

CKM Sports Drill Book

Sample

Thursday, December 4, 2025

As a Defensive Defender, Offensive Defender, Two Way Defender, you have good gap control, defensive reads, stopping entries, and can manage space can activate quickly, puck movement, and can create offense from the blue line or off the rush. have great breakout execution, gap management, and can join the rush responsibly. Players who we see excel in this role build it through consistent reps, focused work, and an understanding of what their position demands.

Your focus should be:

- Sustaining the gap up the ice away from the puck
- Defensive gaps away from the puck
- Skating breakouts
- Passing with speed
- Offensive aggression while entering the offensive zone
- One-timers
- Skating breakouts
- Passing with speed
- Sustained Gaps
- Defensive gaps away from the puck
- Offensive aggression

Stick with these, be intentional with the work, and check in on your progress as you go.

Table of Contents

Skating breakouts4

 Under Pressure Reverse Breakout Drill4

 Skate & Delay Breakout Drill (Escape Route Drill).....5

 Full Ice Breakout to Rush Drill6

Passing with speed7

 Speed Touch Passing Drill – “Sprint & Snap”7

 D-to-D Speed Passing Drill – “Corner Curl Escape”8

 Stretch & Snap Drill – “Moving Blue-to-Blue”9

 Backward Passing w/ Speed Drill – “Escape & Fire”10

 Full-Ice Breakout + Quick-Up Drill11

Sustained Gap Control.....12

 D Gap Support Flow Drill – “Gap on Breakout”12

 Weak-Side Gap Timing Drill – “Mirror & Match”13

 Neutral Zone Gap Closing Drill – “Backside Pressure Close”14

 Blue Line “Gap Reaction” Drill.....15

Offensive Aggression16

 Gap Up & Join Entry Drill – “Fourth Man Threat”16

 Off-the-Rush Activation Drill – “Hold & Hammer”17

 Neutral Zone Pinch-Gap Read Drill – “Step & Activate”18

 Blue Line Entry Delay Support Drill – “Drag Gap”19

One Timers.....20

 Stationary One-Timer Mechanics – “Set & Snap”20

 One-Timer “Horseshoe” Drill21

 PP One-Timer Quick Release Drill – “Half-Wall Rip”22

 Down the Wall One-Timer Drill – “Trap Shot”23

 Point-to-Point One-Timer Drill – “Slide & Fire”24

Defensive gaps away from the puck25



“Ghost Gap” Drill – Read and Track Without the Puck25

“Mirror the Middle” Drill – Off-Puck D Gap Timing.....26

Neutral Zone Layer Drill – “Shadow & Squeeze”27

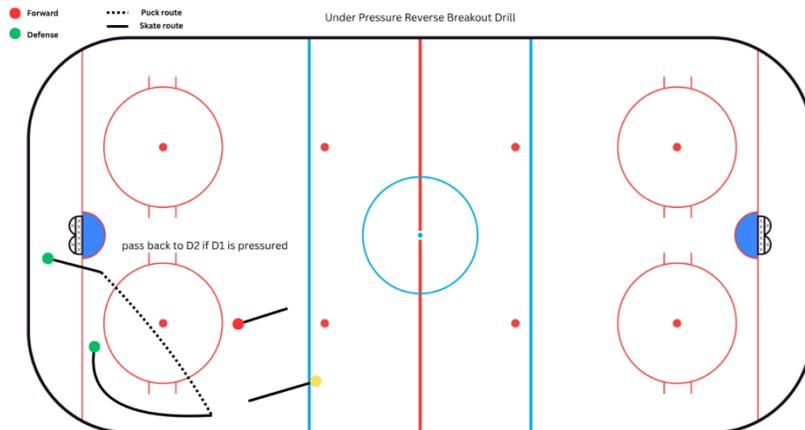
Off-Puck Zone Entry Denial – “Read the Layer” Drill28

Under Pressure Reverse Breakout Drill

Focus: Escape pressure + reverse option.

- **Setup:**
 - D1 retrieves puck under pressure.
 - D2 supports behind net.
 - Coach or F simulates forecheck angle.
- **Execution:**
 - D1 shoulder checks and starts a skate breakout.
 - Reads pressure → if pinched, **reverses to D2**.
 - D2 continues breakout with outlet pass or skate.
- **Progression:**
 - Add high-pressure live F1 forechecker.
 - Let D1 use either a **tight reverse** or a **bump reverse** depending on read.
- **Coaching Points:**
 - Reverse early, not once you're trapped.
 - D2 must **communicate and mirror** D1.
 - Reverse puck with touch, not a panic rim.

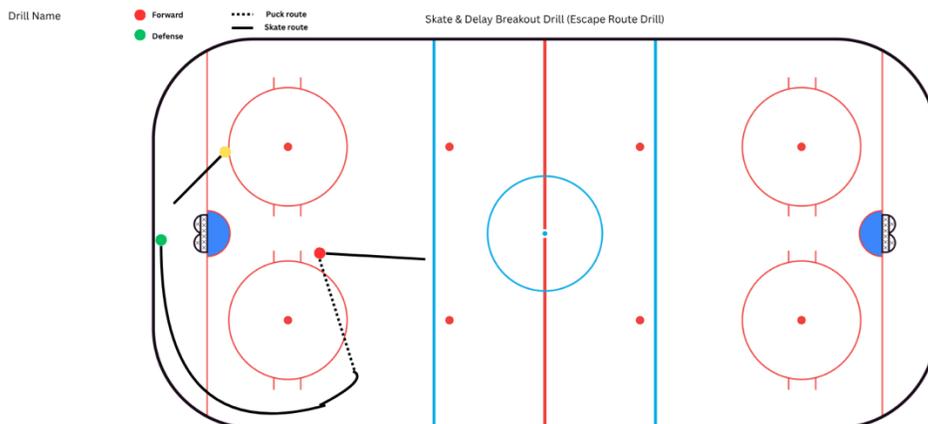
Drill Name



Skate & Delay Breakout Drill (Escape Route Drill)

Focus: Skating puck under control with escape delay.

