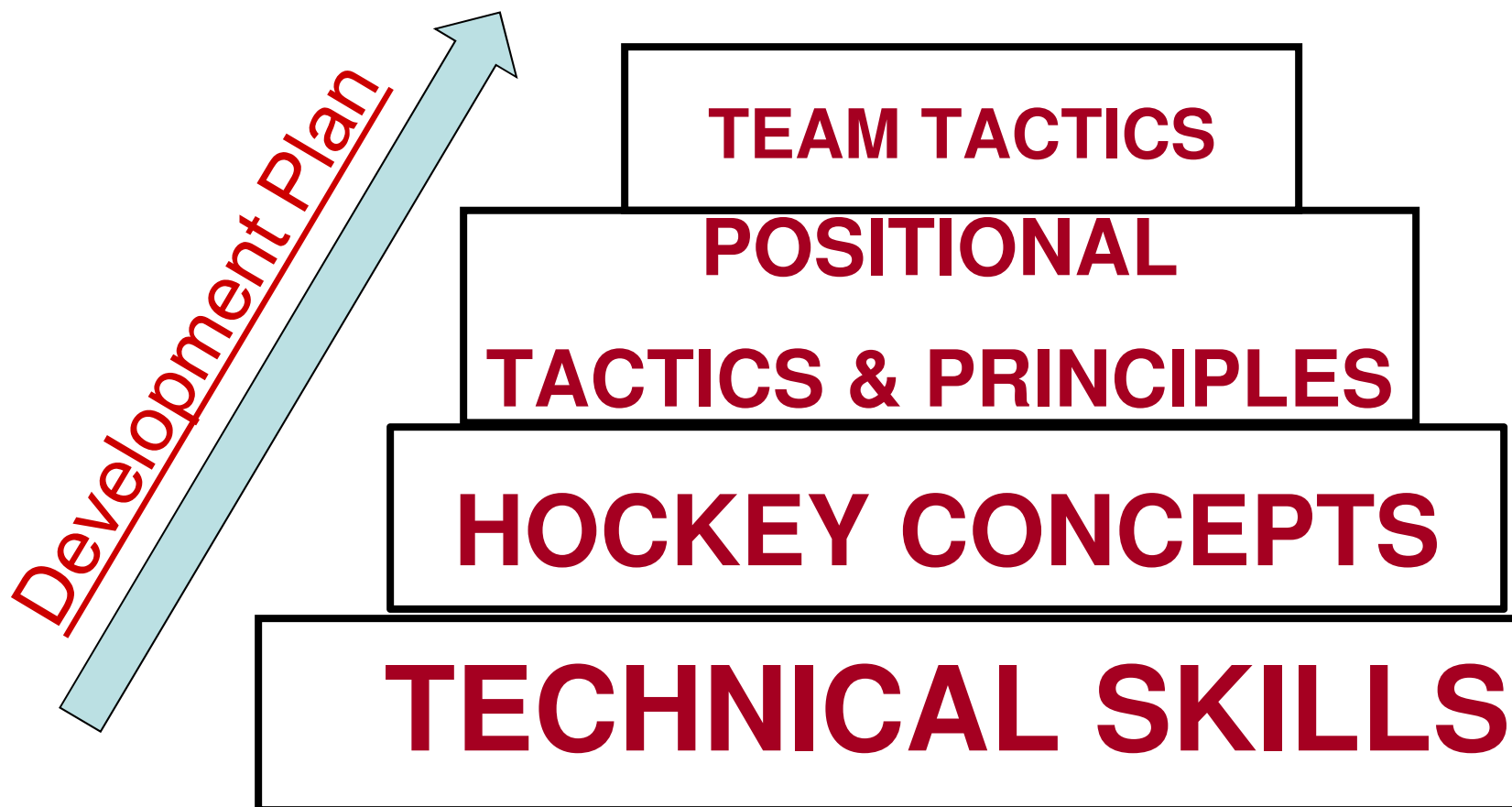
- **Manage the Game**
 - **Score, Time, Coaching Strategy**
 - **Only one D moves offensively at a time – partner supports**
- **Join the rush on successful breakouts**
 - **Read the quality of puck possession**
 - **Find the Lane...Middle or Wide**
 - **Decide depth of attack as you cross center**
 - **Drive the net when joining puck carrier as 1 of 3**
 - **Fill the high lane when behind the rush as 4**
- **Activate in the offensive zone on low cycle plays and whenever your team carries the puck behind the net.**

OFFENSIVE SKILLS OF ELITE DEFENSEMEN

- **The Ability To Make A Quick Hard Tape To Tape Pass**
- **Elude The First Fore-checker & Make A Pass And/Or Play**
- **The Ability To Take A Hit – Protect The Puck, And Make A Pass Or Play**
- **Passing Deception**
 - Look Away To “Buy Time”.
 - Faking A Pass – Freezing The Opponent /Forcing The Opponent To Turn Their Feet.
- **Reading The Play To Find The Correct Option**
- **Aggressively Joining The Attack At The Right Time**
- **Getting Pucks Through To The Net When Faced With Screens And Shot Blockers**
- **One Timing Pucks From The Point Position**
- **Sliding Along The Blue Line And Shooting**
 - Getting Pucks Through To The Net

DEFENSIVE SKILLS OF ELITE DEFENSEMEN

- **The Ability To Regain Possession Of The Puck.**
 - Puck Retrieval Skills Vs Control, Questionable & Loose
- **The Ability To Gain Defensive Side Position In All Situations**
- **Reading/Directing The Rush**
 - Gap Control
 - Identify The Opposition Player(s) You Are Responsible For Covering
- **Superior Stick On Puck Detail**
- **Angling, Checking, Finishing**
- **Getting In Lane/Body Positioning/Shot Blocking**





In the End...

ENDORSED BY THE



**YOUR PLAYERS DO
NOT RISE TO THE
OCCASION...**

**THEY FALL TO THE
LEVEL OF THEIR
TRAINING!**



Thank you!

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