

HAVING FUN WITH SPECIAL TEAMS

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VI FACEOFFS

A. GENERAL INFORMATION ABOUT FACEOFFS

The best player for the situation should take the face off.

All players, including the goaltender, must be ready for each face off.

Face offs are important (35-55 per game).

Inside winger goes to the face off dot when the puck is dropped.

Centers should approach each face off at least "even". Play even first, our inside winger will influence any loose pucks.

Know your assignment at **each** face off. It will change in various zones and situations.

Get to know the ref or linesman dropping the puck. Know how the puck is being dropped.

Pick up pucks and hand to ref or linesman.

Ask, don't tell an official to check something. We want the officials on our side.

Win face offs with strength – not tricks.

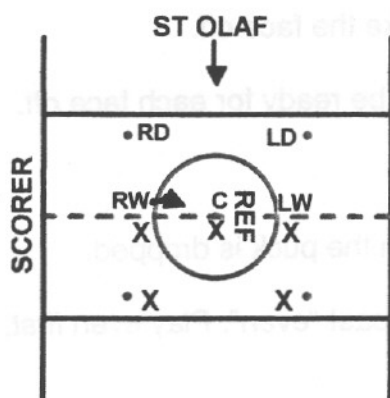
Learn to read the opposition center.

Watch their tendencies and posture (hands, thumbs, legs, stick, etc.)

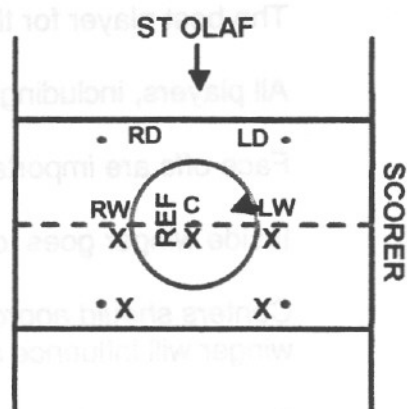
Watch the opposition from the bench.

