

COUGAR TACTICS AND SYSTEMS

I. OFFENSIVE ZONE

A. Backcheck

1. Pickup closest man
2. Stay with man all the way through the neutral zone
3. don't leave coverage until team sets up in d-zone

B. Power Play

1. Umbrella (4 forwards)
 - best shooter at point
 - wings on off-hand (right shooter on left side)
 - give puck carrier two passing options at all times
 - shift constantly to keep even spacing between players
2. Overload (3 forwards, 2 defensemen)
 - same points as umbrella
 - wait for clear shot (patience)
 - three men on every loose puck until regain possession

C. Forecheck

1. Modified Trap
 - force play in one direction
 - take away passing lanes
 - one D steps up into play, other stays back
2. Two Man Aggressive
 - used after a dump in
 - two men hard to the puck
 - 3rd stays in high slot
 - first man takes body, second takes puck
 - rotate with high man if puck goes to other corner

D. Cycle

1. Constant movement with patience
2. Head always up
3. Can be done anywhere in o-zone
4. Always evenly spaced
 - one in corner, one behind net, one in slot
5. Include defensemen

II. DEFENSIVE ZONE

A. Penalty Kill

1. Box

- always face puck
- always keep stick on ice
- force play with control
- always stay between man and net/puck

2. Diamond

- same points as box
- use when PP is umbrella

B. Backcheck

1. Always pick up closest open man
2. Stay with man all the way to the net
3. Once initial rush breaks down, go to d-zone coverage
4. drive puck carrier to outside

C. D-zone Setup

1. Box plus 1
 - wings high, D low, center low
 - must be able to shift to help out
 - weak wing help out in high slot
 - center travels with puck

D. Breakout

1. Support puck carrier
2. D use each other
3. Forwards come back to support, then head up ice with speed
4. Find open ice
5. Never stand still

