



# THE PROGRAM

DEFENCE

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## Hockey Training For Defence

Outwork, outskate and outscore every team you face. Developed by veteran Gary Roberts and trainer Matt Nichol, these drills help you defend the blueline with speed, strength and skill.

## START YOUR TRAINING

Earn the top spot on the roster by training hard during the season and throughout the summer. Begin with a solid warm up then move on to the drills that strengthen the areas of your game that need it most.

**WARM UP**

**BASE**

**SPEED GYM**

**SPEED FIELD**

**POWER LOWER  
BODY**

**POWER UPPER  
BODY**

**ENDURANCE**

**SKILLS**



## WARM UP OVERVIEW

Warm Up	Sets	Reps	Rests	Superset	Page
Wall Squats	2	60-90s			3
Glute Bridge Marching	2	60-90s			3
Glute Bridge	3	15-30s			3
Three Position Wall Stretch		6 each leg			3
Side Leg Lifts On Wall		5 each leg			4
Inch Worms		20 metres			4
Swiss & Med Ball Rotations	3	10 each side	30s		4
Wall Side Lunges	3	5 each direction			4
Rear Delt Lateral Raises	2	12-15 reps			4

### WARM UP WALL SQUAT



Be an intimidating force on the ice by improving your overall body mobility and posture.

1. Start in a seated position with your back and shoulder blades against a wall and your knees bent at 90 degrees.
2. Extend your legs and slide your torso up the wall, hold, and return to first position.
3. Complete 2 sets of 60-90 seconds.

### WARM UP GLUTE BRIDGE MARCHING



Build your power and speed by working your core and glutes, the most powerful muscles in the skating stride.

1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Extend one leg at a time, kicking your foot to the ceiling.
4. Complete 2 sets of 60-90 seconds each.

### WARM UP GLUTE BRIDGE



Develop explosive stops and starts by adding power to your skating stride with this drill.

1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Hold for 15-30 seconds.
4. Complete 3 sets.

### WARM UP THREE POSITION WALL STRETCH



Improve your speed by increasing flexibility in the muscles specific to skating to help you achieve a lower skating position and a longer stride.

1. Use a wall or a post for stability.
2. Kick your leg forwards, backwards and sideways.
3. Each kick should get progressively higher.
4. Complete 6 reps for each leg.



## WARM UP SIDE LEG LIFTS ON WALL



Maximize your agility by creating balance in the muscles surrounding the hip, enabling you to move laterally and change direction on a dime.

1. Start in a seated position with your back up against a wall and your knees bent at 90 degrees.
2. Extend one leg and hold for 10 seconds.
3. Repeat with your other leg.
4. Complete 5 reps for each leg.

## WARM UP SWISS & MED BALL ROTATIONS



Increase your on-ice stability and strengthen your core so you always have gas left in the tank, long after your opponents quit.

- This drill requires a Swiss ball and Medicine ball.
1. Sit on a Swiss ball holding a medicine ball at arm's length.
  2. Keeping your hands at eye level, pass a medicine ball to your partner on one side and pick it up on the other, creating a circle around your head.
  3. Complete 3 sets of 10 reps in each direction.

## WARM UP REAR DELT LATERAL RAISES



Improve your posture and maximize strength by working on your shoulders and lower back muscles.

- This drill requires a Swiss ball.
1. Position the Swiss ball under your hips and lean over the ball. You may need to anchor your heels under a bar or have a partner hold your feet.
  2. With your arms behind your head, lift your torso upwards and overextend, hold, and return to first position.
  3. Complete 3 sets of 12-15 reps.

## WARM UP INCH WORMS



Build overall body strength and stability and control play during battles in the corners.

1. From an upright position, bend at the waist and touch the ground.
2. Without bending your legs, "walk" your feet in to meet your hands.
3. Without bending your arms "walk" your hands out until you are in a bridge position again.
4. Complete for 20 metres and jog back to start.