B. NEUTRAL ZONE FACE OFFS

NORMAL

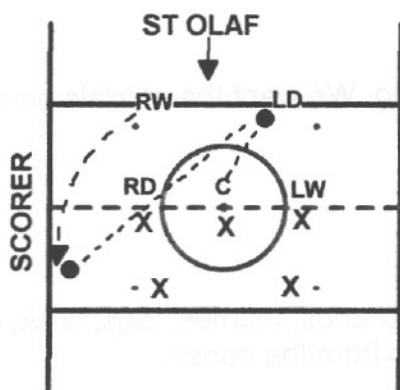


**RW comes in to help Center.
(W facing Ref)**

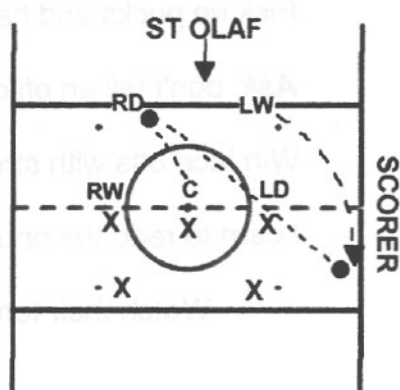


**LW comes in to help Center.
(W facing Ref)**

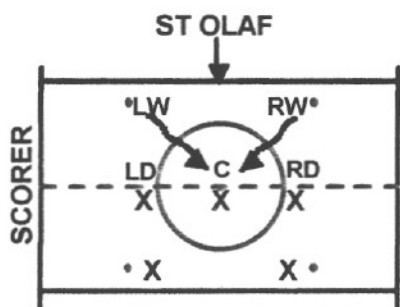
INVERT



1. C draws puck to LD
2. RD must stay with wing
3. C must stay with center
4. RW breaks for a pass from LD



1. C draws puck to RD
2. LD must stay with wing
3. C must stay with center
4. LW breaks for a pass from RD

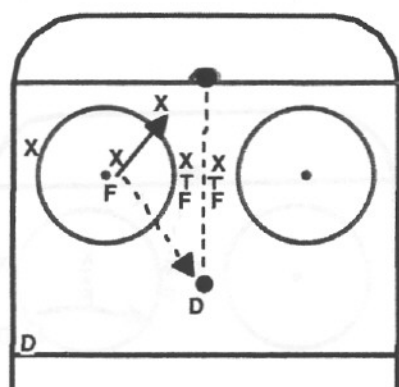


TOTAL INVERT

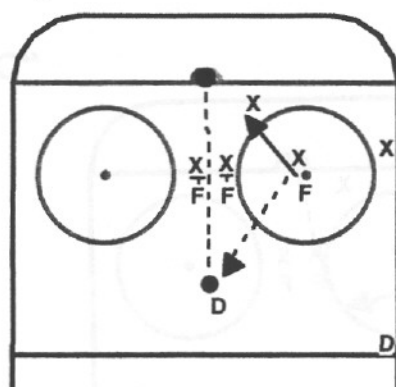
1. Wings come in to pick up loose puck
2. Ds must stay with wings
3. C must stay with center

C. OFFENSIVE ZONE FACE OFFS

NORMAL "(FOOD)"



1. Center draws puck back to RD.
2. Both wings block anyone going up ice.
3. RD gets off as quick a shot as possible.



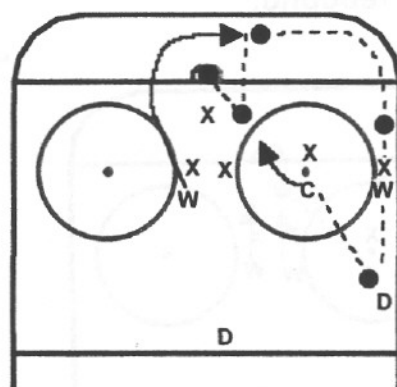
1. Center draws puck back to LD.
2. Both wings block anyone going up ice.
3. LD gets off as quick a shot as possible.

"NUMBER"



1. Center pulls puck back to LD.
2. LD raps puck around corner.
3. LW locks up opponent and lifts her stick to allow puck to pass thru.
4. RW catches puck and passes to center breaking to the net.

If we lose the face off, go to normal forecheck

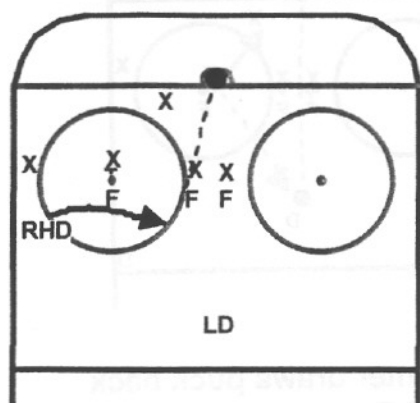


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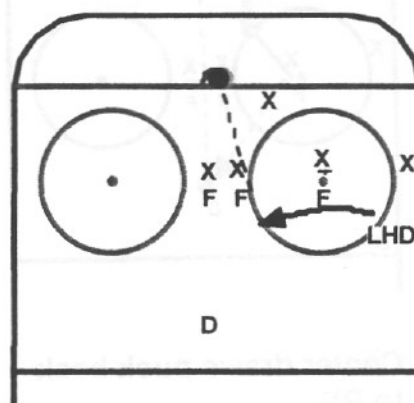
If we lose the face off, go to normal forecheck

C. OFFENSIVE ZONE FACE OFFS

"COLOR"

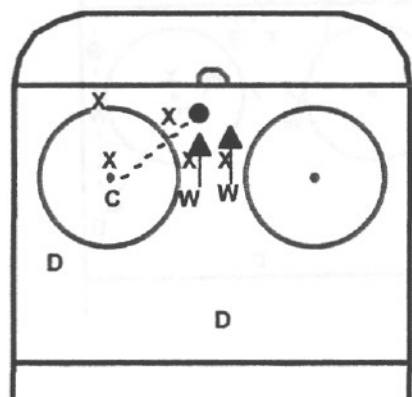


- 1 Center takes opponent off the dot.
- 2 RHD skates across, picks up puck, skates to middle, shoots and scores.
- 3 Wings tie up opponents then rebound.

