

## B2 - Defense Individual Skill and Partner Drills – Pro

### Key Points:

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

### Description:

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200747488>

<https://youtu.be/SGWDrCi3qss>