## WARM UP WALL LATERAL LUNGES



Increase your agility while strengthening your hips and groin to dominate battles in the corner.

1. Start in a seated position with your back up against a wall and your knees bent at 90 degrees.
2. Extend your leading leg and slide your body up, using the wall as a guide.
3. Complete 3 sets of 5 steps in each direction.



## BASE DRILLS OVERVIEW

Base Drills	Sets	Reps	Rests	Superset	Page
Med Ball Wood Chop	3	10-12 reps	30s		5
Side Planks	2	5 reps	30s		5
Walking Lunges	3	20 metres	60-90s		6
Speed Play: Buildups	3	60 metres	60-90s		6
Pyramid Sprints	3	60 metres	60-90s		6
Horizontal Pull-Ups	3	20 metres	60-90s		6
Dumbbell Squat and Press	3	10-12 reps	30s		6
Skater's Squats	2	10-12 reps	30s		7
One Arm Dumbbell Row	3	5 each direction	30s		7
Pause Push-Ups	2	12-15 reps	30s		7

### BASE DRILLS MED BALL WOOD CHOP



Strengthen these muscles for a stronger shot and checking capabilities.

This drill requires a Medicine ball.

1. Start in a standing position with your feet shoulder width apart.
2. Hold the med ball in two hands and raise it over your shoulder.
3. Bring the med ball down across your body in a chopping motion, stopping at your hip.
4. From the bottom of your chop, raise the ball over your other shoulder.
5. Chop down to your opposite hip to complete a figure eight.
6. Complete 3 sets of 10-12 reps.

### BASE DRILLS SIDE PLANKS



Improve your core strength and stability with this drill.

1. Begin in the push-up position. Roll onto one arm with your weight on your elbow and lower leg.
2. Extend your other arm straight out in a "T" position, keeping your core straight and your feet stacked on top of each other.
3. Hold this position for 5 seconds. Return to first position and switch to your other arm.
4. Complete 2 sets of 5 reps holding each position for 5 seconds.



## BASE DRILLS WALKING LUNGES



Increase mobility by working your hips, legs and core.

1. Start with your hands on your hips or ears.
2. Lunge forward with a high step and end with your knees at a 90 degree angle.
3. Follow with the opposite leg and travel 20 metres before jogging back to the start.
4. Complete 3 sets.

## BASE DRILLS PYRAMID SPRINTS



Increase your intensity with shorter periods of rest between each run. Time yourself or race a teammate to add another level of competition.

- This drill requires four cones.
1. Set up four cones in a line, 20 metres apart.
  2. Sprint from the first cone to the second cone then jog back.
  3. Sprint from the first cone to the third cone then jog back.
  4. Sprint from the first cone to the fourth cone then jog back.
  5. Complete 3 sets of runs.

## BASE DRILLS DUMBBELL SQUAT AND PRESS



By working your legs and shoulders simultaneously you build overall strength and increase your coordination.

- This drill requires two dumbbells.
1. Hold a dumbbell in each hand at shoulder height.
  2. Perform a squat.
  3. When you return to first position, use your momentum to press the dumbbells above your head.
  4. Complete 3 sets of 10-12 reps.
  5. For building power, use a heavier weight and do less reps and sets. For increasing endurance, use a lighter weight and do more reps and sets.

## BASE DRILLS SPEED PLAY: BUILDUPS



Be first to every loose puck with greater bursts of speed. Remember to keep your knees high with your arms and shoulders relaxed. Run against a teammate or time yourself to increase the intensity by trying to beat your best time.

This drill requires a field at least 60 metres long.

1. From a standing position, get up to speed with a steadily increasing pace.
2. Begin with a 20 metre jog.
3. Transition into a 20 metre run.
4. Then break into a full out sprint for the last 20 metres.
5. Jog back to your starting position.
6. Complete 3 runs.

