

QUINNIPIAC HOCKEY *DEFENCE*



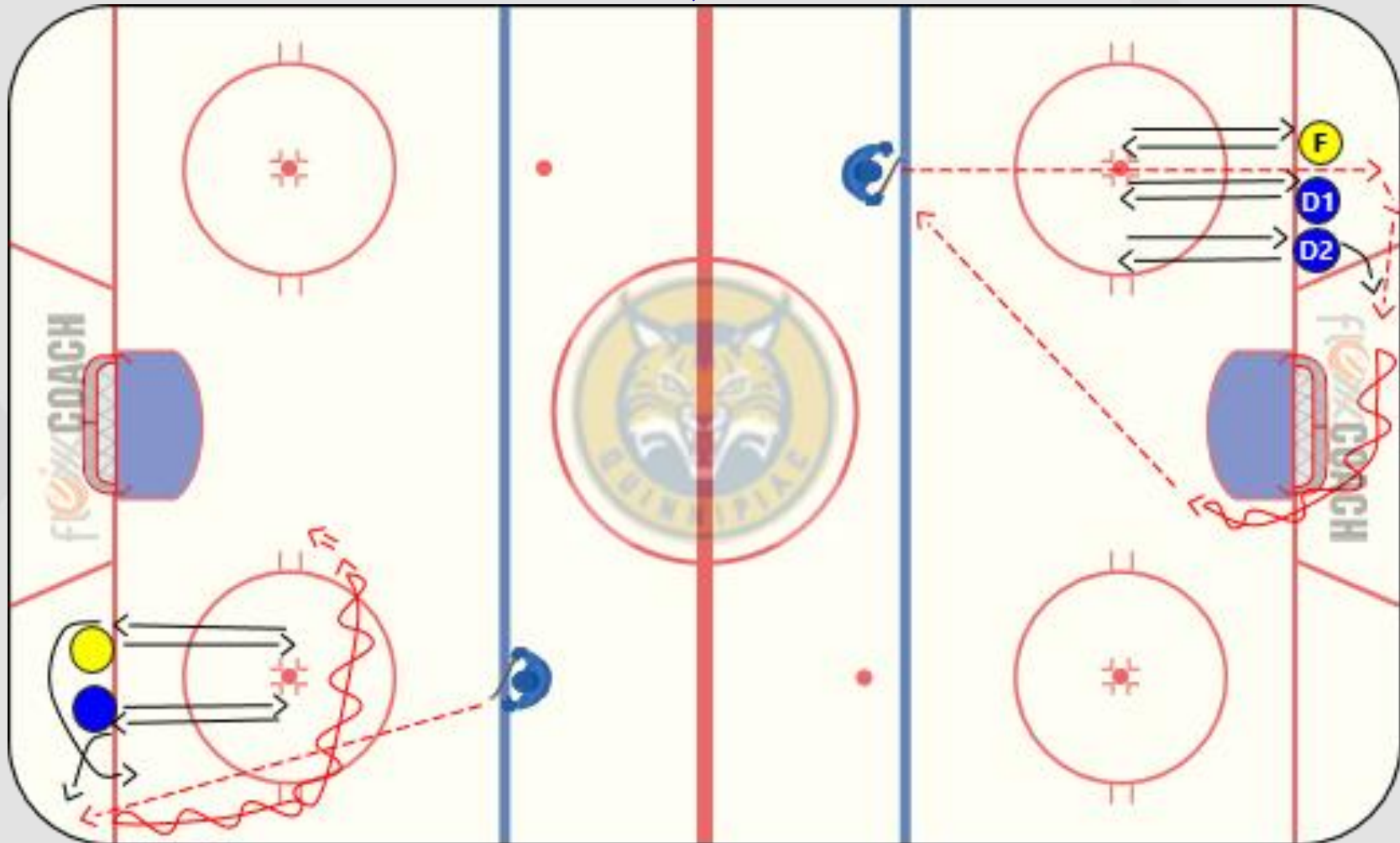
DETAILS & HABITS

- **STICK**
 - Stick on the ice
 - Stick on stick
 - Steer with your stick
- **BUMP**
 - Closed hand on hip
 - 2 hands on stick whenever possible
 - Stick always on the ice
 - Communication for confidence
- **NO 2nd SHOTS**
 - Lifting sticks under control
 - Timing: Head up & aware when the shot/pass is coming



