

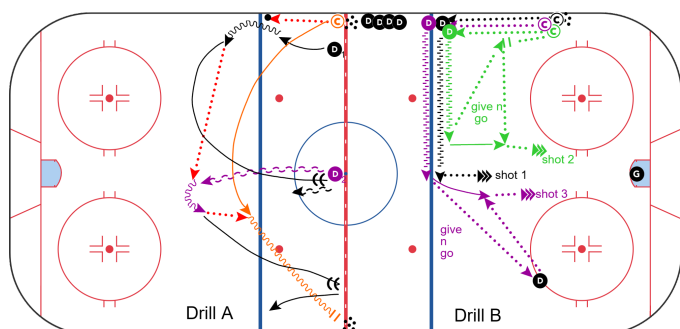


2026 AA Evals - Defense

Duration: 60 mins

Defense Pair Passing and Shooting Stations - AA Evals

23 mins

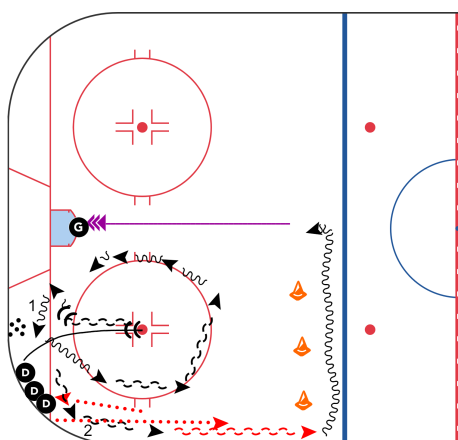


Drill A: Partner Passing D-D-C. Go from both sides. Video and example instruction: <https://www.youtube.com/watch?v=ha4H9mJtW28> <<https://www.youtube.com/watch?v=ha4H9mJtW28>>

Drill B: Drag puck across blueline with speed, head up and using deception 3 times. 3 shot with give n' goes from both sides. Shoot to score.

Ferris Wheel - AA Evals

13 mins



Ensure both sides are used so players move both directions - D specific drill - 6 mins per side - good for transitions, skating with puck and getting your head up.

1.)Skater begins with puck skates hard to dot and transitions BWD's. At bottom of circle - evasive turn towards the line as shown and accelerate FWD. 2.)Transition BWD around circle as shown. Give and Go with the person in line - important not to pass too early - **give and receive pass while travelling up the boards BWD's**. Get feet forward and walk blue line, opening hips, pulls, and shot fakes encouraged.

<https://www.youtube.com/watch?v=gQ8AxfAWPws>

Key Points

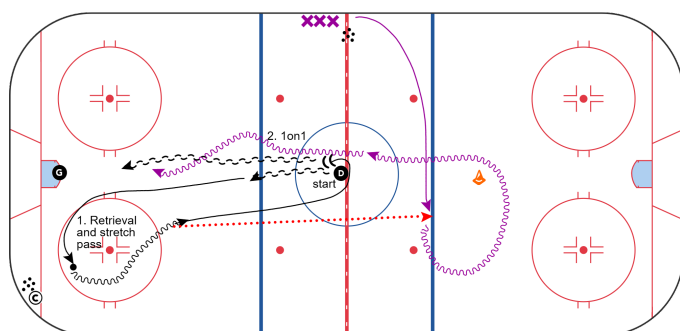
Ensure players are getting to middle of ice before shooting and explain why.

Push the speed on this one with quick feet and good snappy passes.

Quick feet coming out of evasive turn essential!

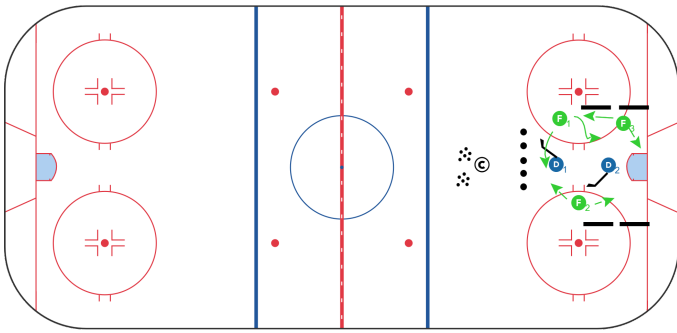
Stretch Pass & 1on1 - AA Evals

12 mins



D starts on center dot, skating backwards, pivot to forward then retrieve puck in defensive end. When D grabs puck, The forward (purple X) stretches across far blue line and receives stretch pass, skates around pylon and comes back on defense 1 on 1. Defense must race up into play, gap up and play the one-on-one.

The FWD then becomes the D to ensure a continuous drill.



Small area game 3 on 2.

FWD's get 5 pucks. Every goal is a point. Constantly move around, get open

and try to score. Defenders be aggressive, if you pass puck back to coach the D get a point.

This game highlights vision and offensive skills in a tight area. For D in highlights defensive skills such as a strong stick, anticipation, and compete.