## BASE DRILLS HORIZONTAL PULL-UPS



Get the strength you need to win battles in the corners by building a stronger back and arms. For increased difficulty, wear a weighted vest or elevate your feet on a Swiss ball or bench.

This drill requires a squat rack.

1. Position the bar just above shoulder height and grip it like you were doing a bench press.
2. Straighten your core in a plank with your heels touching the floor.
3. Pull your body up to the bar in a reverse bench press.
4. Complete 3 sets of 8-12 reps.

## BASE DRILLS SKATER'S SQUATS



This drill mimics the skating stride to improve leg strength and stability for rushes and back checking.

1. Start in a standing position with your feet together.
2. Extend a leg behind you at a 45 degree angle to end in a lunge position.
3. Hold, and return to start position and extend with the other leg.
4. Complete 2 sets of 10-12 reps.





## BASE DRILLS ONE ARM DUMBBELL ROW



Build a bullet of a shot and hands as soft as butter with a stronger back and more control over your arms.

This drill requires a dumbbell.

1. Place one arm and knee on a bench for support and keep your back straight and parallel to the ground.
2. Lean over so the dumbbell hangs straight from your arm and lift the dumbbell to your chest. Squeeze with your back muscles while keeping your back straight.
3. For building power, use a heavier weight and do less reps and sets. For increasing endurance, use a lighter weight and do more reps and sets.

## BASE DRILLS PAUSE PUSH-UPS



A stronger shot and body check starts with the upper body strength you build with this chest and shoulder drill.

1. Start in a push-up position.
2. When you reach the down position pause for 3 seconds before returning to the up position.
3. Complete 3 sets of 12-15 reps.



## SPEED GYM OVERVIEW

Speed Gym	Sets	Reps	Rests	Superset	Page
Reverse Lunge & Step-Up	3	6-8 reps	60-90s		8
Med Ball Jump Squats	3	10-12 reps	30s		8
Med Ball Split Jump & Twist	3	10-12 reps	30s		9
Med Ball Side To Side Twists Med	3	10-12 reps	30s		9
Ball Wood Chop	3	10-12 reps	30s		9

### SPEED DRILLS REVERSE LUNGE & STEP UP



Outskate the competition with a stronger foundation. Build leg muscles evenly by focusing on your hamstrings and glutes.

This drill requires a one metre platform.

1. Start one step behind the platform.
2. Lunge backwards until your front leg is at a 90 degree angle with your knee touching the ground.
3. Bring your back leg up to step onto the platform and bring your anchored leg up to a 90 degree angle.
4. Your raised leg now returns to first position and you step off the platform to first position.
5. Keep your arms in motion to mimic a sprinter's stance throughout the steps.
6. Complete 3 sets of 6-8 reps for each leg.

### SPEED DRILLS MED BALL JUMP SQUATS



Build the explosive leg power needed to handle body checks and protect the front of the net.

This drill requires a medicine ball.

1. Start with your legs apart in a flex position, holding the Med Ball above your head.
2. Squat so your knees are at least 90 degrees.
3. Explode upward as high as you can, keeping your legs open and ready to transition to the next squat.
4. Complete 3 sets of 10-12 reps.



SPEED DRILLS **MED BALL SPLIT JUMP & TWIST**

Build dynamic muscle power and explosive speed with this drill. The full range of motion in this drill mimics the demands of a defenceman's game and builds strength to help protect your zone.

This drill requires a medicine ball.

1. Start in a lunge position with one foot in front of the other and hold the med ball with both hands at one side of your waist, opposite your lead leg.
2. In one fluid motion, jump up and switch legs, coming down in a flex position and ending in a lunge with your opposite leg forward.
3. When in mid-air, move the med ball to your front and cross your body to your opposite hip.
4. Complete 3 sets of 10-12 reps.

SPEED DRILLS **MED BALL SIDE TO SIDE TWISTS**

Outlast the competition with relentless endurance, stability and reaction time by working your back and core.

This drill requires a medicine ball.