COMFORTABLE

1v1, 1v2

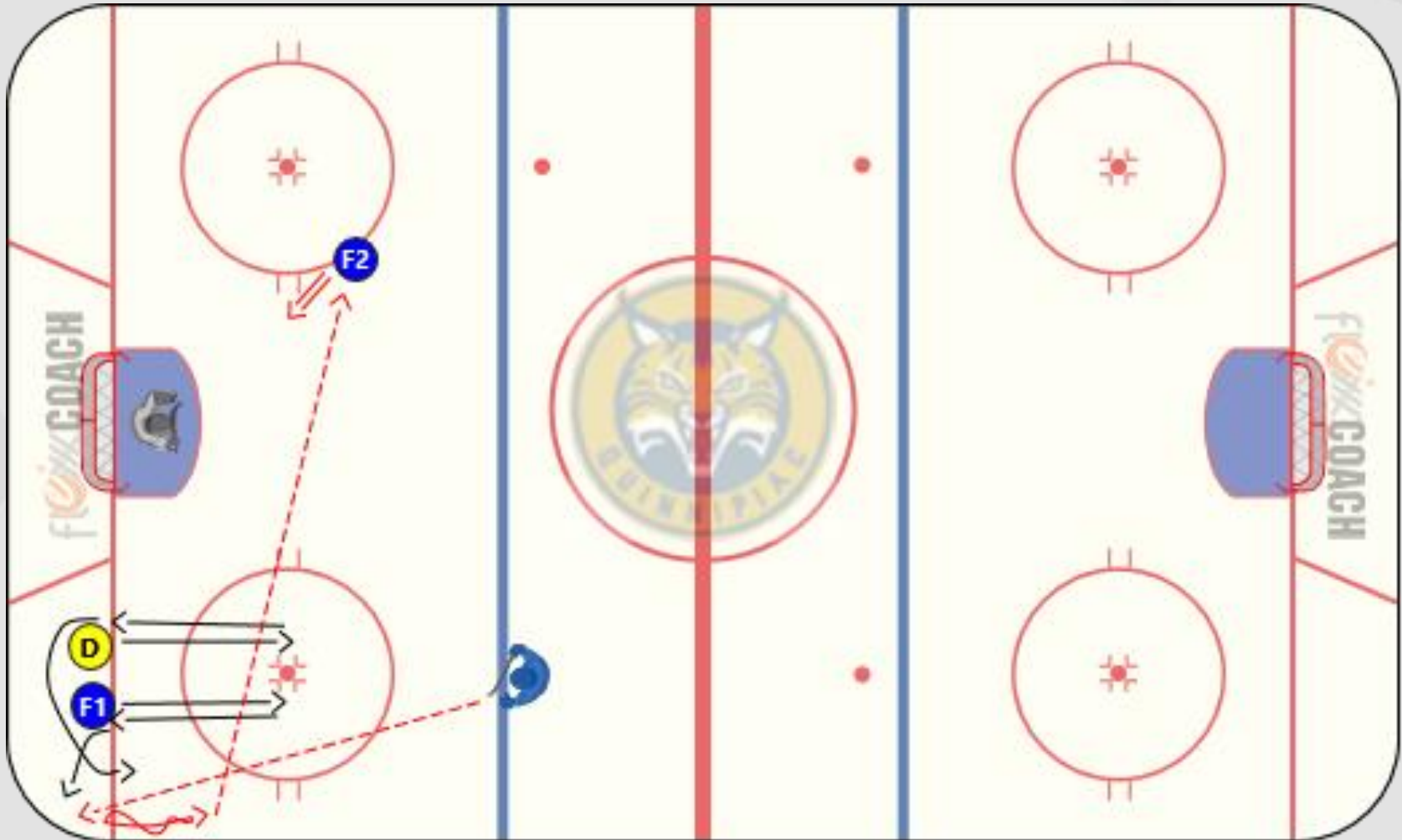


COMFORTABLE

1v1, 1v2



UNCOMFORTABLE 1v1 with a Shooter

