



BDMHA 2023 U13AAA Tryout - Defense Session

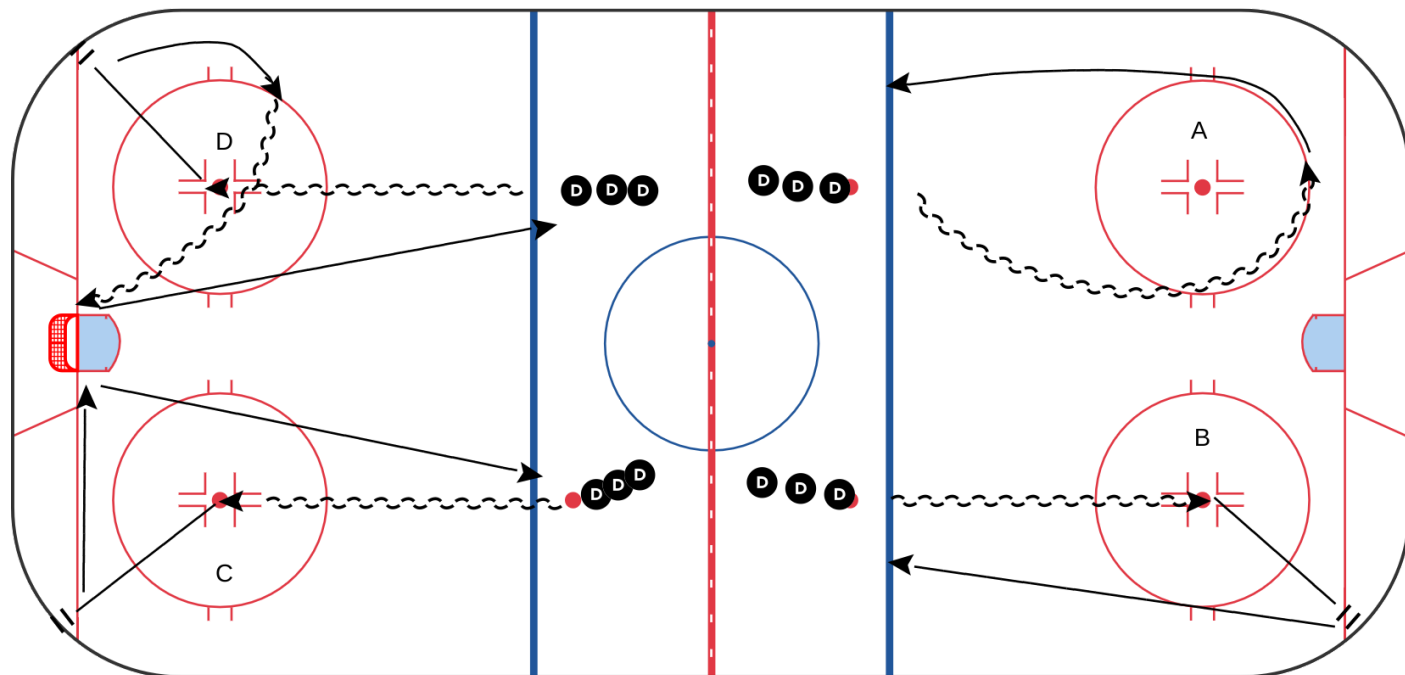
Date: Sep 11 2023

Time: 11:58 pm

Duration: 40 mins

BDMHA Defense Session #1 - Jodoin DEF Man Mobility Skating

10 mins



Description

- PHASE 1, NO PUCKS

- "A"

- D backwards around circle, pivot to forwards, sprint to blue line.

- "B"

- D backwards to dot, pivot to forwards facing boards, stopping in corner. Sprint to blue line.

- "C"

- D backwards to dot, pivots to forwards facing boards, stopping in corner. Sprint to post. Sprint to blue line.