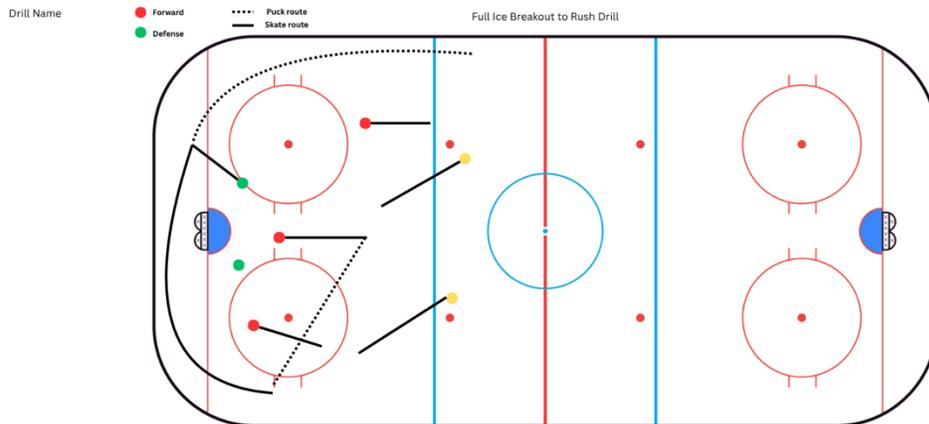
- **Setup:**
 - D starts behind net with puck.
 - Coach acts as light pressure on one side.
- **Execution:**
 - D skates to strong-side, **pulls forechecker**, then delays.
 - Executes **tight turn back**, or pivots to weak side.
 - Makes a clean pass up the middle or to the wall.
- **Coaching Points:**
 - Read forecheck pressure and **don't rush**.
 - Skate with head up.
 - Sell the first move hard to buy yourself time.
 - Practice 3 escape patterns:
 - **Tight turn back**
 - **Mohawk curl escape**
 - **Skate-through reverse**



Full Ice Breakout to Rush Drill

Focus: Combine breakout skating with transition.

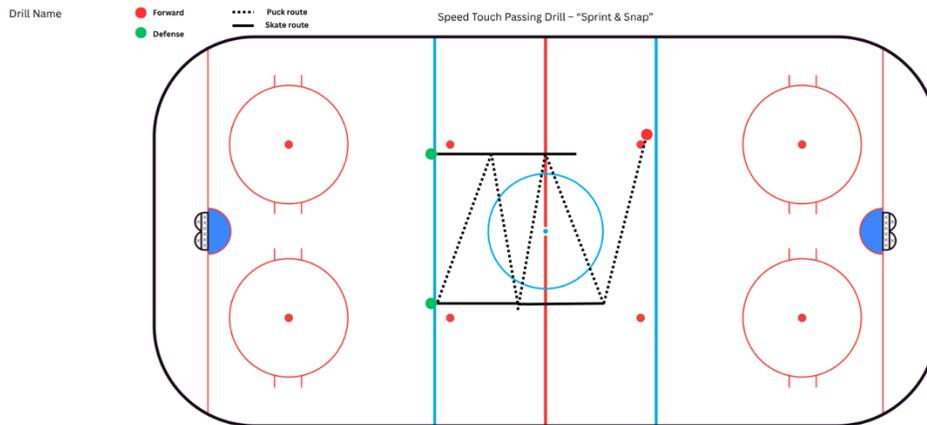
- **Setup:**
 - Full ice, 2 D, 3 FWDs.
 - Coach dumps puck in — D retrieves and initiates breakout.
- **Execution:**
 - D retrieves → skates puck behind net or wheels up.
 - Breakout pattern: C low, W strong side, other W swings across top.
 - Pass → clean exit → 3-on-2 up ice.
- **Variations:**
 - Add a 2nd dump for weak side retrieval.
 - Add forecheck pressure with active F1 and F2.
- **Coaching Points:**
 - D must **call out the breakout** if FWDs don't.
 - Smooth pivot → first look → explosive steps.
 - Make sure outlets are timed — forwards don't fly the zone early.



Speed Touch Passing Drill – “Sprint & Snap”

Focus: Short, sharp passes while skating at full pace.

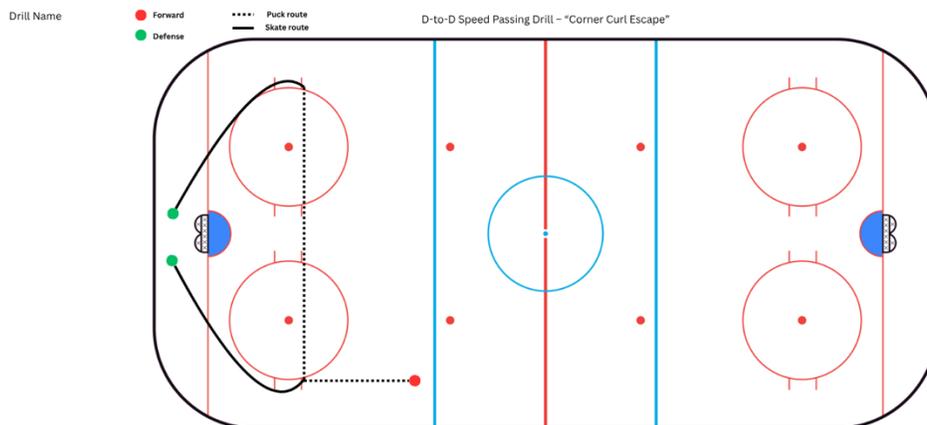
- **Setup:**
 - D skates from blue to red line (or cone to cone) with partner on opposite side.
 - Constant give-and-go passes while skating **north-south**.
- **Execution:**
 - Players pass back and forth while keeping feet moving.
 - Finish with a **hard pass to a coach** at the far blue line or shot on net.
- **Coaching Points:**
 - **No gliding — pass in stride.**
 - Hands out front, quick release.
 - Get comfortable passing off **both inside and outside edges**.



D-to-D Speed Passing Drill – “Corner Curl Escape”

Focus: Passing while escaping pressure.

