



# U17\_9.9.2025\_Defense development

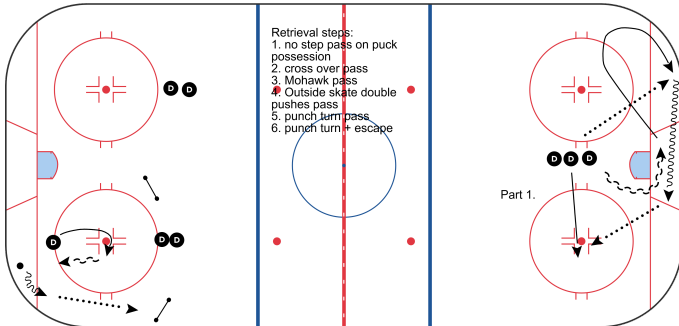
Date: Sep 9 2025

Time: 8:45 am

Duration: 45 mins

## U17 Defense Retrievals steps - around the net passing

10 mins



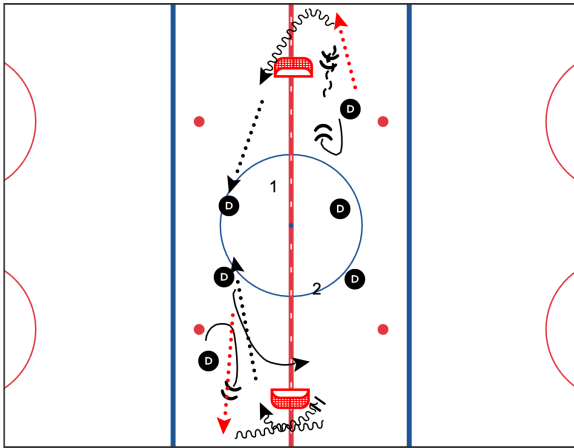
Around the net passing:

Part 1: D skate bw around the net go to corner - gets a pass - go back behind net and pass to active player

Part 2: D skates bw around the net - receive a pass from corner - and pass to wall or middle support

## Defense - use net to lose forechecker

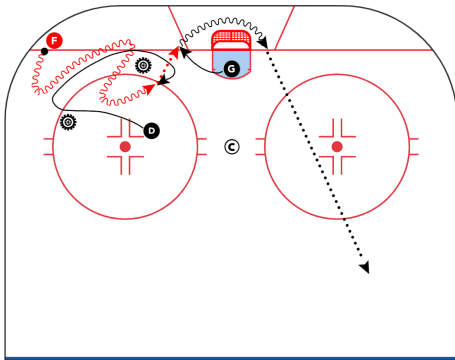
10 mins



1. D1 gaps up - kick to backwards - watch for lose puck - shoulder check - wheel behind net close to post and passes to D in opposite line
2. D1 gaps up - kick to backwards - watch for lose puck - shoulder check - wheel behind net close to post and stop for escaping forechecker - skates back behind the net and passes to D in line  
2n player in line is passive forechecker

## Boxing Out A Player

10 mins



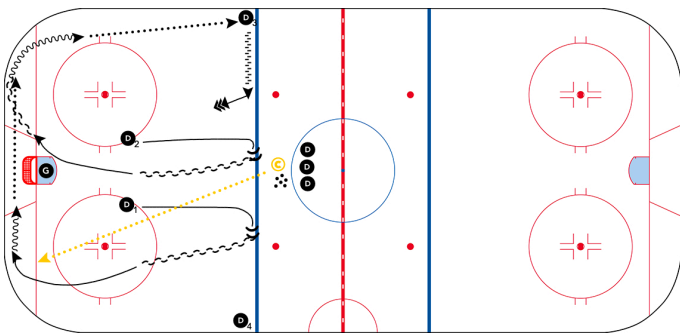
- **F** starts with a puck in the corner, twists and turn and comes through the tire for a shot.
- **D** come skating in front of **F** and blocks his path, boxing out **F** and make him lose the puck.
- **G** collects the puck and clears the area.

VIDEO IN SKETCHPAD

Instagram: @skillzcompany

## Defence - Breakout Progression With Shot

15 mins



- Drill starts with **C** dumping in a puck. Both **D** 1 and **D** 2 tag up and one D retrieves puck and other supports.
- Go D-D and breakout to **D** 3 who shoots; **C** dumps to opposite corner and D-D and pass to **D** 4 for second shot
- Change D
- Progression: same format but this time D-D reverse
- Progression: same format but this time D to net front D

### Key Points

- Pivot to the inside of the ice on transitions
- Pass and receive on your forehand; get in position to do so
- On reverse, net front D hold position until reverse and call for it
- Communication and partner support