1. Start in an upright sit-up position, with your heels on the ground, holding the med ball at arm's length in front of you.
2. Rotate it from one side of your body to the other.
3. Complete 3 sets of 10-12 reps.

SPEED DRILLS **MED BALL WOOD CHOP**

Simulate shooting from the point and body checking movements with this drill and build a stronger upper body.

This drill requires a medicine ball.

1. Start in a standing position with feet shoulder width apart.
2. Hold the med ball in two hands and raise it over your shoulder.
3. Bring the med ball down across your body in a chopping motion, stopping at your hip.
4. From the bottom of your chop, raise the ball over your other shoulder.
5. Chop down to your opposite hip to complete a figure eight.
6. Complete 3 sets of 10-12 reps.

## SPEED FIELD OVERVIEW

Speed Field	Sets	Reps	Rests	Superset	Page
Get Up Sprint		5-7 runs	30s		10
Ladder Crossover	6	3 each foot	30s		10
Agility Box Crossover	3	4 starts from the left and right side	60-90s		11
Pyramid Sprints		60 seconds			11
Speed Play: Buildups		3 runs	60-90s		11

### SPEED FIELD DRILLS **GET UP SPRINT**



Practise sporadic and intermittent explosiveness that defencemen rely on to keep up with the flow of the game. To increase difficulty you can race a partner or vary the length of sprints and number of runs.

1. Start on your stomach with your hands at your shoulders, ready to push you up to a standing position.
2. Explode up to a sprinting position and sprint 15 metres.
3. Complete 5-7 runs.

### SPEED FIELD DRILLS **LADDER CROSSOVER**

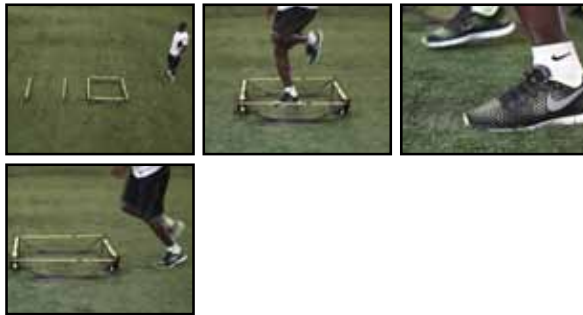


Improve speed with quicker feet and rapid on-ice crossovers doing this drill.

- This drill requires a ladder or agility web.
1. Start at one end of the web beside the first box.
  2. Step into the first box with your outside foot, crossing your body.
  3. Next, bring your crossed foot to the other side of the box and bring your feet together on the other side.
  4. Repeat the steps, alternating your feet until you reach the end of the web, and jog back to start.
  5. Complete 3 runs starting on each foot.



## SPEED FIELD DRILLS **AGILITY BOX CROSSOVER**



This drill builds the agility and quickness needed for defencemen to change direction at top speed. Concentrate on staying low and controlling your arms throughout the drill.

This drill requires at least four SPARQ hurdles

1. Arrange the hurdles in a box formation.
2. Stand outside the box and use a crossover movement to step inside the box.
3. Uncross your feet by bringing one foot over to the other side of the box and bring your feet together.
4. Reverse the motion, by bringing your other foot outside the rear of the box.
5. Plant your feet before sprinting out of the opposite side of the box.
6. Complete 6 sets and try to run each faster than the last.

## SPEED FIELD DRILLS **PYRAMID SPRINTS**

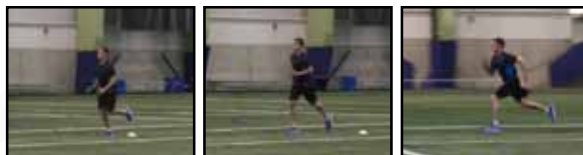


Building bursts of speed will help defencemen break out of the zone faster and catch opponents off-guard. Increase your intensity with shorter periods of rest between each run. Time yourself or compete against a teammate.

