



DEFENDERS SPECIAL GROUP

Special Trainings – May / June 2025

SKILLS & PROFESSIONAL DEVELOPMENT PROGRAM

DEFENDERS

Special Group

5 Events

Think and Act Like a Pro – Professional Development for Defensemen

Defenders Special Group is not just about ice training. A key part of this program is understanding what it means to be a modern professional defenseman – how to think, notice details and act like a pro right now. Every defenseman has a different player profile and different natural strengths. We will help you identify these strengths, develop them deliberately, and adapt every piece of information from training directly to you. Because professionalism doesn't start with a contract – it starts with the attitude, mindset and habits you build today.

Role of the Modern Defender	Your Player Profile	Noticing Details
A modern defenseman is not just someone who defends. He is a player who breaks out the puck, controls the pace of the game and can be dangerous in the offensive zone. We will explore what this role means in real hockey.	Every defenseman is different – some dominate in battles, others in breakouts or at the blue line. We will define your profile and set a development plan tailored precisely to you.	Professional defensemen read and feel the game differently – they notice movement, timing and positioning others miss. We will teach you how to train this awareness and transfer it into game performance.

<p>> Role of a modern defenseman in professional hockey</p>	<p>Today much more is expected from a defenseman than just defending. We will show you what the profile of an elite defenseman looks like – how he breaks out the puck, how he contributes to power plays, how he controls the tempo of play and how he acts as a leader on the ice and in the locker room. Understanding this role is the first step.</p>
<p>> Know and build your player profile</p>	<p>The best defensemen in the world are not all the same – each has his own style. We will help you identify where you are naturally strong, what needs work, and how to build a concrete development plan adapted to your playing profile and position.</p>
<p>> Notice details like a professional</p>	<p>A professional defenseman reads the game differently from others – he sees a forward's movement before it happens, feels the right timing for a battle and knows when to contain and when to pressure. We will teach you how to deliberately train this awareness and transfer it into games.</p>
<p>> How to be a pro every day – body and habits</p>	<p>Professionalism starts with attitude. How to work with a defenseman's body – recovery, strength preparation adapted to the position, movement habits and self-care. And how to approach training, mistakes and feedback the way players at the highest level do.</p>

About the Program

Defenders Special Group is a five-part program within Special Trainings for defensemen who want to take their game and overall development to a higher level. Each event combines on-ice training with professional development themes specific to the defensive position.

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 Special Group

**May
2**

EVENT 1: Breakout from the Defensive Zone

☐ Arrival	13:15
☐ Off-ice	13:30 - 14:00
☐ Ice 1	14:30 - 15:30
☐ Ice 2	15:45 - 16:45
☐ Game Analysis	17:00 - 17:30
☐ END	17:45

- > 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	13:15
☐ Off-ice	13:30 - 14:00
☐ Ice 1	14:30 - 15:30
☐ Ice 2	15:45 - 16:45
☐ Game Analysis	17:00 - 17:30
☐ END	17:45

- > 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	13:15
□ Off-ice	13:30 - 14:00
□ Ice 1	14:30 - 15:30
□ Ice 2	15:45 - 16:45
□ Game Analysis	17:00 - 17:30
□ END	17:45

- > 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 power play involvement.

June 13	EVENT 4: 1-on-1 Battles	
□ Arrival	13:15	<ul style="list-style-type: none"> > 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.
□ Off-ice	13:30 - 14:00	
□ Ice 1	14:30 - 15:30	
□ Ice 2	15:45 - 16:45	
□ Game Analysis	17:00 - 17:30	
□ END	17:45	

June 20	EVENT 5: Game Application - Everything in Practice	
□ Arrival	13:15	<ul style="list-style-type: none"> > 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.
□ Off-ice	13:30 - 14:00	
□ Ice 1	14:30 - 15:30	
□ Ice 2	15:45 - 16:45	
□ Game Analysis	17:00 - 17:30	
□ END	17:45	

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:	+420 792 758 849

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