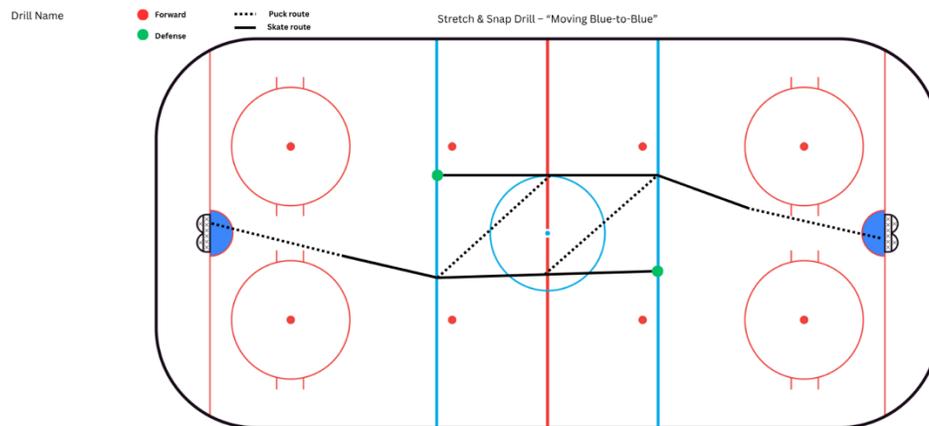
- **Setup:**
 - D1 starts behind the net, skates up to hash marks, then curls back.
 - D2 mirrors on weak side.
- **Execution:**
 - D1 picks up puck on the go, shoulder checks, skates up and curls back.
 - While still moving, **fires hard D-to-D pass** to D2.
 - D2 then skates puck or hits a winger.
- **Coaching Points:**
 - Pass from **curl or pivot — not planted.**
 - Eyes up while turning — **don’t look down before passing.**
 - Keep stick blade loaded and snap through pass.



Stretch & Snap Drill – “Moving Blue-to-Blue”

Focus: Long-range passing with speed and power.

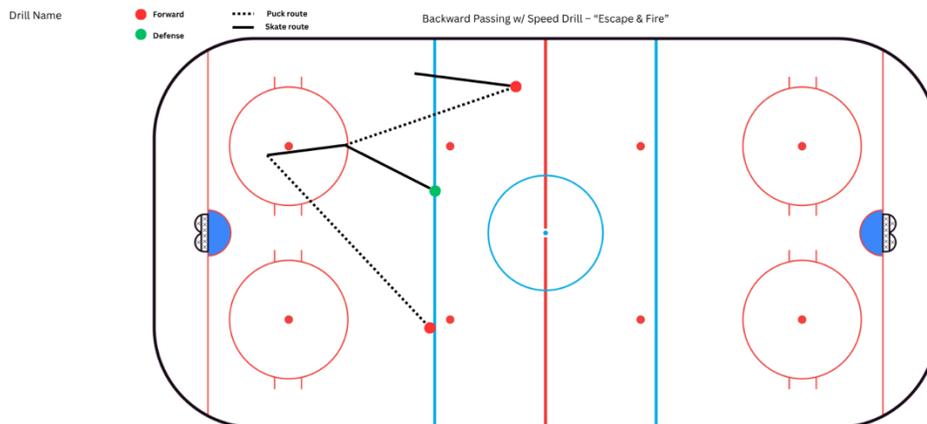
- **Setup:**
 - D skates full speed across neutral zone (blue-to-blue).
 - Partner does the same opposite direction.
- **Execution:**
 - At the red line, both D snap a **long cross-ice pass** on the fly to their partner.
 - Continue down into the zone for shot or regroup.
- **Coaching Points:**
 - Keep hands loose but firm — **no flicks**, full wrist snap.
 - Move puck through **stick lane**, not through player body.
 - Pass **early**, not when too close.



Backward Passing w/ Speed Drill – “Escape & Fire”

Focus: Pivot passes while moving backward or opening up under pressure.

- **Setup:**
 - D starts at blue line, skates backward, receives puck from F.
 - After 2–3 backward strides, opens up and passes to weak side or stretch forward.
- **Execution:**
 - Practice both **backhand bump** and **forehand pivot pass** while moving.
 - Option to end with a regroup stretch pass to swinging forward.
- **Coaching Points:**
 - Don’t over-pivot. Keep shoulders square to target.
 - Practice both **open-hip pass** and **crossover releases**.
 - Head up while moving — **scan before the puck arrives**.



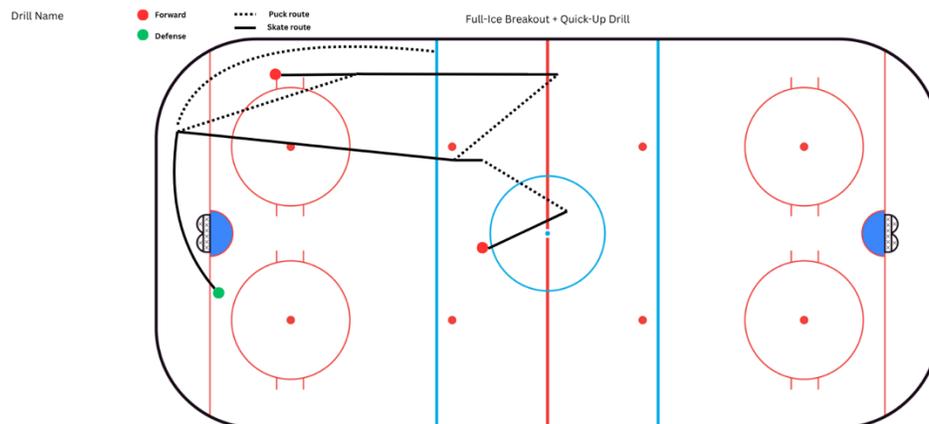
Full-Ice Breakout + Quick-Up Drill

Focus: Full-speed, read-and-pass transition under pressure.

- **Setup:**
 - Coach dumps puck in, D retrieves under pressure.
 - Winger swings low or off wall.
 - After breakout pass, D skates full speed to neutral zone and **receives a pass back**, then **snaps a quick-up pass** to a second forward.

- **Execution:**
 - Simulates: retrieval → breakout → jump into play → pass under motion.
 - Builds rhythm, timing, puck handling under fatigue.

- **Coaching Points:**
 - Retrieval angle → explode into lane.
 - Communicate: “wheel,” “reverse,” “up,” etc.
 - Pass hard, with **flat stick-to-stick trajectory**. Speed ≠ sloppy.



D Gap Support Flow Drill – “Gap on Breakout”

Purpose: Teach weak-side D how to build a tight, mobile gap up-ice after the breakout begins.