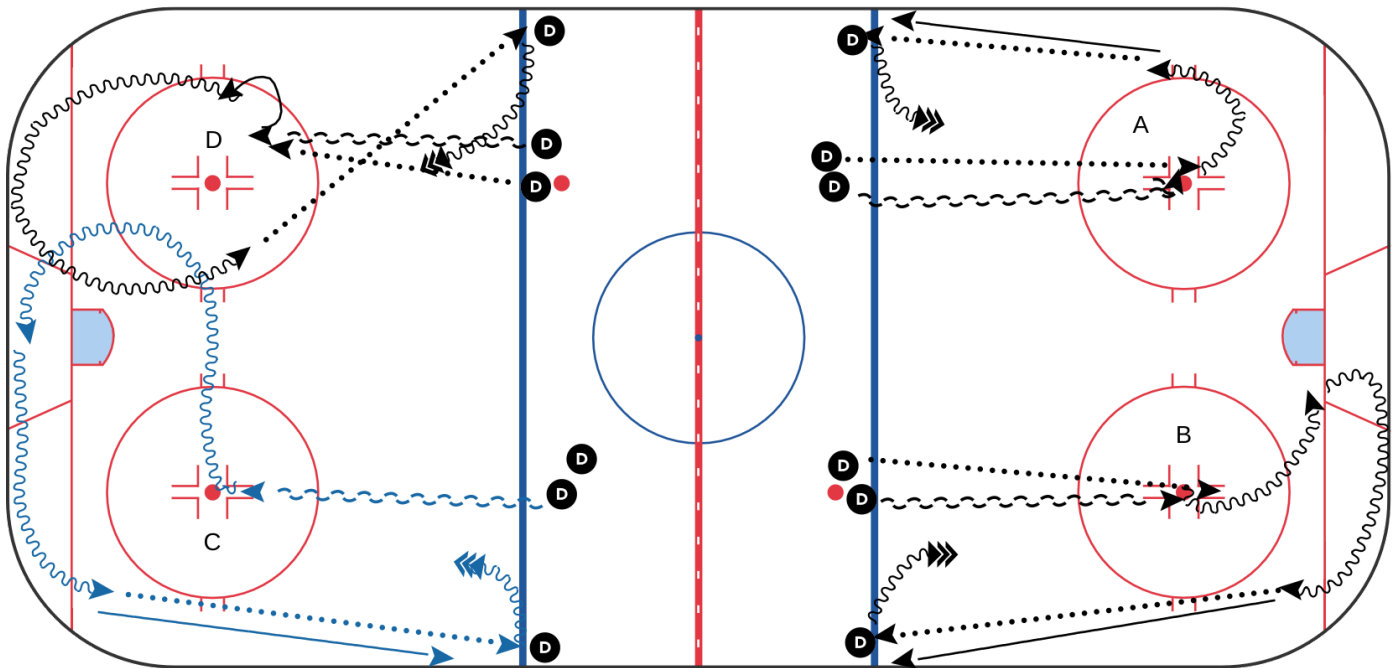
- "D"

- D backwards to dot, pivots to forwards facing boards, stopping in corner. Forward up boards, pivoting to face puck on simulated cycle, backwards to post. Sprint to blue line

Key Points

EVALUATION KEYS:

- Body Positioning (Head up, Stick in control)
- Skating Strength (Power, Control, Speed)
- Skating Efficiency (Cross-overs, Edge control and use)



Description

PHASE 2, WITH PUCKS

- "A"
- D backwards to dot, gets pass from next D in line, pivots up ice, passes to D on blue line. D takes shot, with passing D taking his spot.

- "B"
- D backwards to dot, gets pass from next D in line, pivots to carry puck around net, tight turn up boards, passes to D on blue line. D takes shot, with passing D taking his spot.

