



HOCKEY CANADA – SKILLS OF GOLD (DVD SERIES)

INVENTORY OF SKILLS

Defensive Tactics – Individual and Group

INDIVIDUAL DEFENSIVE TACTICS

1.1 Skating

- 1.1.1 Forward skating
- 1.1.2 Backward skating
- 1.1.3 Changing directions

1.2 1 vs 1 Defense

- 1.2.1 Positioning
- 1.2.2 Redirecting the rush
- 1.2.3 Pinching
- 1.2.4 Gap control
- 1.2.5 Closing the gap
- 1.2.6 Stepping up
- 1.2.7 Pressure or contain
- 1.2.8 Angling
- 1.2.9 Pinning
- 1.2.10 Body checking
- 1.2.11 Finishing checks

1.3 Backchecking

- 1.3.1 Tracking
- 1.3.2 Backside pressure

1.4 Backside Support

- 1.4.1 Head on a swivel
- 1.4.2 Sagging

1.5 Shot Blocking

- 1.5.1 Stick in passing lane
- 1.5.2 Active stick
- 1.5.3 Body in shooting lane
- 1.5.4 Shot block – standing
- 1.5.5 Shot block – sliding

1.6 2 on 1 Rush Defense

- 1.6.1 Play non puck carrier – take away pass
- 1.6.2 Play puck carrier – with pressure

DEFENSIVE TACTICS – OFFENSIVE ZONE

2.1 Offensive Zone Forechecking

- 2.1.1 Role of F1
- 2.1.2 Role of F2
- 2.1.3 Role of F3
- 2.1.4 Role of D1
- 2.1.5 Role of D2

DEFENSIVE TACTICS – NEUTRAL ZONE

3.1 Neutral Zone Forechecking

- 3.1.1 Role of F1
- 3.1.2 Role of F2
- 3.1.3 Role of F3
- 3.1.4 Role of D1
- 3.1.5 Role of D2

3.2 Defending the Rush

- 3.2.1 2 on 1
- 3.2.2 3 on 1
- 3.2.3 2 on 2
- 3.2.4 3 on 2
- 3.2.5 1 on 2
- 3.2.6 3 on 3 tracking
- 3.2.7 3 on 3 rush

DEFENSIVE TACTICS – DEFENSIVE ZONE

4.1 Defensive Zone Coverage

- 4.1.1 Role of D1
- 4.1.2 Role of D2
- 4.1.3 Role of F1
- 4.1.4 Role of F2
- 4.1.5 Role of F3

4.2 Defensive Zone Situations

- 4.2.1 Puck carrier behind the net
- 4.2.2 Corner – into / out of
- 4.2.3 Net front
- 4.2.4 Point
- 4.2.5 Side boards
- 4.2.6 Hinge support – 2 on 2
- 4.2.7 3 on 3 shade
- 4.2.8 Defending the cycle
- 4.2.9 Activated defenseman