This drills requires four cones.

1. Set up four cones in a line, 20 metres apart.
2. Sprint from the first cone to the second cone then jog back.
3. Sprint from the first cone to the third cone then jog back.
4. Sprint from the first cone to the fourth cone then jog back.
5. Complete 3 sets of runs.

## SPEED FIELD DRILLS **SPEED PLAY: BUILDUPS**



Focus on the explosiveness of each step as you would while pinching in on the play. Remember to keep your knees high with your arms and shoulders relaxed. Run against a teammate or time yourself and increase the intensity by trying to beat your times with more explosive bursts.

This drill requires a field at least 60 metres long.

1. From a standing position, get up to speed with a steadily increasing pace.
2. Begin with a 20 metre jog.
3. Transition into a 20 metre run.
4. Then break into a full out sprint for the last 20 metres.
5. Jog back to your starting position.
6. Complete 3 runs.



## POWER LOWER BODY OVERVIEW

Power Lower Body	Sets	Reps	Rests	Superset	Page
Med Ball Wood Chop	3	10-12 reps	30s		12
Walking Lunges	3	20 m each leg	60-90s		12
Skater's Squat	2	10-12 reps	30s		13
Swiss Ball Hip Extension & Hamstring Curl	2	10-12 reps			13
Swiss Ball Crunch	2	10-12 reps	30s		13

### POWER LOWER BODY DRILLS MED BALL WOOD CHOP



Strengthen these muscles for a stronger shot from the point and checking capabilities while protecting the front of the net.

This drill requires a medicine ball.

1. Start in a standing position with feet shoulder width apart.
2. Hold the med ball in two hands and raise it over your shoulder.
3. Bring the med ball down across your body in a chopping motion, stopping at your hip.
4. From the bottom of your chop, raise the ball over your other shoulder.
5. Chop down to your opposite hip to complete a figure eight.
6. Complete 3 sets of 10-12 reps.

### POWER LOWER BODY DRILLS WALKING LUNGES



Increase your agility by working your hips, legs and core to be a stronger force while defending your zone.

1. Start with your hands on your hips or ears.
2. Lunge forward with a high step and end with your knees at a 90 degree angle.
3. Follow with the opposite leg and travel 20 metres before jogging back to the start.
4. Complete 3 sets.



## POWER LOWER BODY DRILLS **SKATER'S SQUAT**



This drill mimics a skating stride to improve leg strength and stability for checking attacking forwards along the boards.

1. Start in a standing position with your feet together.
2. Extend a leg behind you at a 45 degree angle to end in a lunge position.
3. Hold, and return to the start position and extend with the other leg.
4. Complete 2 sets of 10-12 reps.

## POWER LOWER BODY DRILLS **SWISS BALL HIP EXTENSION & HAMSTRING CURL**



Build strength and stability in your hamstrings and glutes with this drill to make it more difficult for attackers to knock you off the puck, preventing turnovers.

- This drill requires a Swiss ball.
1. Start with your heels on the ball.
  2. Your back should be off the ground with your weight on your shoulders.
  3. Roll the ball back to flex your hamstring and hold.
  4. Roll the ball back to first position.
  5. Complete 2 sets of 10-15 reps.

## POWER LOWER BODY DRILLS **SWISS BALL CRUNCH**



Build on-ice stability and hold the blue line by focusing on abdominal and core strength.

- This drill requires a Swiss ball.
1. Position the Swiss ball in the small of your back. Your feet should be flat on the ground.
  2. Balancing yourself on the ball, overextend backwards and bring yourself to a crunch position.
  3. Return to the overextended position.
  4. Complete 2 sets of 10-15 reps.