Setup:

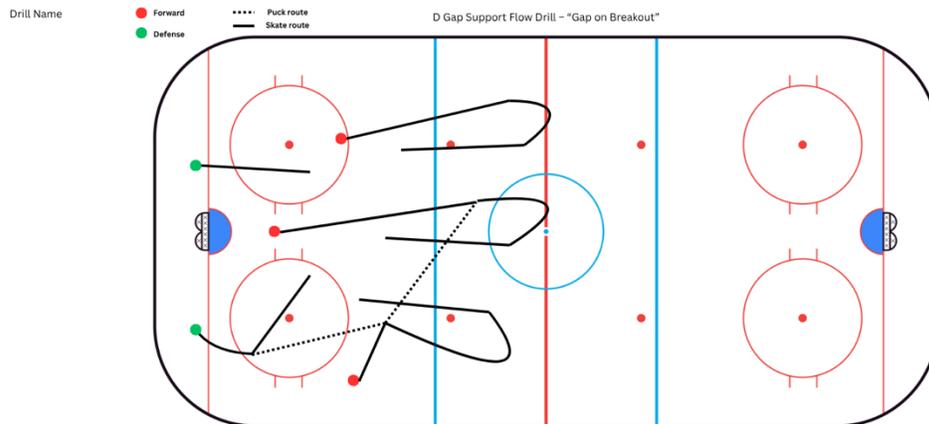
- Pair of D start below the goal line
- 3 forwards initiate a breakout (D1 retrieves, F1 supports low, F2 and F3 swing)
- D2 plays the weak side — watching puck develop

Execution:

1. D1 retrieves puck and begins breakout
2. D2 **mirrors the breakout speed** and **gaps up center lane**
3. After breakout pass, forwards regroup and attack 3-on-2 vs both D
4. D2 must maintain gap as puck comes across

Coaching Points:

- **D2 is the key focus** — must time movement **with the pace of the play**
- D2 should never trail more than **1.5 stick lengths behind F3**
- Eyes up ice, maintain inside lane, **skate forward as long as possible before pivoting**



Weak-Side Gap Timing Drill – “Mirror & Match”

Purpose: Isolate weak-side D in tracking gap with neutral-zone timing

Setup:

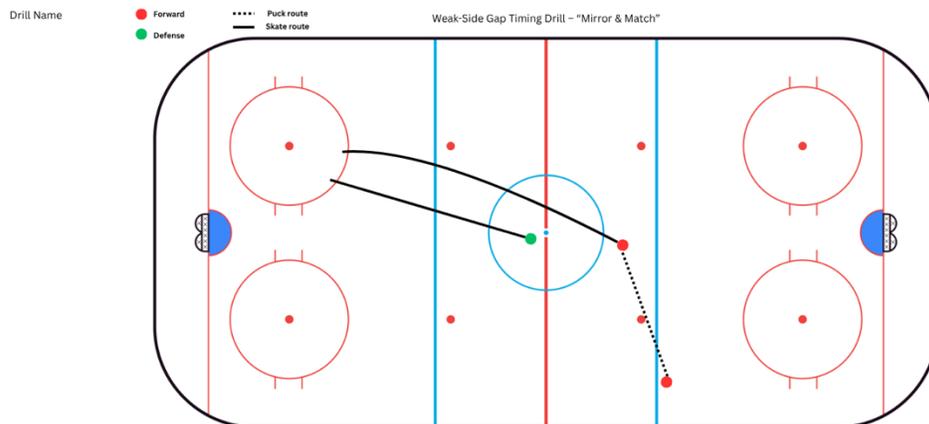
- Coach starts breakout with 1 D and 1 F
- Weak-side D starts in middle of the ice

Execution:

1. Coach initiates breakout on one side
2. Weak-side D skates backward through neutral zone, mirroring the pace of the breakout
3. Coach chips puck to opposite-side F at center, who turns and attacks
4. D now must **have timed gap properly** to close early and deny space

Coaching Points:

- **Start skating backward early**, don't wait for pass across
- Must be **inside the dot line** with **stick on puck-side hip**
- Gap should be **within 2 stick lengths by red line**



Neutral Zone Gap Closing Drill – “Backside Pressure Close”

Purpose: Train off-puck D to **tighten gap and eliminate lane early** when rush develops away from them

Setup:

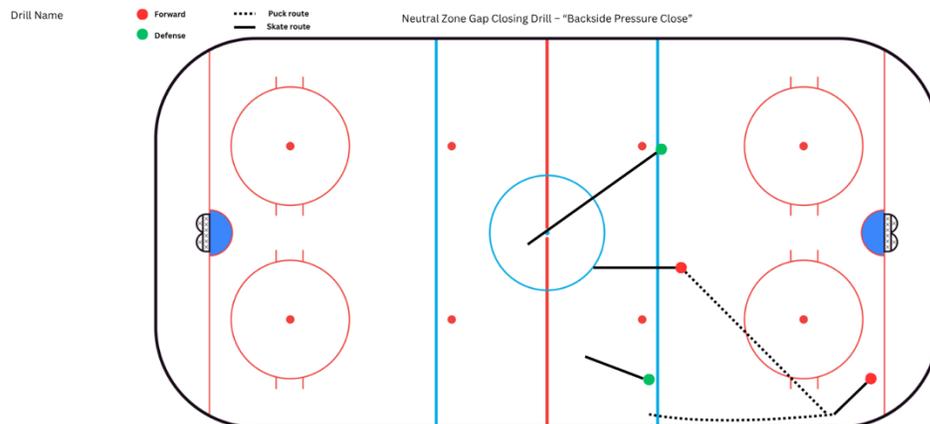
- 2 D start on blue line, puck dumped in
- 1 forward on the strong side retrieves and begins breakou
- Coach releases a **support forward** on the weak side at neutral zone

Execution:

1. Weak-side D must read the play and **sprint to build a tight gap** on support forward
2. Fwd receives neutral zone pass and tries to attack
3. D must match speed, stay above puck, and force wide or deny entry

Coaching Points:

- Start backward early → transition to forward with urgency
- Don't let F receive puck and turn clean
- **Stick in lane**, body inside, skate into gap



Blue Line “Gap Reaction” Drill

Purpose: Develop reaction time and skating habits to hold blue line gap on transition

Setup:

