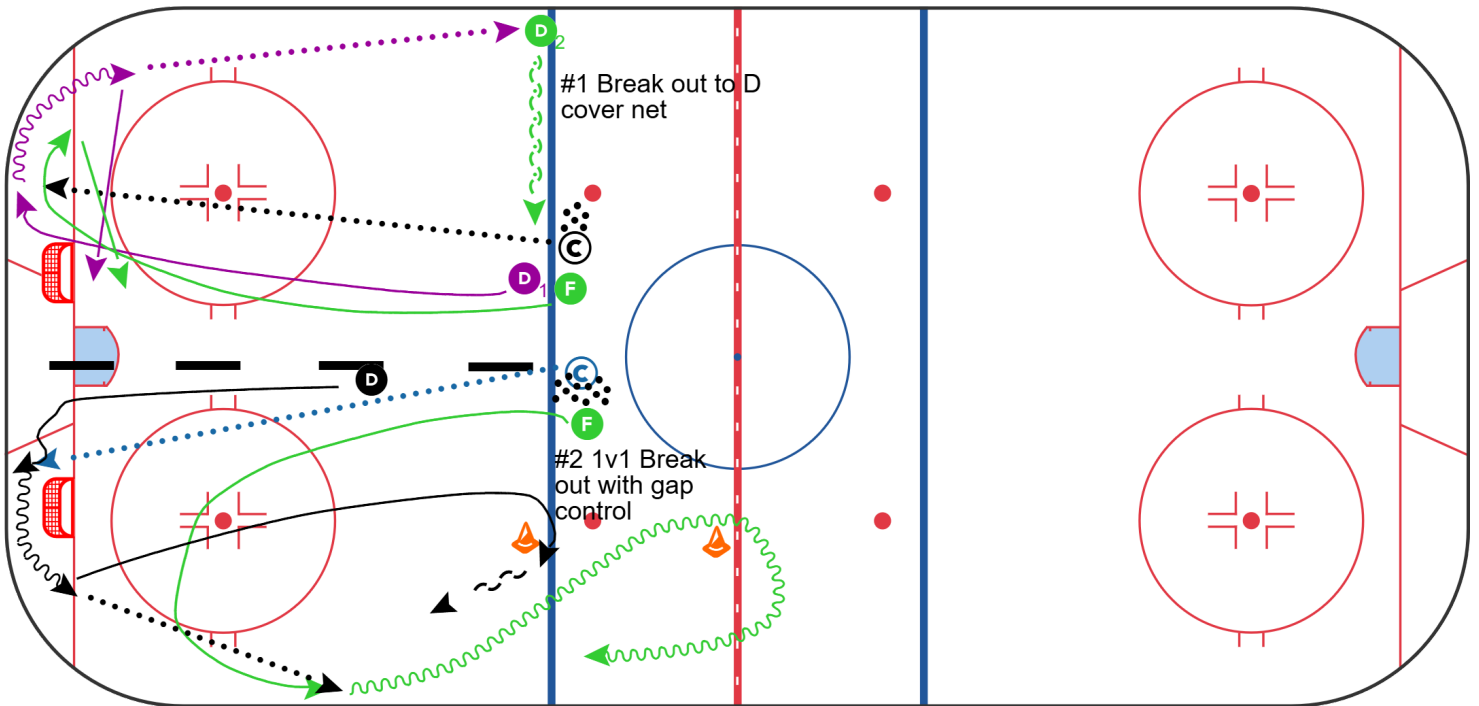


3 Stations D Clinic



Description

Station 1: D Zone Puck Retrieval, Net-Front Battle and Point Shot Drill

Drill Start

Coach dumps the puck into the corner to initiate the drill.

- D 1 - Start inside the defensive zone, near the slot area.
- Read the dump in and skate hard to retrieve the puck in the corner, under pressure from the forechecking forward.
- Make a quick, controlled pass up the wall to D2 at the blue line. Focus on decision making: know when to move the puck right away versus protecting it under pressure.
- After passing, immediately sprint back to the front of the net and establish body position to defend against the attacking forward.
- Key points: Good retrieval angles, awareness under pressure, strong body and stick positioning in front of the net (stick in lane, eyes on puck, tie up sticks).
- F - On the whistle, aggressively forecheck D1, applying pressure in the corner to simulate a game like puck retrieval battle.
- After D1 moves the puck to D2, quickly drive to the net, looking to screen the goalie, deflect the shot, or pounce on any rebound.
- Key points: Good pressure on the forecheck, good timing to the net, stick ready for tips, battle for inside positioning.
- D 2 - Start on the blue line in a good hockey-ready stance.
- As D1 retrieves the puck, be prepared to receive the breakout pass at the point.

- Once the pass is received, walk the blue line laterally while keeping your eyes up to assess shot lanes and net front traffic.
- Deliver a low, hard shot toward the net with purpose (tip or rebound opportunity).

Key points: Control and moves across the blueline, Quick release, accurate point shots, awareness of pressure and traffic, ability to adjust angle on the blue line

Station 2: Breakout and 1-on-1 Transition Drill

Drill Start: coach starts with the puck and simulates a dump in or pass behind the net to initiate the drill.

- D - Start at the top of the circle, ready to retrieve the puck behind the net.
- On the dump, retrieve the puck quickly and efficiently, simulating a breakout situation.
- Make a tape to tape pass to F on the breakout. Look up and hit the winger in stride.
- After the pass, close the gap and skate hard up ice, transitioning into a 1 on 1 defensive scenario against the attacking forward.
- Maintain good gap control, stick positioning, and angling to steer the forward to the outside.
- Key points: Efficient puck retrieval, smooth breakout pass, controlled gap, active stick and body on the rush.
- F - Start on the blueline above D, simulating a winger ready for a breakout.
- On the whistle, time your movement so that you're available as a clean breakout option as D retrieves the puck.
- Present a good target, receive the pass cleanly, and transition up ice into a 1 on 1 offensive rush.
- Use speed, deception (head fakes, stick fakes), and creativity to beat the defenseman.
- Key points: Timing and support on breakout, puck control with speed, attacking with purpose, using space and deception effectively.