



DEFENDERS DEVELOPMENT

Special Trainings – May / June 2025

SKILLS DEVELOPMENT PROGRAM

DEFENDERS

Born 2013 / 2014

5 Events

About the Program

Defenders Development is a structured five-part program within Special Trainings, designed specifically for defensemen born in 2013 and 2014. Each event builds on the previous one and systematically develops the key skills of a modern defenseman – from breakout under pressure and play in the neutral zone to blue line work and 1-on-1 battles.

Each event includes:

- | | |
|---------------------------------------|---|
| ☐ Warm-up & Off-ice Training (30 min) | ☐ Ice 1 – 60 min intensive training |
| ☐ Ice 2 – 60 min game situations | ☐ Game Analysis & Video Review (30 min) |

**2 500 CZK
per event**

Register via online form or QR code on the invitation

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www.lzskillcenter.com

Schedule of Events – Defenders Born 2013/2014

**May
2**

EVENT 1: Breakout from the Defensive Zone

☐ Arrival	9:30
☐ Off-ice	9:45 – 10:15
☐ Ice 1	10:45 – 11:45
☐ Ice 2	12:00 – 13:00
☐ Game Analysis	13:15 – 13:45
☐ END	14:00

- > Principles of a correct breakout from the defensive zone.
- > Breaking out under pressure from a forechecking opponent.
- > Choosing the right option – short, long, or through the middle.
- > Communication with the goalie and teammates during the breakout.
- > Reading opponent pressure and making quick decisions with the puck.
- > Body position when receiving and distributing the puck.

**May
9**

EVENT 2: Puck Retrieval and Neutral Zone Play

□ Arrival	7:30
□ Off-ice	7:45 - 8:15
□ Ice 1	8:45 - 9:45
□ Ice 2	10:00 - 11:00
□ Game Analysis	11:15 - 11:45
□ END	12:00

- > Techniques for retrieving the puck from the boards - body position and timing.
- > How to gain control of the puck in a board battle.
- > Movement and zone coverage in the neutral zone.
- > Transition from defense to offense through the neutral zone.
- > 2-on-2 and 3-on-2 in the neutral zone - principles and decision-making.
- > Footwork when moving from defensive to offensive zone.

May 17 **EVENT 3: Blue Line Work**

□ Arrival	8:45
□ Off-ice	9:00 - 9:30
□ Ice 1	10:00 - 11:00
□ Ice 2	11:15 - 12:15
□ Game Analysis	12:30 - 13:00
□ END	13:15

- > D-to-D play with the puck at the blue line.
- > Keeping the zone - how to prevent the puck from leaving.
- > Blue line skills - shot, pass, movement.
- > Shot timing and screening in front of the net.
- > Communication between both defensemen in the offensive zone.
- > Joining the rush and involvement in the offensive attack.

June 13 **EVENT 4: 1-on-1 Battles**

□ Arrival	9:45
□ Off-ice	10:00 - 10:30
□ Ice 1	11:00 - 12:00
□ Ice 2	12:15 - 13:15
□ Game Analysis	13:30 - 14:00
□ END	14:15

- > 1-on-1 box out - eliminating a forward from the slot.
- > Body positioning during a box out without the puck.
- > 1-on-1 classic - reading the forward's movement and reacting.
- > Backward skating and proper gap control.
- > When and how to transition from containing to actively taking the puck.
- > Mental approach to battles - aggression vs. discipline.

June 20 **EVENT 5: Game Application - Everything in Practice**

□ Arrival	8:15
□ Off-ice	8:30 - 9:00
□ Ice 1	9:30 - 10:30
□ Ice 2	10:45 - 11:45
□ Game Analysis	12:00 - 12:30
□ END	12:45

- > Connecting all skills from previous events into game situations.
- > Game situations on full ice - breakout, neutral zone, blue line.
- > How to read the game and react as a defenseman in all zones.
- > Team defensive collaboration and zone coverage.
- > Defense-to-offense transitions at game speed.
- > Professionalizing overall movement and hockey sense.

Cancellation Policy & Important Information

☐ Cancellation more than 3 days in advance

FREE OF CHARGE

☐ Cancellation less than 3 days in advance

Deposit of 1 500 CZK is forfeited

☐ Cancellation by phone or SMS only:

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