## POWER UPPER BODY OVERVIEW

Power Upper Body	Sets	Reps	Rests	Superset	Page
Pause Push-Ups	3	12-15 reps	30s		14
Dumbbell Squat & Press	3	10-12 reps	30s		14
Horizontal Pull-Ups	3	8-12 reps	30s		14
One Arm Dumbbell Row		Build Power with more weight less reps Build endurance with more reps less weight.			14
One Leg Russian Deadlift		8-12 reps	30s		15

### POWER UPPER BODY DRILLS PAUSE PUSH-UPS



Build a stronger shot from the point and control play in the corners with the upper body strength you build with this chest and shoulder drill.

1. Start in a push-up position.
2. When you reach the down position pause for 3 seconds before returning to the up position.
3. Complete 3 sets of 12-15 reps.

### POWER UPPER BODY DRILLS DUMBBELL SQUAT & PRESS



Strengthen your legs and shoulders simultaneously with this drill to build overall strength and coordination needed to defend the blueline and your net.

- This drill requires two dumbbells.
1. Hold a dumbbell in each hand at shoulder height.
  2. Perform a squat.
  3. When you return to the first position, use your momentum to press the dumbbells above your head.
  4. Complete 3 sets of 10-12 reps.
  5. For building power, use a heavier weight and do less reps and sets. For increasing endurance, use a lighter weight and do more reps and sets.

### POWER UPPER BODY DRILLS HORIZONTAL PULL-UPS



Get the strength you need to win battles in the corners by building a stronger back and arms. For increased difficulty, wear a weighted vest or elevate your feet on a Swiss ball or bench.

- This drill requires a squat rack.
1. Position the bar just above shoulder height and grip it like you are doing a bench press.
  2. Straighten your core into a plank with your heels touching the floor.
  3. Pull your body up to the bar in a reverse bench press.
  4. Complete 3 sets of 8-12 reps.

### POWER UPPER BODY DRILLS ONE ARM DUMBBELL ROW



Build a stronger back and arms for a more powerful point-shot and for moving attackers off the puck at the blueline.

- This drill requires a dumbbell.
1. Place one arm and knee on a bench for support and keep your back straight and parallel to the ground.
  2. Lean over so the dumbbell hangs straight from your arm and lift the dumbbell to your chest. Squeeze with your back muscles while keeping your back straight.
  3. For building power, use a heavier weight and do less reps and sets. For increasing endurance, use a lighter weight and do more reps and sets.





## POWER UPPER BODY DRILLS **ONE-LEG RUSSIAN DEADLIFT**



Build your on-ice stability by focusing on abdominal and core strength to be dominant in the corners.

This drill requires a dumbbell.

1. Standing on one leg, grab the dumbbell on the floor.
2. Pull up across your body, raising the dumbbell over your head.
3. Reverse direction to finish just above the floor at the outside of your ankle.
4. Complete 3 sets of 8-12 reps.



## ENDURANCE OVERVIEW

Endurance	Sets	Reps	Rests	Superset	Page
40 Metre Shuffle	2-5	20m each direction	60-90s		16
Tennis Ball Suicides		4 runs	60-90s		16
Get Up Tag		3 runs then switch	30s		16
5 Cone Scramble	3	8-10 numbers	60-90s		17
Rabbit Runs		4 runs each	30s		17
Mirror Drill		4 runs then switch			17
Agility Box with Variable 20 Metre		2 runs			17

### ENDURANCE DRILLS 40 METRE SHUFFLE



Increase your lateral speed with this drill to check attackers along the boards. Concentrate on keeping your centre of gravity low and pushing with your outside leg. Challenge yourself by timing how long each rep takes, then try to beat your best time.

1. Facing one direction, shuffle sideways for 20 metres, without crossing your feet.
2. Return to the start by shuffling back in the other direction.
3. Repeat 2-5 times. Try to run each faster than the last.

### ENDURANCE DRILLS TENNIS BALL SUICIDES



Use this drill to build controlled acceleration and deceleration to help you join the rush up-ice and get back to the blueline without getting caught out of position. To make this drill more competitive, time yourself and aim to beat your best time.

This drill requires 5 tennis balls.

