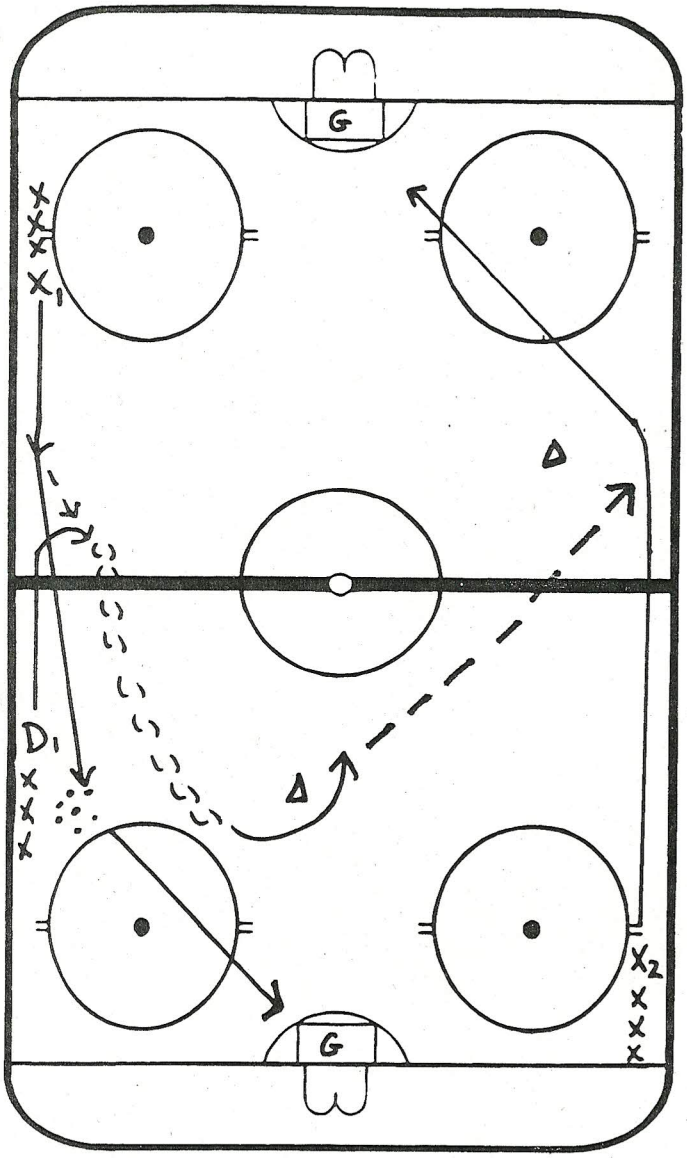
INLINE HOCKEY DEFENSIVE TACTICS: Quick-Up



Purpose: Agility for defense and accelerating into open space for pass

Description: D1 starts drill by skating forward toward X1, D1 pivots at red line and receives pass from a moving X1.

X1 continues without puck and picks puck up next to D1 line and goes in for shot on net

D1 – after receiving pass – skates with puck backwards around pylon, pivots forward and hits X2 with tape to tape pass

Key Teaching Points: Quick feet by defense and quick response by X2 to get sense of quick transition

Variations: Add player at side of net – at both ends – to keep goalies "honest"

X2 can do delay tactic and hit D1 – who is trailing the play – with a late pass