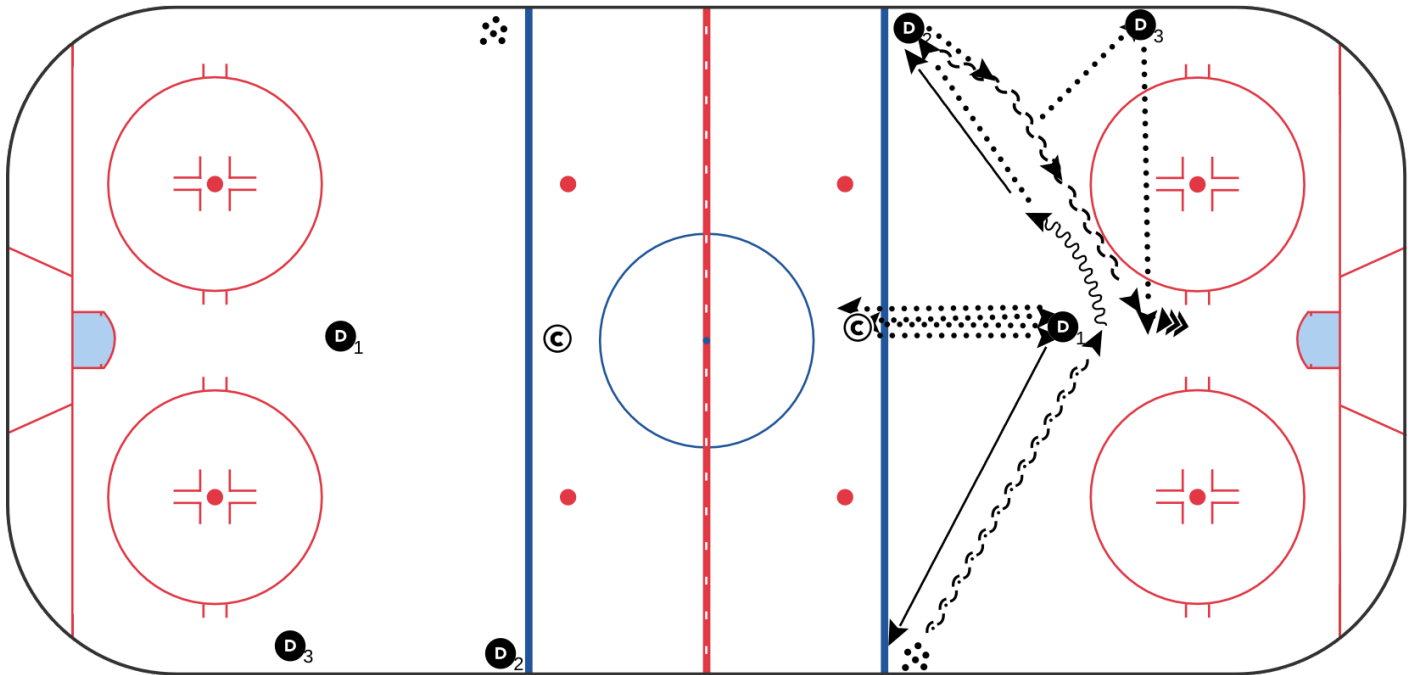
- "C"
- D backwards to dot, gets pass from next D in line, pivots to take puck up other side, tight turns and wheels around net, passes to D on blue line. D takes shot, with passing D taking his spot.

- "D"
- D backwards to dot, gets pass from next D in line, pivots to take puck around net, quick turn up ice before post, passes to D on blue line. D takes shot, with passing D taking his spot.

Key Points

EVALUATION KEYS:

- Body Positioning (Head up, Stick in control)
- Skating Strength (Power, Control, Speed) & Skating Efficiency (Cross-overs, Edge control and use)
- Puck Control and Stickhandling
- Passing and Recieving (Quality)
- Shooting Quality (shot power, on net)