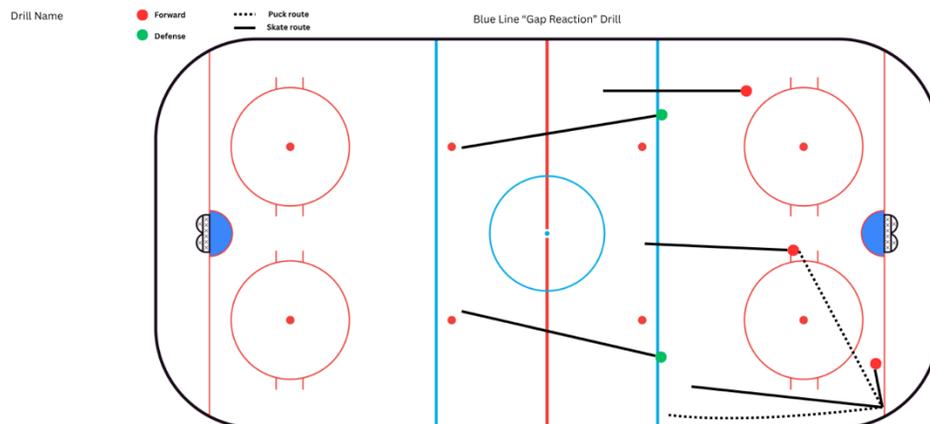
- 2 D set at offensive blue line
- Coach dumps puck or calls “up”
- 3 Fwds regroup with D from far zone

Execution:

1. D must **retreat and build gap** while forwards regroup
2. When puck reaches red line, D should be inside the dots, within **1.5 sticks**
3. Play live 3-on-2 back into zone

Coaching Points:

- **Speed match** first, then pivot
- Close **under control**, don’t over-back off
- **Keep stick middle**, gap tight



Gap Up & Join Entry Drill – “Fourth Man Threat”

Focus: Build and attack with an aggressive gap off the puck.

Setup:

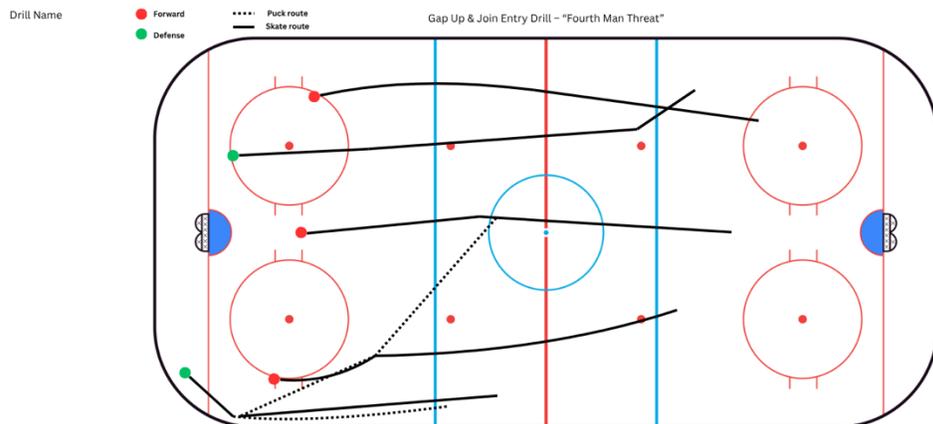
- 3 forwards begin a breakout with 2 D
- Coach dumps or rims puck for retrieval
- Weak-side D is the focus

Execution:

1. Strong-side D retrieves and initiates breakout
2. Weak-side D **immediately gaps up the ice** behind F3
3. On O-zone entry, D supports as **trailing option** (middle lane or off the wall)
4. Attack continues as a 4-man entry

Coaching Points:

- D must read **if forwards have full control** before engaging
- Gap should be no more than **1–2 stick lengths** behind F3 by red line
- Stay **middle-lane or inside dot** until entry develops
- Be **loud and assertive** calling for puck



Off-the-Rush Activation Drill – “Hold & Hammer”

Focus: Train D to read **green light** to follow and attack on entries.

Setup:

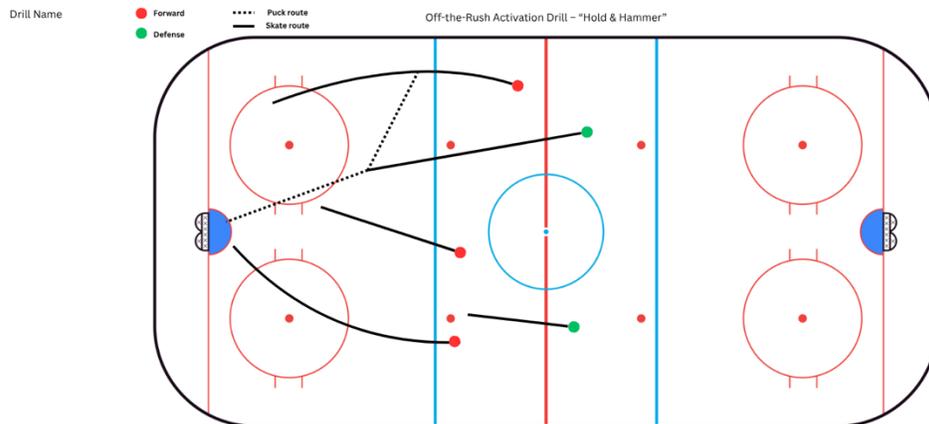
- 3 F attack off regroup
- D trail about 2–3 seconds behind
- Coach controls breakout tempo

Execution:

1. Forwards cross into O-zone with controlled entry
2. D aggressively gaps up behind, skating into soft ice
3. F1 delays or cuts wide and **hits D as trailer**
4. D either:
 - One-times shot
 - Walks middle
 - Down-wall attack

Coaching Points:

- D must *start with defensive posture*, then **recognize opportunity to pounce**
- Don't drift — **sprint into offensive space**
- Stick ready for shot or redirection
- If puck isn't delivered, **stay engaged low as F3** and cycle



Neutral Zone Pinch-Gap Read Drill – “Step & Activate”

Focus: Read a loose puck or lateral play at the red line and **jump aggressively** to hold O-zone.

