

Offensive skills / defensive work

1-1 full ice

Mag.Oldrich Jindra

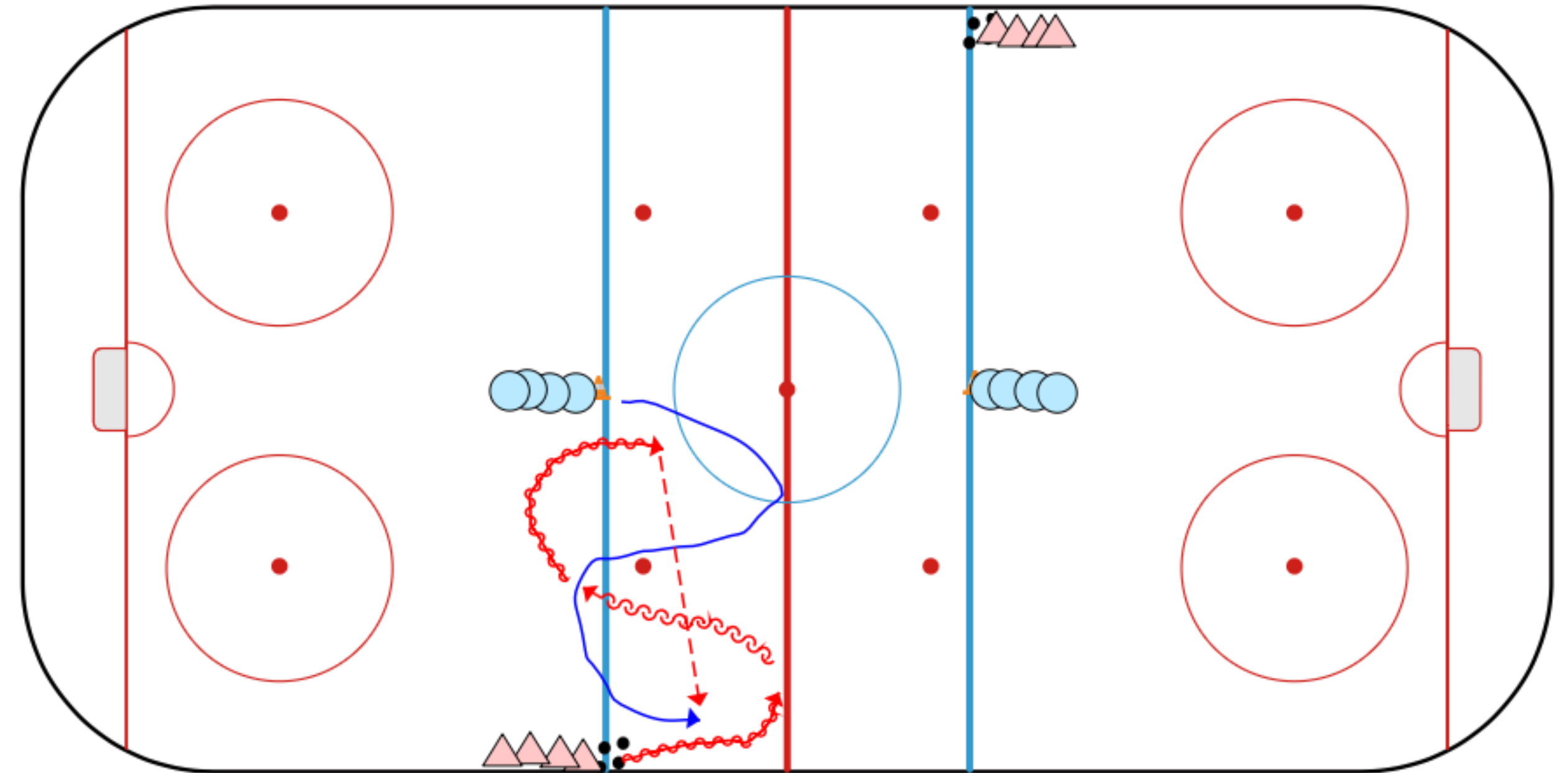


About the drill

- this drill was made to develop three key-points: SKATING-OFFENCE-DEFENCE
- heads-up
- react on the speed of your opponent - speed up or slow down (timing!!!)
- react on the move (defence) - control the GAP, FC, BC
- optimal run of the drill. Four players at work, also the D's who has to be ready for a pass
- very good number of repetition with great recovery time