1. Begin with a tennis ball in your hand, one at the start line, as well as one at the 5, 10, and 15 metre marks.
2. Sprint to the ball at the 5 metre mark with a ball in your hand.
3. Switch the ball in your hand for the one at the 5 metre mark and return to the start.
4. Switch the ball you picked up at the 5 metre mark for the one at the start and sprint to the next ball at the 10 metre mark.
5. Continue switching each ball between the start and the 10, and 15 metre marks.
6. Complete 4 runs.

### ENDURANCE DRILLS GET UP TAG



This head to head drill mimics the puck chases every defenceman wants to win. Practice your acceleration and deceleration using quick changes of direction while avoiding your partner. Increase the level of competition by making the space smaller or adding more opponents.

This drill requires a partner.

1. Lay down on your back with your head touching your partner's.
2. When your trainer indicates, get up.
3. Use explosive movements to catch your opponent and tag them.
4. Complete 3 runs then switch to avoid being tagged.



## ENDURANCE DRILLS 5 CONE SCRAMBLE



Keep your knees bent to help acceleration and deceleration while facing forwards throughout the drill to mimic keeping an attacking player in front of you. Increase the intensity by doing 10 push-ups every time you miss a cone or advance to the wrong one, this will keep you on your toes.

This drill requires 5 cones.

1. Start in the middle of the 5 cones.
2. When your partner calls out a number, sprint to the corresponding cone and touch it.
3. Use the shuffle technique to return to the middle cone and wait for the next number.
4. Complete 3 runs of 8-10 numbers

## ENDURANCE DRILLS MIRROR DRILL



This drill will help you follow attacking forwards next time you're defending against an odd-man rush. If you are mirroring, watch your partner's chest in their feet, this will make it harder for your partner to lose you.

This drill requires a partner.

1. Stand facing your partner.
2. Your partner acts as a leader and moves forward, backwards and side to side.
3. Mirror each of your partner's movements exactly.
4. Switch places and complete 4 runs each.

## ENDURANCE DRILLS RABBIT RUNS



Focus on accelerating and decelerating from various speeds to efficiently check forwards along the boards. Up the difficulty by increasing the distance of the chase. Make sure to keep an arm's-length between you and your partner. If you break that space do 10 push-ups before switching.

This drill requires a partner.

1. Stand behind your partner.
2. The person in front acts as the leader and sprints forward at varying speeds for 20 metres.
3. The person following runs when their partner runs and stops when they stop.
4. Switch places and complete 4 runs each.

## ENDURANCE DRILLS AGILITY BOX WITH VARIABLE 20 METRE



Get back into position faster after pinching or moving up ice with the play with a stronger skating stride. Keep your centre of gravity low and push with your outside leg. To make it more competitive, time yourself and aim to beat your best time.

This drill requires 4 cones arranged as a 20 metre by 20 metre box.

1. Start by sprinting forwards 20 metres.
2. Shuffle right 20 metres.
3. Then backpedal 20 metres.
4. Carioca 20 metres to the left, and carioca back.
5. Sprint forwards 20 metres.
6. Then shuffle left 20 metres.
7. And backpedal 20 metres to complete the square.
8. Complete 2 runs.



## DEFENCE SKILLS

### Defence Skills

### Reps

### Page

Stickhandling (around cones, with a pipe, and over an obstacle.)

Various controls for 30s each.  
Add the pipe and continue for 30s each.  
Various controls over an obstacle for 30s each.

18

Shooting (accuracy and point shots.)

At least 25 shots each

19

Passing

30s each drill

19/20

#### SKILLS DRILLS **STICKHANDLING**



This drill requires four cones and a road hockey ball.