Description

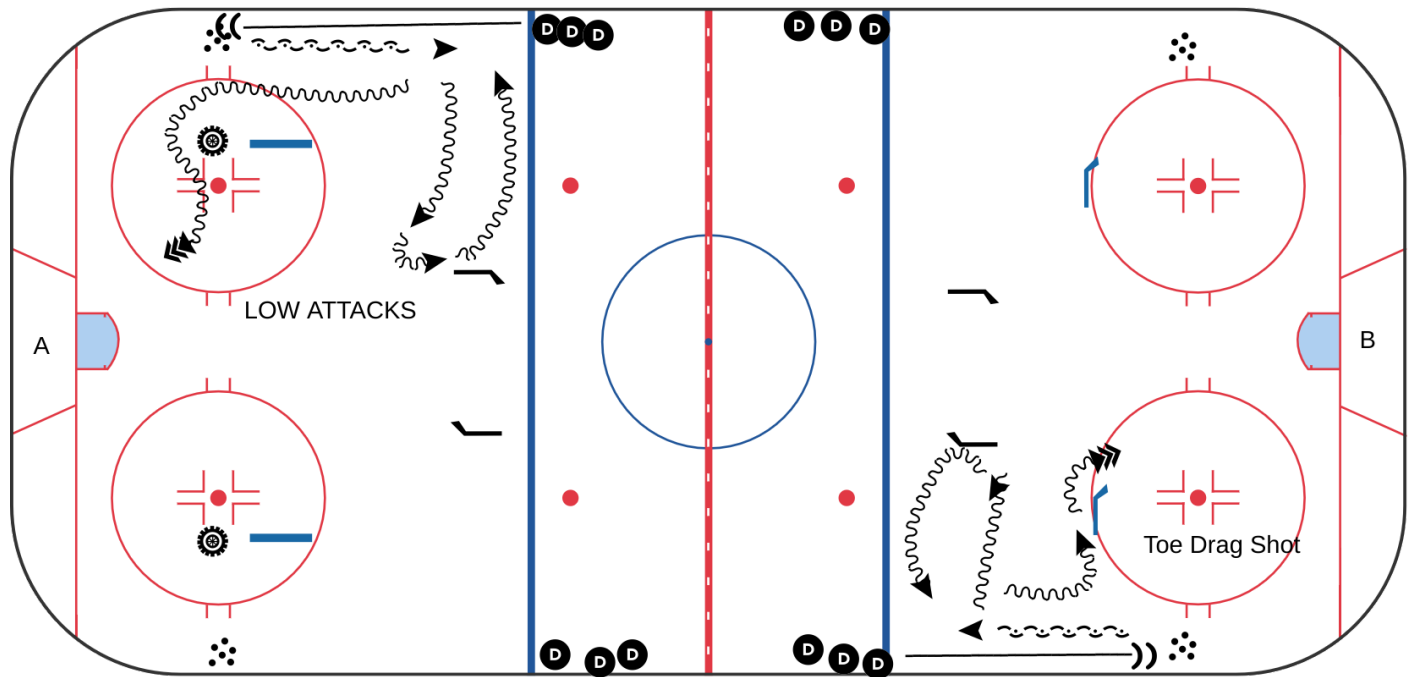
BOTH ENDS - Switch sides halfway through drill

- D1 and Coach do 4 touch passes.
- Coach holds puck.
- D1 retrieves puck from pile, carries back.
- As soon as D gets to centre, pass to D2 on far wall.
- Get close to D2, get puck back.
- Pass down to D3, get in slot, open up for pass for a catch/release or one-timer shot.

Key Points

EVALUATION KEYS:

- Passing Abilities (quality of passes, good stick target to receive pass)
- Puckhandling Ability (stickhandling)
- Skating skills (Pivots, backwards skating, forward skating)
- Positioning and Shooting (getting body/stick into shooting position, finding the right spots on the ice to shoot from, quality of shot)



Description

BOTH Ends Alternate sides

Station A

- DEF retrieves puck, drags back to blueline skating backwards, pivots and goes across to stick and cuts back away from pressure
- DEF attacks staying wide skating forwards, fake on rebounder and shoots

Station B

- DEF retrieves puck, drags back to blueline and goes across to stick and cuts back away from pressure
- DEF cuts and attacks across top of circle and **toe drags/pushes** into shot

****Progress to adding DEF where there are Blue sticks for read/react decisions****

Key Points

EVALUATION KEYS:

- Puckhandling Abilities (Escape moves, stickhandling)
- Skating Abilities (backward power, pivots, escape turns and edges)
- Shooting and scoring abilities