Setup:

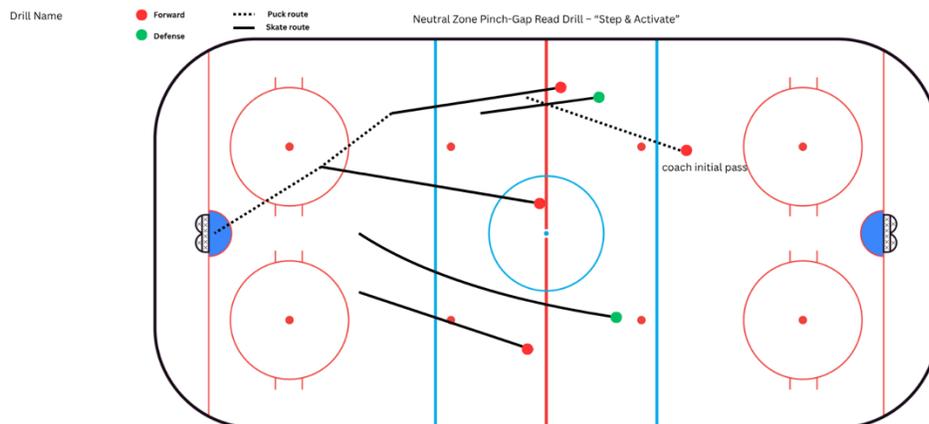
- Coach starts neutral zone play with 3F and 2D
- D is slightly staggered behind F3

Execution:

1. Coach passes or chips puck into zone
2. Weak-side D reads lateral pass or bobble, **jumps up into play**
3. If play develops clean, D holds tight middle-lane gap
4. Transitions to 5-man attack

Coaching Points:

- If gap is good, **you’re allowed to force**
- Eyes on puck carrier’s body language — if he’s bobbling, **GO**
- If the forwards get squeezed, **fill the middle fast**



Blue Line Entry Delay Support Drill – “Drag Gap”

Focus: Develop instinct to stay close and become an **automatic drop or cut option**.

Setup:

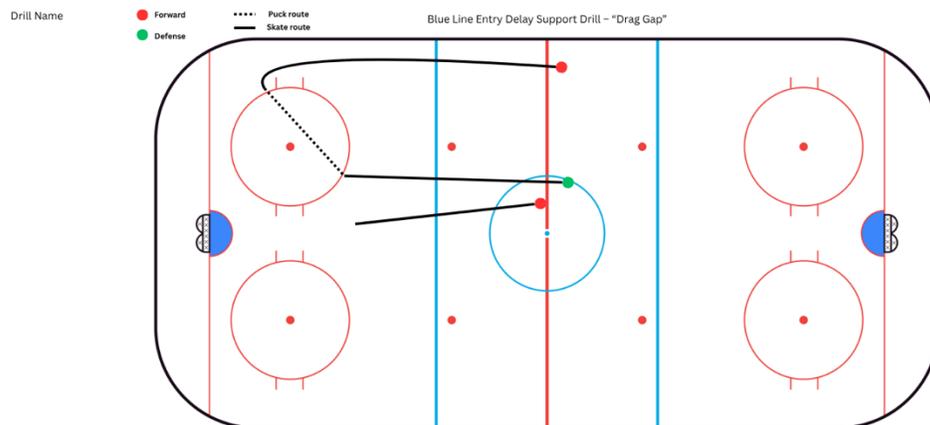
- 2F + 1D come up the ice
- F1 drives wide, F2 cuts middle
- D trails slightly off F2's hip

Execution:

1. F1 or F2 enters with possession
2. D stays inside dot line, **sprints into soft ice delay lane**
3. Receives drop or cutback pass and attacks

Coaching Points:

- D should arrive as *F1 delays or hits wall*
- Gap up the middle = time and space killer
- Don't over-skate — **enter with stick ready for puck or recovery**



Stationary One-Timer Mechanics – “Set & Snap”

Purpose: Focus on clean mechanics, weight transfer, and shot control.

Setup:

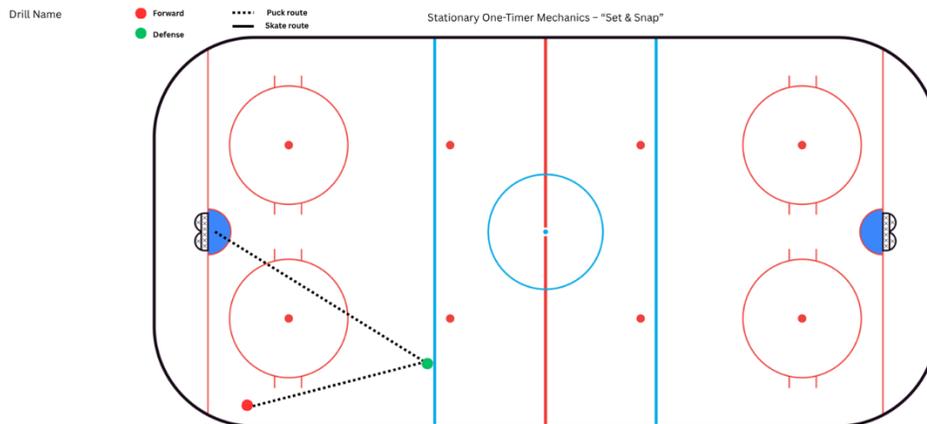
- D lines up at blue line
- Coach or F passes from either corner or half wall

Execution:

1. D starts in ready position, knees bent, stick in shooting pocket
2. Coach passes puck to D
3. D executes one-timer to net (no stopping puck)
4. Alternate pass angles and stick side

Coaching Points:

- Weight should **transfer forward**, not just rotation
- **Bottom hand slides slightly** to generate torque
- Stay low and compact — no big windup
- Eyes on puck, but **don’t drop head** — shoulders stay level



One-Timer “Horseshoe” Drill

Purpose: Practice one-timers off the rush and on both forehand/backhand setups.

Setup:

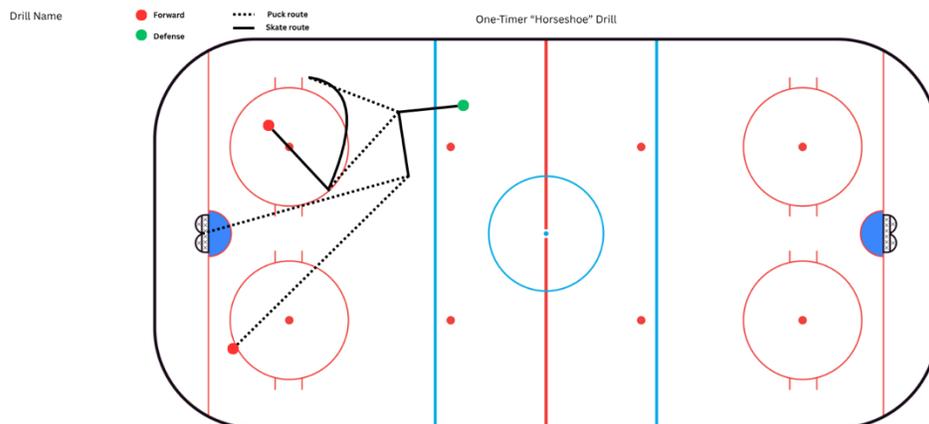
- Standard horseshoe format
- Pucks at center ice, pass goes D-to-F-to-D

Execution:

1. F passes to D skating in from blue
2. Second F or coach passes cross-ice for a **one-time shot**
3. D must time movement to arrive just as puck comes across

Coaching Points:

- Skate into shot — don’t be stationary
- Emphasize **blade angle** — open enough to get elevatio
- If puck is off-line, **adjust body, not just hands**



PP One-Timer Quick Release Drill – “Half-Wall Rip”

Purpose: Simulate PP puck movement and one-time options for D.