1. Control the ball in a figure eight formation, forward for 30 seconds then backwards for 30 seconds.
2. Practice different types of control by mixing rollies, toe-drag and pulls.
3. Now add a third cone to create a triangle. Stickhandle in and around it, making sure to go in both directions using a variety of techniques for 30 seconds each.
4. Add in a fourth cone to create a box.
5. Stand in the middle and stickhandle in and around the cones to focus on puck control in tight spaces.
6. Then rate within the box as you stickhandle to work on control in motion.
7. Complete a circuit of various controls for 30 seconds each.

#### SKILLS DRILLS **UPPER HAND STICKHANDLING**



Add another layer of difficulty by changing the ball to something smaller and more unpredictable like a golf ball or SPARQ

1. Slide a piece of pipe on your stick and grip with your lower hand.
2. Concentrate on using your upper hand to control the ball through the cones.
3. Practice combining different types of control with rollies, toe-drag and pulls around the cones.
4. Complete a circuit of various controls for 30 seconds each.

## SKILLS DRILLS STICKHANDLE OVER AN OBSTACLE



This will help you maintain control of bouncing pucks and avoid stick-checks on the ice. Strengthen your core by incorporating a side to side jump over a hurdle, landing on one foot and holding for 3 seconds per jump as you stickhandle.

- This drill requires a piece of pipe or stick and two cones.
1. Set up a piece of pipe or stick on top of two cones, creating an obstacle that is half a metre wide, making sure the ball can fit underneath.
  2. Practice combining different types of control with rollies, toe-drag and pulls around the obstacle.
  3. Get creative and combine rolling the ball through or popping it up and over the obstacle as you move.
  4. Complete a circuit of various controls for 30 seconds each.

## SKILLS DRILLS POINT SHOTS



To simulate game-time shooting, have a partner feed you passes to work on one-timers. To increase the degree of difficulty, try standing on one leg at a time to improve stability, wear a weighted vest while you shoot or tape pucks to the back of your blade to weigh it down. This will give you more power behind your shots.

- This drill requires a hockey net, practice balls and a stick.
1. Begin by putting the net down so you're shooting at the top of it. This smaller target will help you keep shots low and create more tip-in opportunities or rebounds off the goalie's pads.
  2. From 6 metres out, practice snapshots for at least 25 shots.
  3. Move back to about 12 metres out to practice slapshots.

## SKILLS DRILLS ACCURACY SHOOTING



This drill requires a hockey net, practice balls and a stick.

1. Begin by turning the net on an angle so there's less net to shoot at.
2. From 3 metres away, practice wristers, snapshots and backhands for at least 25 shots each.
3. Move back to 6 metres and practise wristers, snapshots and backhands for at least 25 shots each.
4. Move back again to 12 metres away to practice wristers and shots.

## SKILLS DRILLS PASSING



Strengthen your core and improve stability by standing on one leg or by stride jumping from foot to foot, this will mimic your skating stride. Increase the difficulty by using a SPARQ Reaction ball to vary the direction of the passes.

This drill requires a stick, road hockey ball and a wall.

1. Standing 3 metres away from a wall, pass to yourself beginning on your forehand, cradling the pass for 30 seconds then switch to one-touching it off the wall for 30 seconds.
2. Work on your backhand for 30 seconds.
3. Then alternate giving and receiving passes between your forehand and backhand for 30 seconds.
4. Increase the distance of your pass by moving 6 metres away from the wall, then 10 metres away. Work on forehand, backhand and alternating passes from these distances.



## SKILLS DRILLS TOUCH PASSES



Strengthen your core and improve stability by standing on one leg during the drill. Up the level of difficulty by increasing the distance from your partner or by reducing the size of the obstacle. You can also do this drill alone by passing off a wall.

This drill requires a partner, sticks and road hockey ball.

1. Standing about 3 meters from your partner with an obstacle between you, use a forehand pass to get the ball over or under the obstacle and to your partner. Continue this for 30 seconds.
2. Switch to your backhand and repeat for 30 seconds.
3. Increase your distance from the obstacle to 6 and 10 metres and complete the forehand and backhand circuit. Continue passing for 30 seconds each.