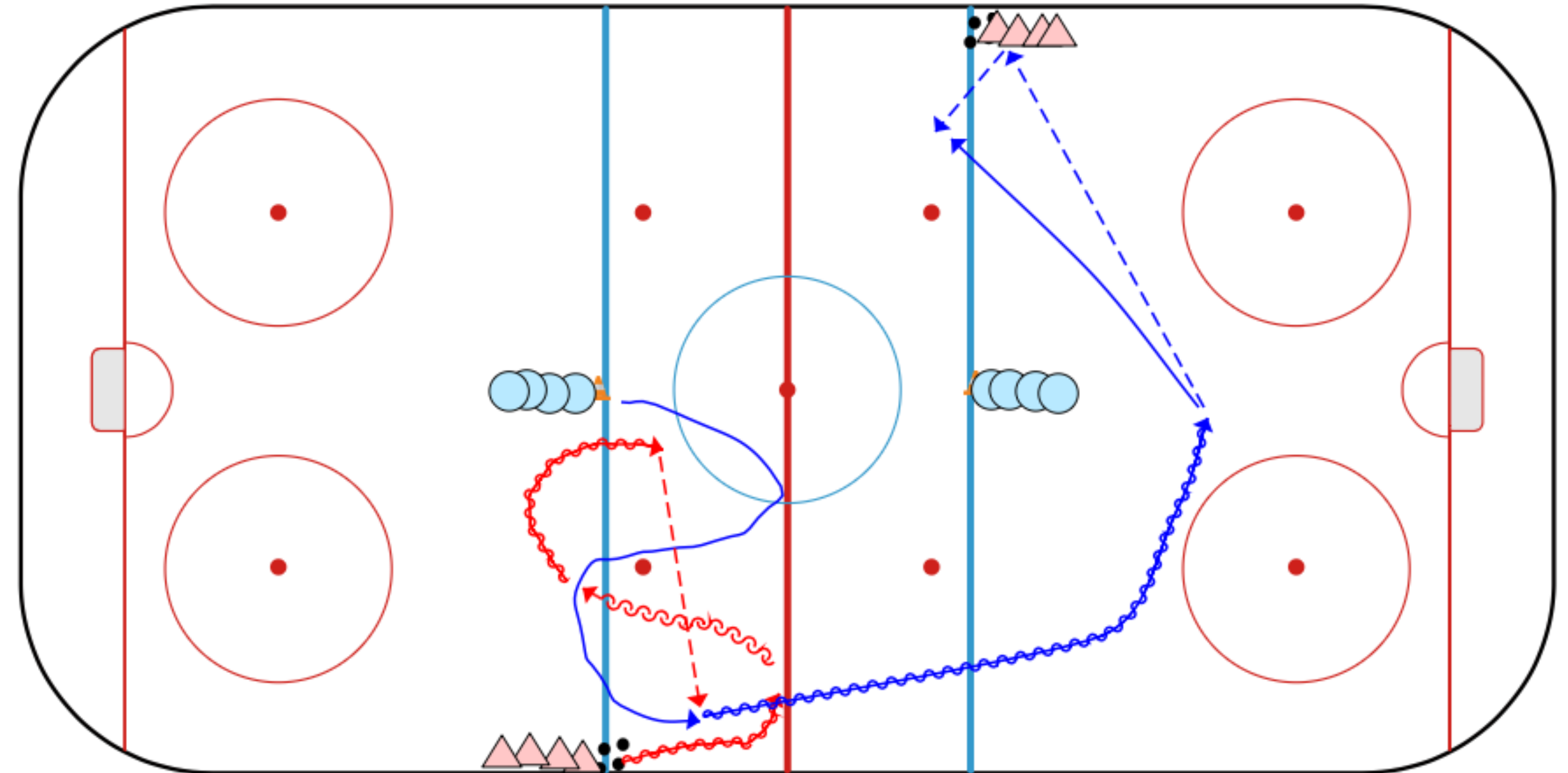
Drill description, part 1

- four groups (players has to change, we need all skills in the game)
- forward and defender start on the whistle at the same time. Forward skates forwards (S style), the defender skates forwards-backwards-forwards with puck (S style)
- pass from the D to the F
- the first part is skating part, the key-point is on heads-up, moving feets, and verbal also non-verbal communication



