



# Defence Habits: Retrievals

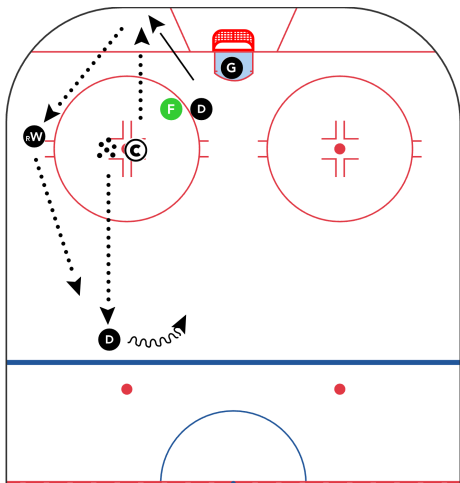
Date: Mar 5 2025

Time: 4:11 pm

Duration: 48 mins

## D Habits: Tie Up, Retrieve, Breakout

6 mins



D and F start in faceoff circle

Coach spots puck to point which activates low F and D

D ties up forward's stick and boxes out to clear a path for the shot

Second puck is spotted in corner, net front D retrieves under pressure from net front forward and passes to forward on wall, who passes to point

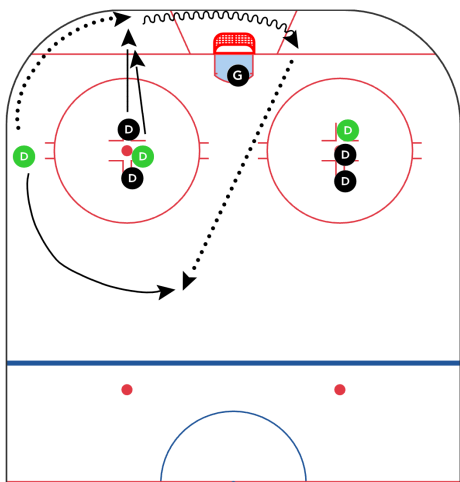
Second shot with D boxing out forward driving to net

### Key Points

Habits: D ignoring puck on point, shoulder checking, stops and starts

## First Touch Escape Warmup - D's

6 mins

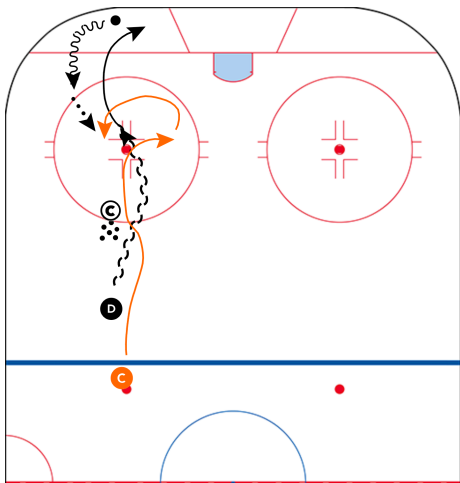


Player from previous rep rims puck down

D retrieves under pressure, escapes either way and passes to original D

## Centres & D's strong side breakout options

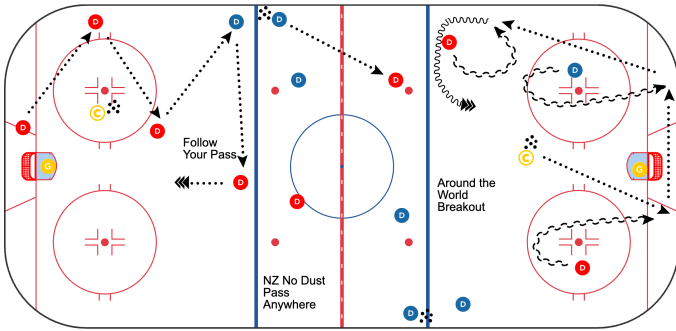
6 mins



Puck is rimmed into corner, D goes back to retrieve

Centres gets wide and low, D uses deception and reverses, centre reverses for bump or pass

Centre works puck to middle of ice, turns to outside to finish with shot



1. Follow Your Pass: puck is chipped beside net, D1 retrieves, sells false info, puts puck on hip, passes to D on wall

- D follow their pass
- Progress to receiving on backhands and saucer passes

2. NZ No Dust Pass Anywhere: D1 starts with puck on blue and passes anywhere

- D can pass to any player with no stickhandling
- Progress to receiving on backhands and saucer passes

3. Around the World Breakout: 2 D check up at top of circle and retrieve puck dumped by coach

- D pass D to D behind net, and then pass to D diving down off blue line, who walks the line and shoots