Setup:

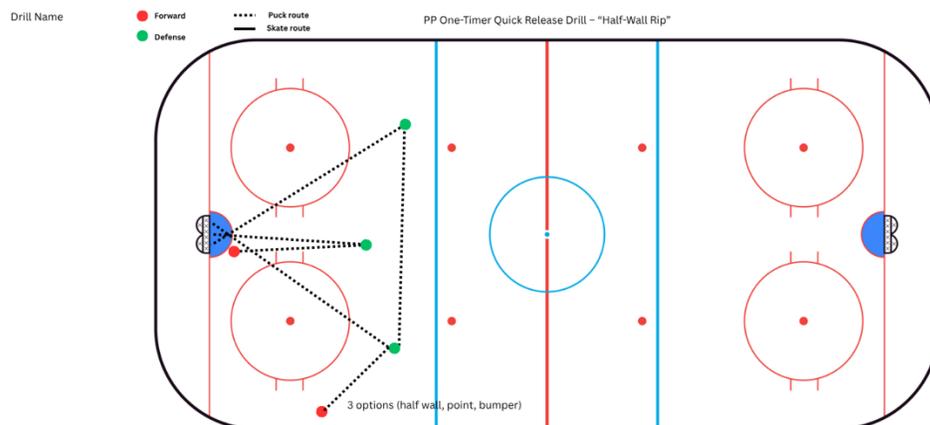
- Coach at half-wall
- D at blue line in top umbrella
- Optional: add F at bumper or net front

Execution:

1. Coach passes across seam to D
2. D one-times puck on net
3. Rotate angles:
 - Half-wall to point
 - Point to point
 - Drop pass from bumper

Coaching Points:

- **Open up hips** and blade before pass arrives
- Quick shoulder check before puck comes
- Practice both **slappers** and **snap one-timers**



Down the Wall One-Timer Drill – “Trap Shot”

Purpose: Catch late passes coming down the wall and release under pressure.

Setup:

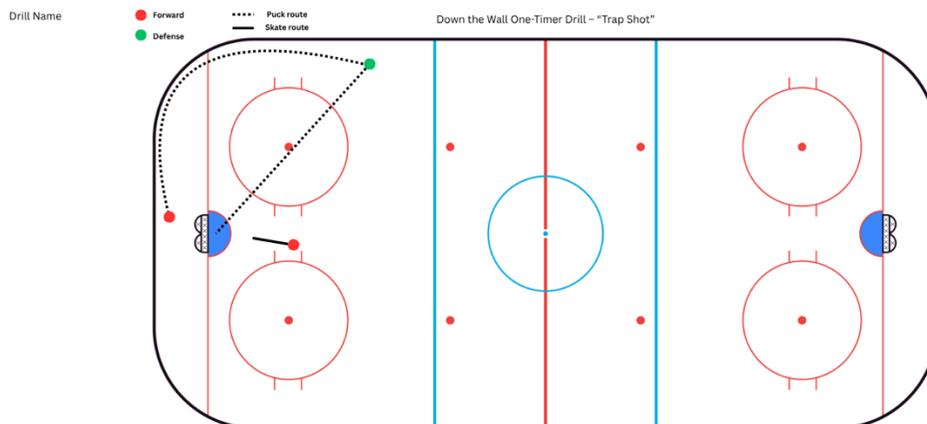
- Puck starts behind net
- Coach or F passes up the wall to D
- Second F forechecks lightly

Execution:

1. D sprints down wall toward puck
2. Catch and shoot **one-timer with pressure**
3. Focus is speed + timing + composure

Coaching Points:

- Don't panic — get stick set early
- Stay square to puck, **pivot into shot**
- Reinforce body control after shot (stick down, eyes up)



Point-to-Point One-Timer Drill – “Slide & Fire”

Purpose: Lateral movement across blue line into a one-time shot.

Setup:

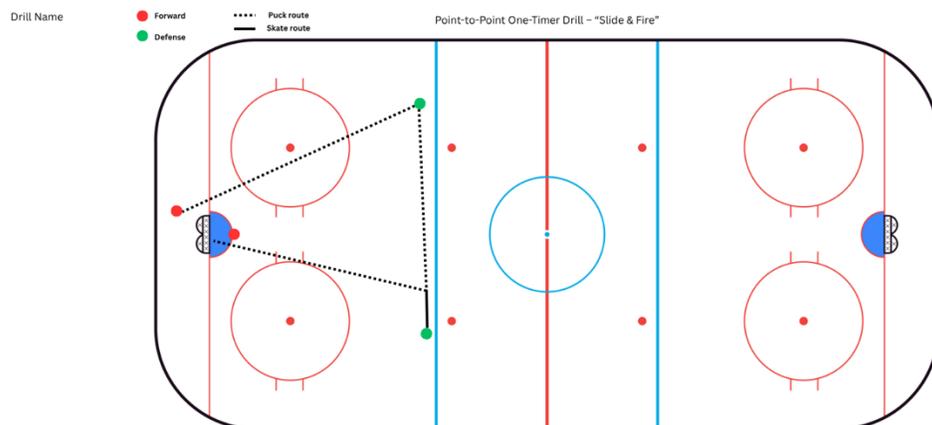
- Two D at blue
- F or coach below goal line with pucks

Execution:

1. D1 slides puck to D2
2. D2 one-times puck
3. Rotate quickly, both directions
4. Add a net-front screen for realism

Coaching Points:

- D2 needs to **be moving laterally**, not static
- Keep stick blade closed just enough to stay on net
- Work on **weight transfer and release speed**



“Ghost Gap” Drill – Read and Track Without the Puck

Purpose: Train weak-side D to stay tight and proactive in their gap, even when play is away from them.