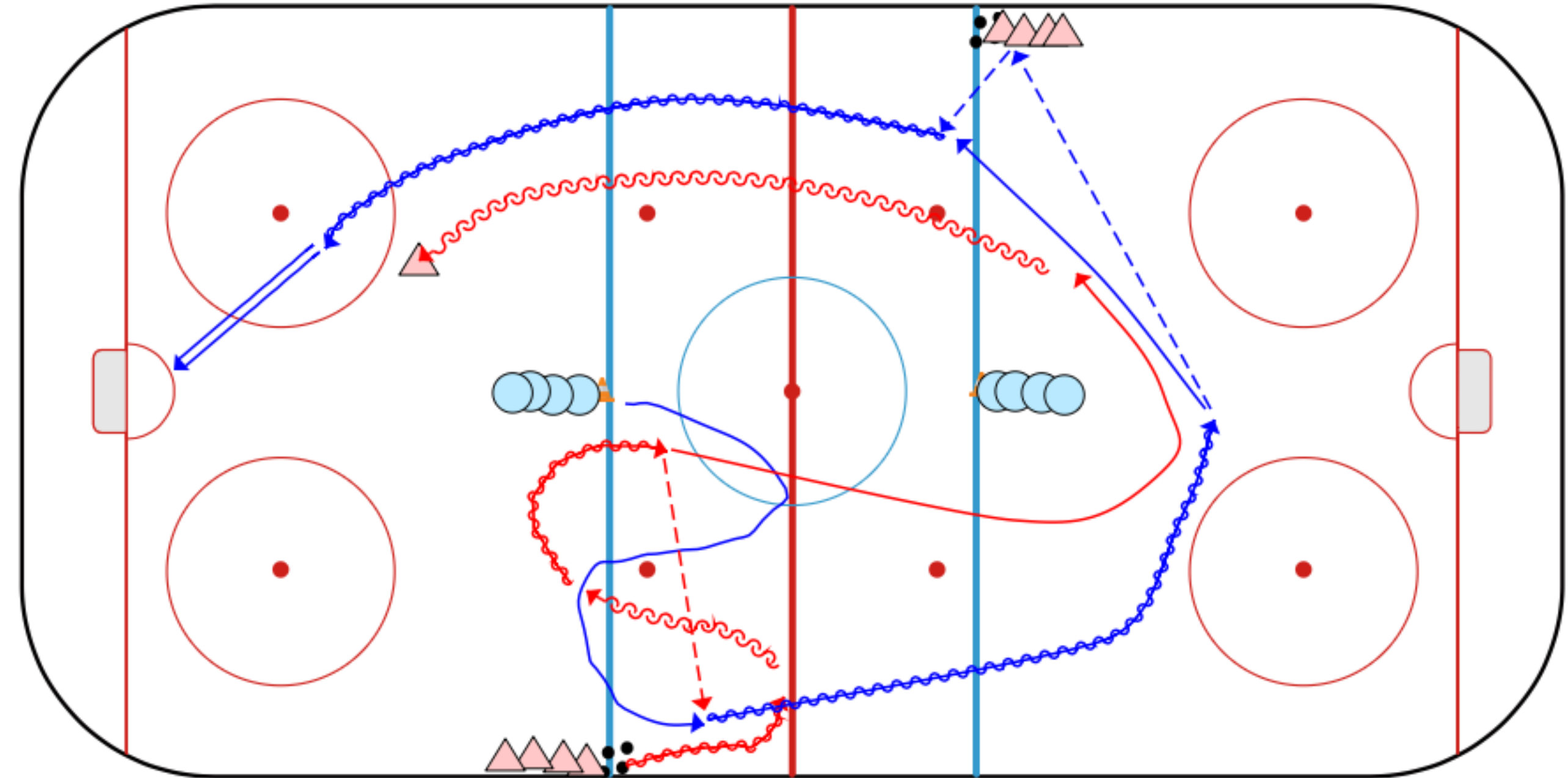
Drill description, part 2

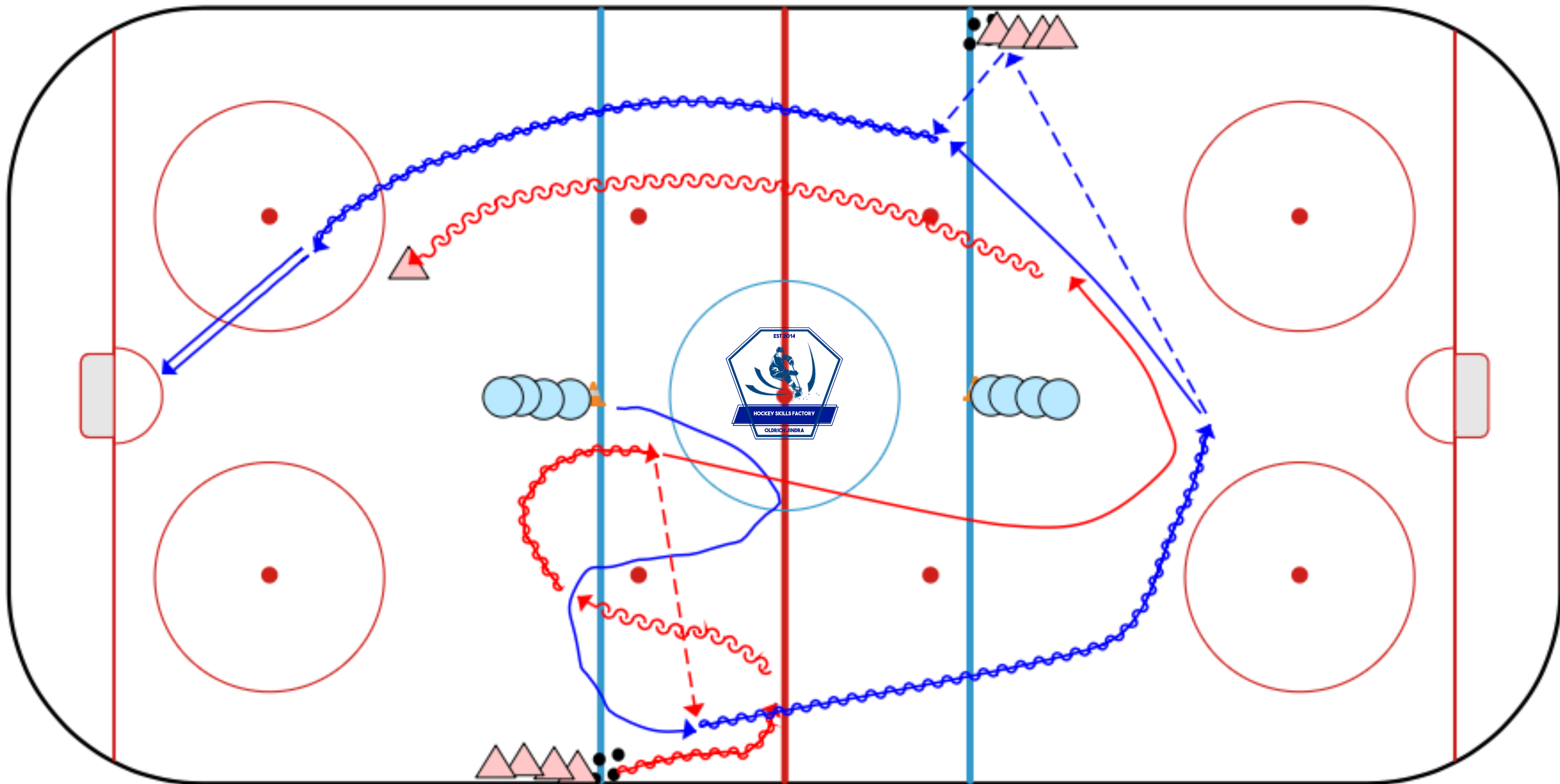
- the forward as soon as he receives a pass speeds up. We want to see moving feets, heads-up and looking for to playing the pass
- play to the other D and be ready to receive the pass again! Don't stop skating (development of playing hockey without the puck)
- puck is back - attack the net and be ready for the pressure of the D!

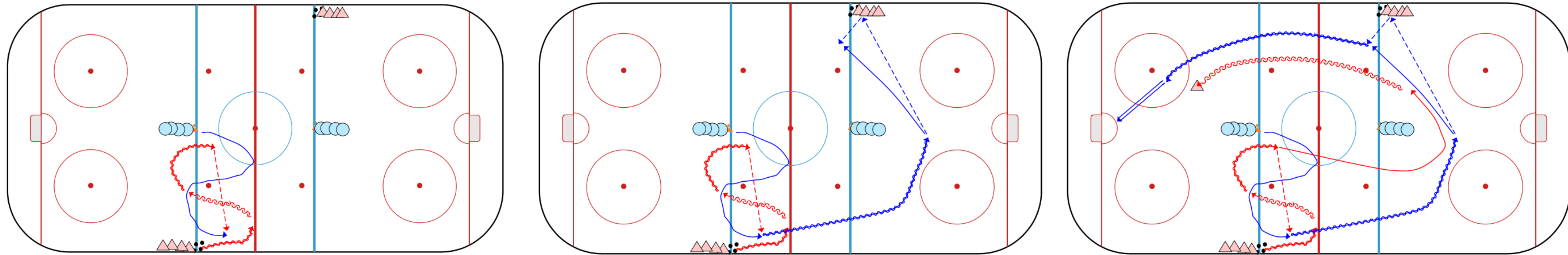


Drill description, part 3

- now we can see the D is in the game (in the descriptions before we didn't mean the D because we wanted to keep the focus on the offensive skills)
- depends on the position and of the D we speak about active pressure
- keep the „good ice“ closed. Control the GAP, stick position, heads-up, inside







***„Develop the players - don't teach the drills.
This is the point why I do it for you“***

–Mag.Oldrich Jindra