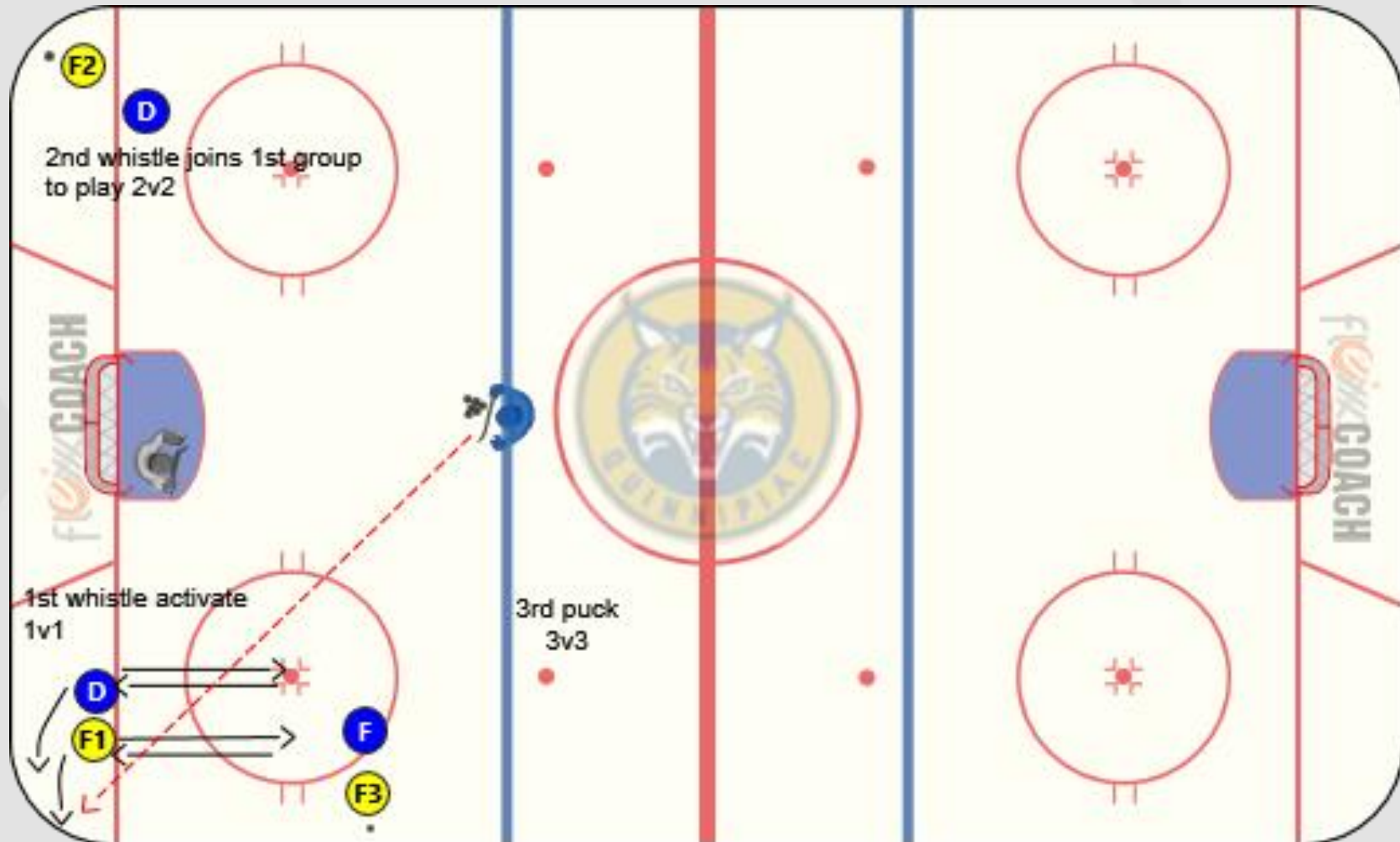


UNCOMFORTABLE 1v1 with a Shooter



Putting it Together

1v1, 2v2, 3v3