Setup:

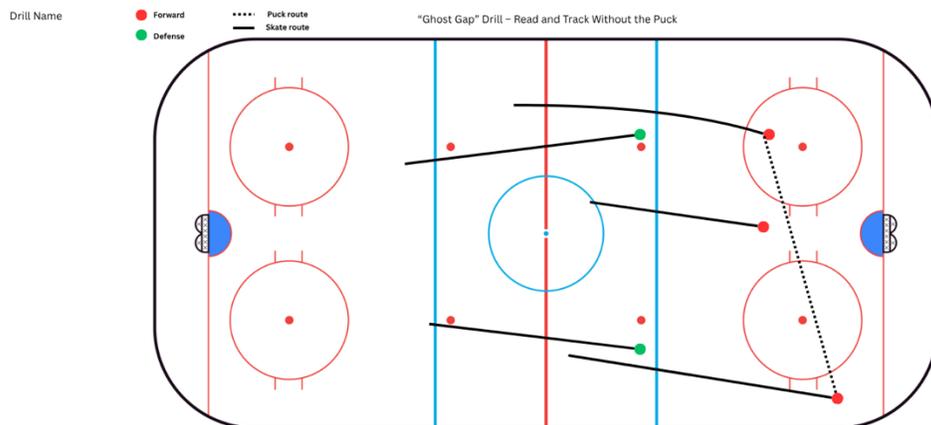
- 3 Fwds attack off a breakout
- 2 D back off the blue line into neutral zone
- Coach randomly chooses which F gets the puck

Execution:

1. As forwards breakout, puck goes to one side
2. Weak-side D **doesn't just sag**, they *gap up into lane* of potential 2nd or 3rd wave
3. Play becomes a 3v2 live rush
4. Weak-side D must stay tight, inside, and ready to close

Coaching Points:

- Stick in the lane, shoulders square to center
- Eyes locked on hips of off-puck forward
- Maintain 1.5–2 stick length gap, don't drift too deep



“Mirror the Middle” Drill – Off-Puck D Gap Timing

Purpose: Helps D read breakout development and skate into effective support gap position *before* the puck shifts sides.

Setup:

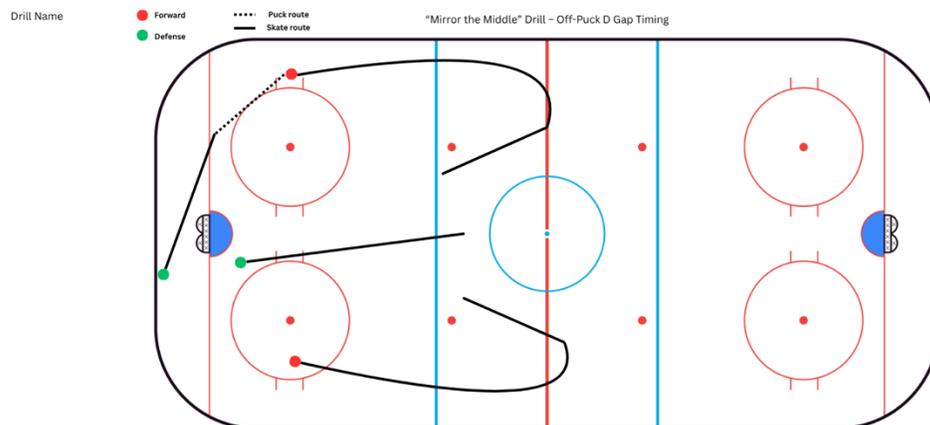
- Breakout begins with D1 and forwards on one side
- D2 starts low and away from the puck side

Execution:

1. D1 retrieves and moves puck to forwards
2. D2 *mirrors breakout speed and direction* through center lane
3. D2 must time neutral zone skate to be in **position to deny cross-ice pass or pressure weak-side entry**
4. After entry, play continues live

Coaching Points:

- D2’s skating is the focus — **not gliding, but purposeful mirroring**
- Stay between weak-side forward and middle of the ice
- Scan for F3 or wide lane stretch threats



Neutral Zone Layer Drill – “Shadow & Squeeze”

Purpose: Teaches D to eliminate time/space before a puck is even moved to their side.

Setup:

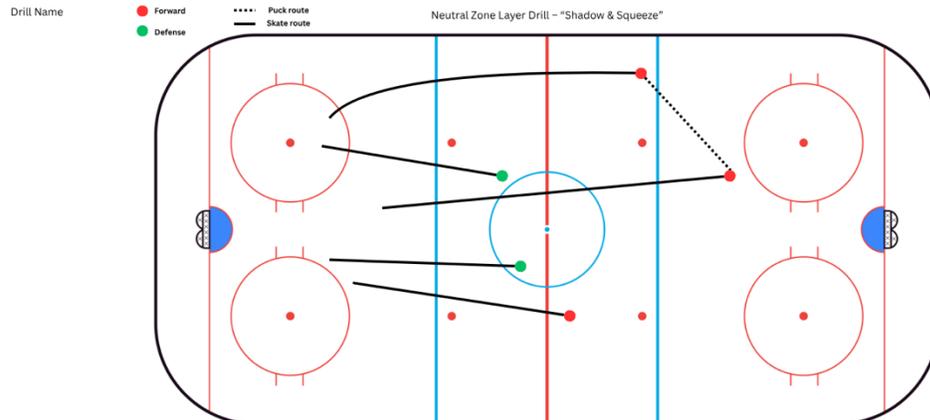
- Coach sends 3 F up ice with 1 puck
- D1 is on puck-side
- D2 (off-puck) shadows weak-side forward in neutral zone

Execution:

1. Fwd with puck delays or drives
2. Weak-side D tracks and **closes early if puck moves to their forward**
3. If not, **holds inside gap** to block cross or support entry

Coaching Points:

- Stick out and active — even without puck, force decisions
- D2 should stay between their F and the net/middle
- If F tries to slip behind, **D must pivot and deny middle lane**



Off-Puck Zone Entry Denial – “Read the Layer” Drill

Purpose: Build instincts to react and gap tight when puck is moved laterally across the ice or chipped behind.

Setup:

- Coach sends puck to wing for zone entry
- Other Fwd streaks on weak side
- D must track and hold **off-puck entry** option

Execution:

1. Puck-carrier enters wide
2. Second Fwd cuts through middle or drifts wide weak-side
3. D must read this development and **stay up tight** without puck coming their way
4. Play goes live after entry

Coaching Points:

- Head swivels to track backdoor options
- Maintain speed in gap — **don't flat-foot**

Communicate constantly with partner: “Middle!” “Stay up!”

