



Player Development

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Defence Skills Stations

- Two defensemen will pick up pucks at circle tops and shoot. Vary the types of shots. If there is a goalie, alternate shots
- Two defense skate “toes up ice” around the 5 pylon obstacle until the top defensemen have shot. Then they alternate and take a shot on net.
- Can use forwards as well to do the 5 pylon agility puck handling

Key teaching points

- Defensemen at blue line need to follow good technique and vary the shots they take
- Keep feet close to or outside blue line
- Low defensemen toes up ice transition keeping their speed