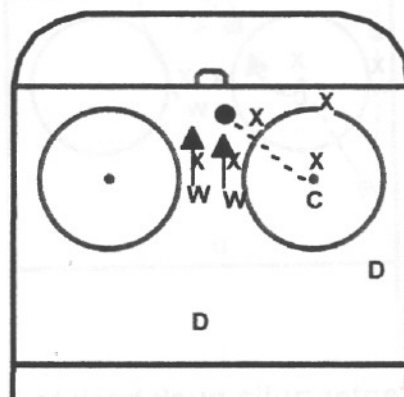


- 1 Center takes opponent off the dot.
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- 3 Wings tie up opponents then rebound.

"ANIMAL"



1. Center pushes puck to net.
2. Forwards break to goal when puck is dropped.



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2. Forwards break to goal when puck is dropped.

VII. POWER PLAY

A. GENERAL INFORMATION ABOUT THE POWER PLAY

Fundamental Skills: Passing, Puck Handling, Shooting, Read & React

PASSING

Pass when you should ___ not when you have to.
Make passes tape to tape (always pass to the forehand).
Keep the puck off the boards.
Always present a "triple threat" (shoot, pass, drive).
Use both verbal and non-verbal communication.
Passing the puck beats a zone defense.

PUCK HANDLING

Move the puck to the best shooting location.
Execution is the key to good puck movement.
Know when to either protect, pass, or shoot the puck.
Support the puck when you don't have it.
Influence the puck - there is no need to always stop and handle the puck.
Support the play around the puck.

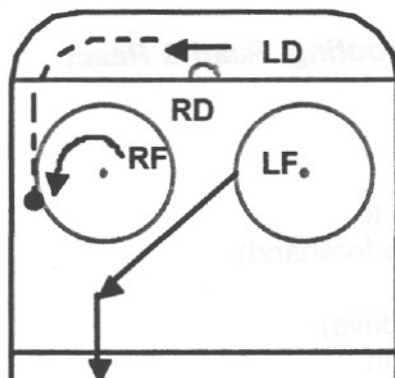
SHOOTING

Know where the shooting and passing areas are.
Shoot to score.
The hardest shot is not always the best shot.
A shot is never a bad play.
Quick release is more important than velocity.

READ AND REACT

Know all the positions on the power play - but know yours best.
Anticipate puck movement and deflections.
Eliminate offensive 1 on 1 situations.
Create numerical superiority by overloading.
Use triangulation - always give 2 offensive options.
Control your opponent.
Help out on defense.
Come back to the puck when needed on breakouts.
Give the opposition the puck immediately when a second penalty is to be called.

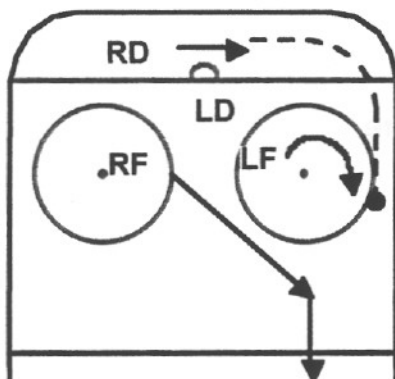
B. PENALTY KILL BREAKOUT.



1. LD will make a soft rap to half board.
2. RD stays in front of the net.
3. RF swings to pick up the puck
4. LF goes right towards the point.

If the puck gets by RF, LF would be on their point instantly.

If the puck gets picked up by RF, then LF breaks for a pass from RF.



1. RD will make a soft rap to half board.
2. LD stays in front of the net.
3. LF swings to pick up the puck
4. RF goes right towards the point.

If the puck gets by LF, RF would be on their point instantly.

If the puck gets picked up by LF, then RF breaks for a pass from LF.