

SKILLS PLUS HOCKEY

Get an edge on your skills



Training your individual skills and tactics is the best way to become a leader on the ice!

Hockey Training Skills Tip #3

Individual defensive tactic – containing an opponent one-on-one in front of the net or in the corner

There is a lot to think about and practice to improve your readiness to defend an opponent one-on-one defensively in close proximity to one another. Players should practice and understand the following fundamentals:

- Position yourself correctly: facing the opponent in the hockey ready position (knees bent, upper body slightly bent forward, two hands on the stick positioned one foot apart, shoulders broad and chest out)
- Maintain a small gap between you and the opponent (arms length apart)
- Maintain a square forward-facing position to the opponent and use quick lateral skating movements (combination of a side shuffle and scooting) in the hockey ready position
- Push the opponent low around their hips using your arms (hold the stick with two hands close together and avoid cross checking) - low pushes will disrupt their centre of balance and avoid high sticking penalties

Defending The Face-off Dot

A simple drill to practice the defensive skills with a friend

- offensive player: position yourself two meters from the dot facing the defensive player
- defensive player: position yourself within arms length of your opponent (a small gap is a necessity) facing the offensive player
- offensive player's objective: touch the face-off dot with your skate
- defensive player's objective: to defend the dot using the skills outlined above to stop the opponent from touching or skating through the dot
- each repetition the players switch roles



Eric Calder - President

Eric played professional hockey for 14 years. Among his career highlights is winning the Memorial Cup Championship, playing with the Washington Capitals in the NHL and being the MVP for the Canadian National Junior Team at the World Junior Championships. He is an NCCP High Performance II Certified Coach with over 15 years of professional coaching experience, lectures in the Theory of Coaching at Wilfrid Laurier University and is one of the most sought after instructors in Waterloo Region!

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