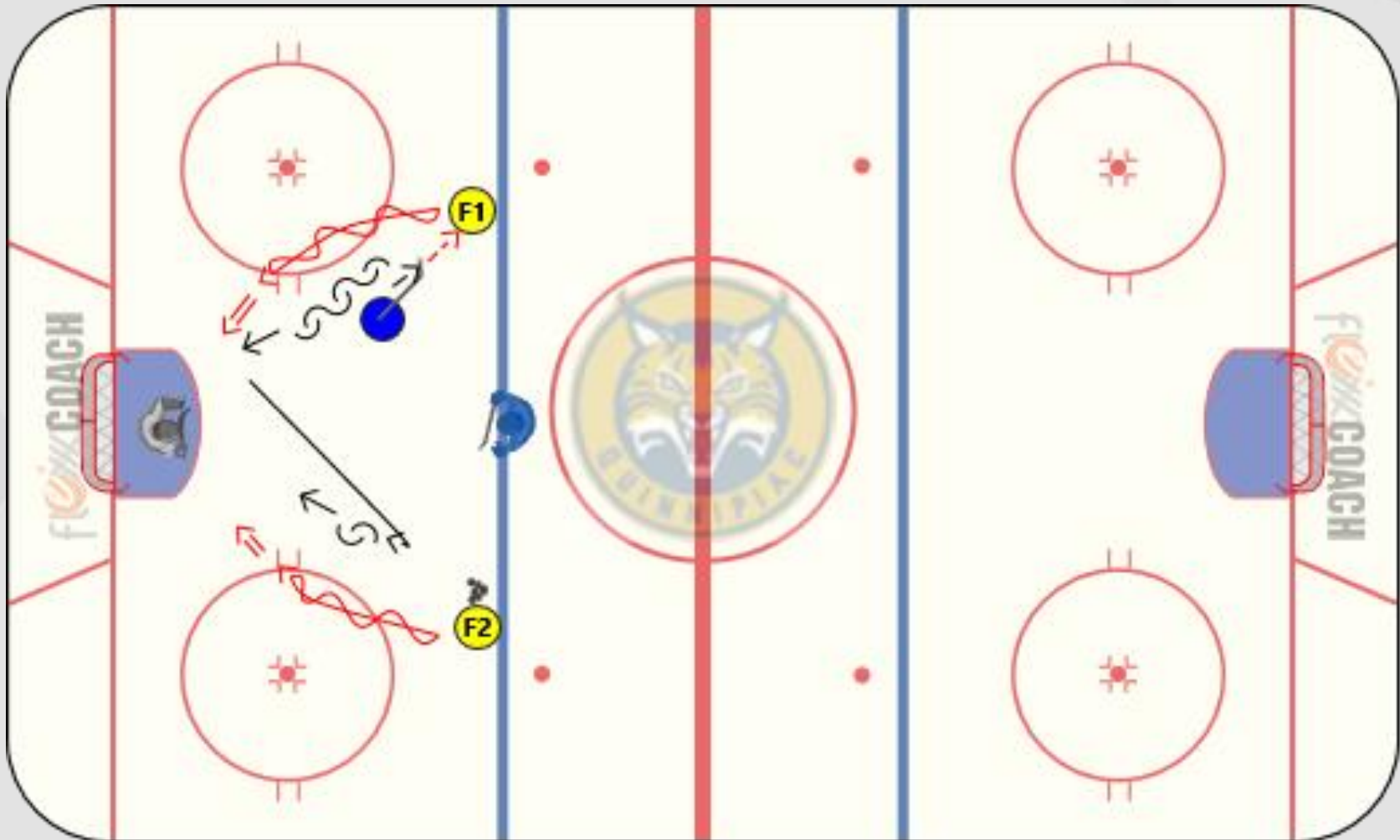


Putting it Together

1v1, 2v2, 3v3



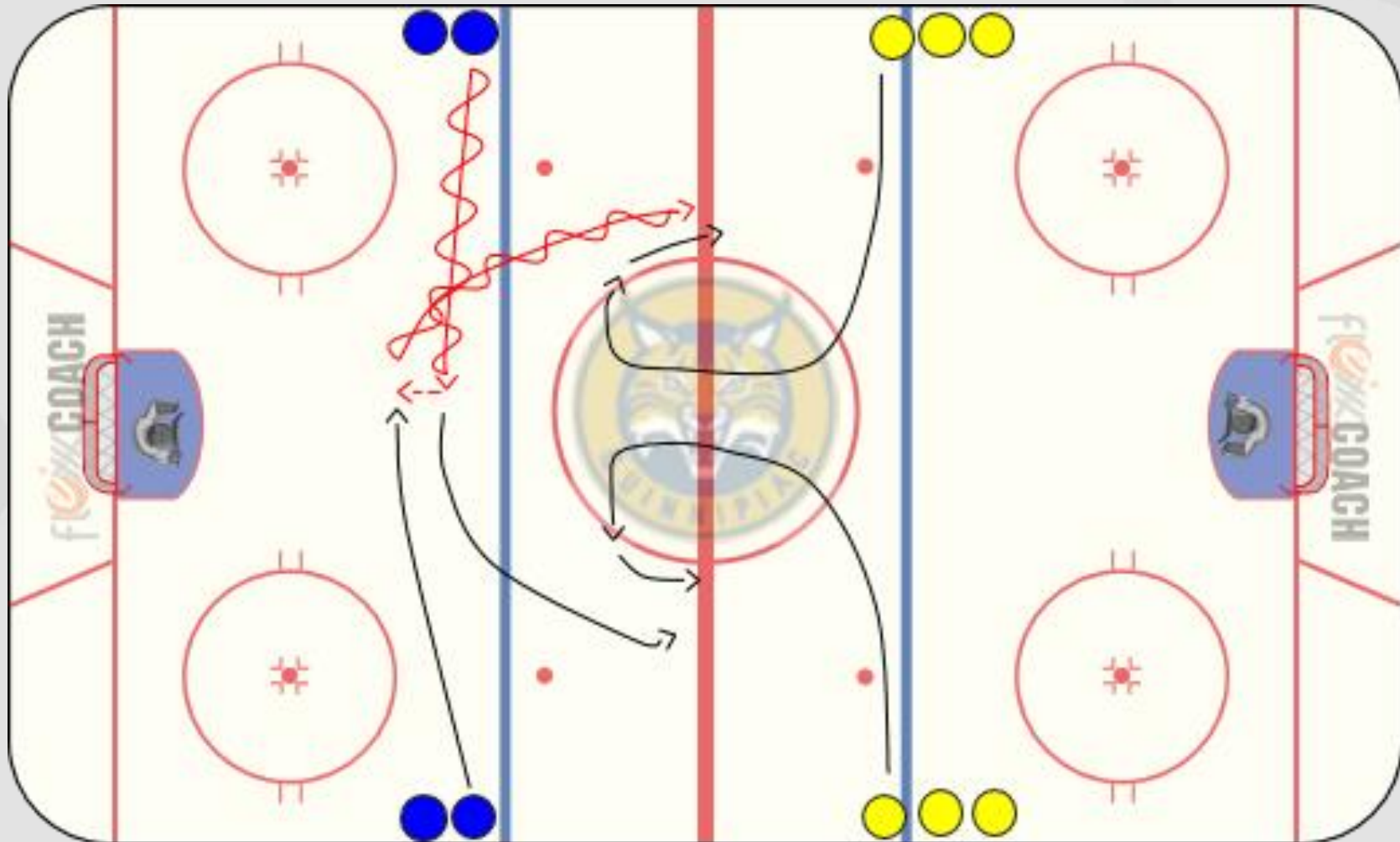
NO 2nd SHOTS – 2 1v1's



NO 2nd SHOTS – 2 1v1's



NO 2nd SHOTS – 2v2 ANGLES



NO 2nd SHOTS – 2v2 ANGLES