III. NUETRAL ZONE

A. Backcheck

1. Find closest open man and stay with them
2. Don't chase puck
3. Stay with man all the way through the d-zone

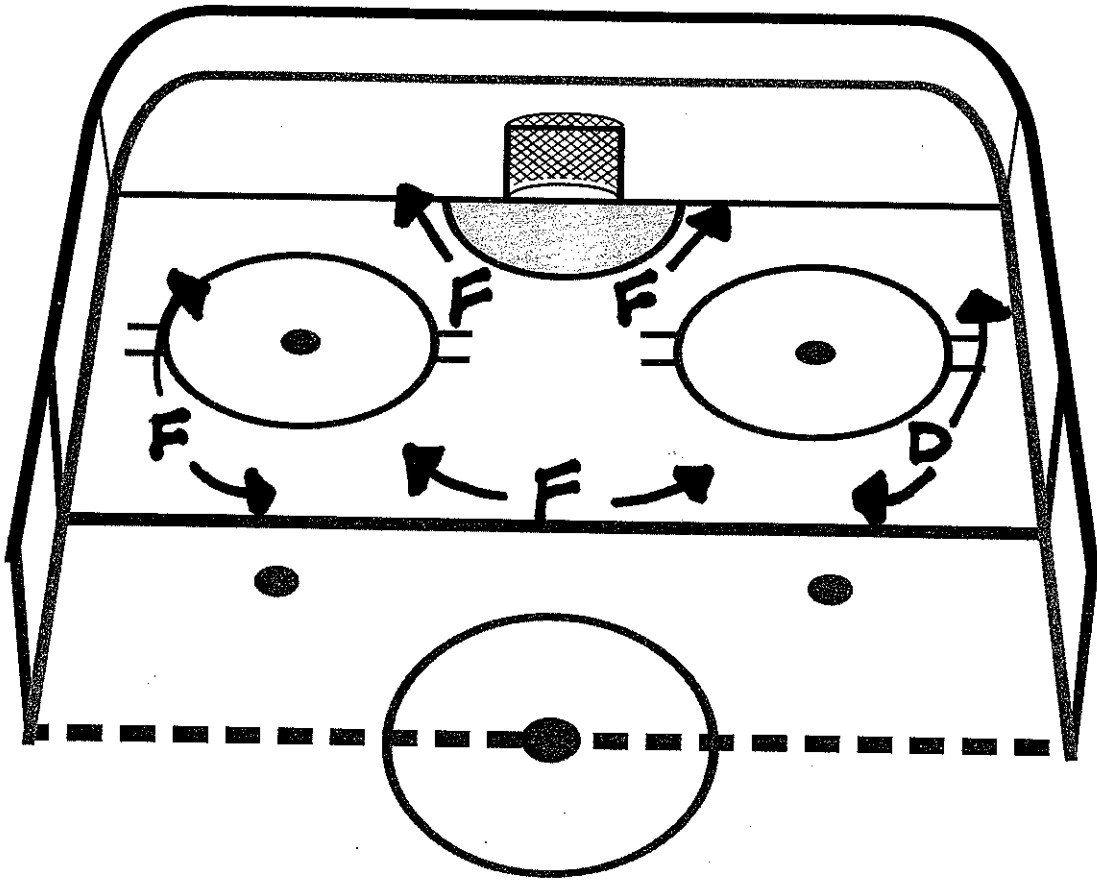
B. Defense

1. Force puck carrier to outside
2. Stay in lanes
3. Trap if necessary

C. Regroup

1. Use defensemen
 - stay spaced, always moving with play
 - d use each other
 - don't be afraid to skate with puck
2. Forwards
 - get back to support D
 - always moving, never stop and wait for pass
 - move up ice with speed
 - dump into zone if necessary, then forecheck

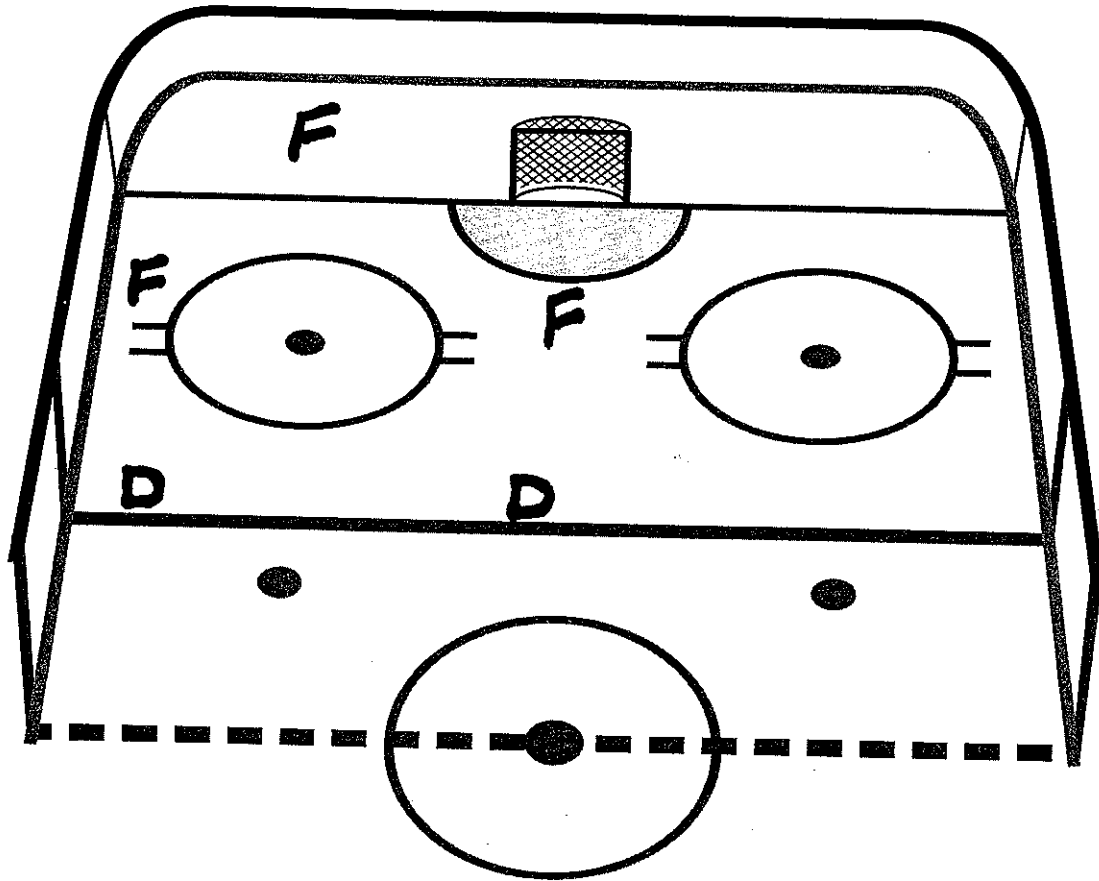
ADDITIONAL EXERCISES & DRILLS



Power Play

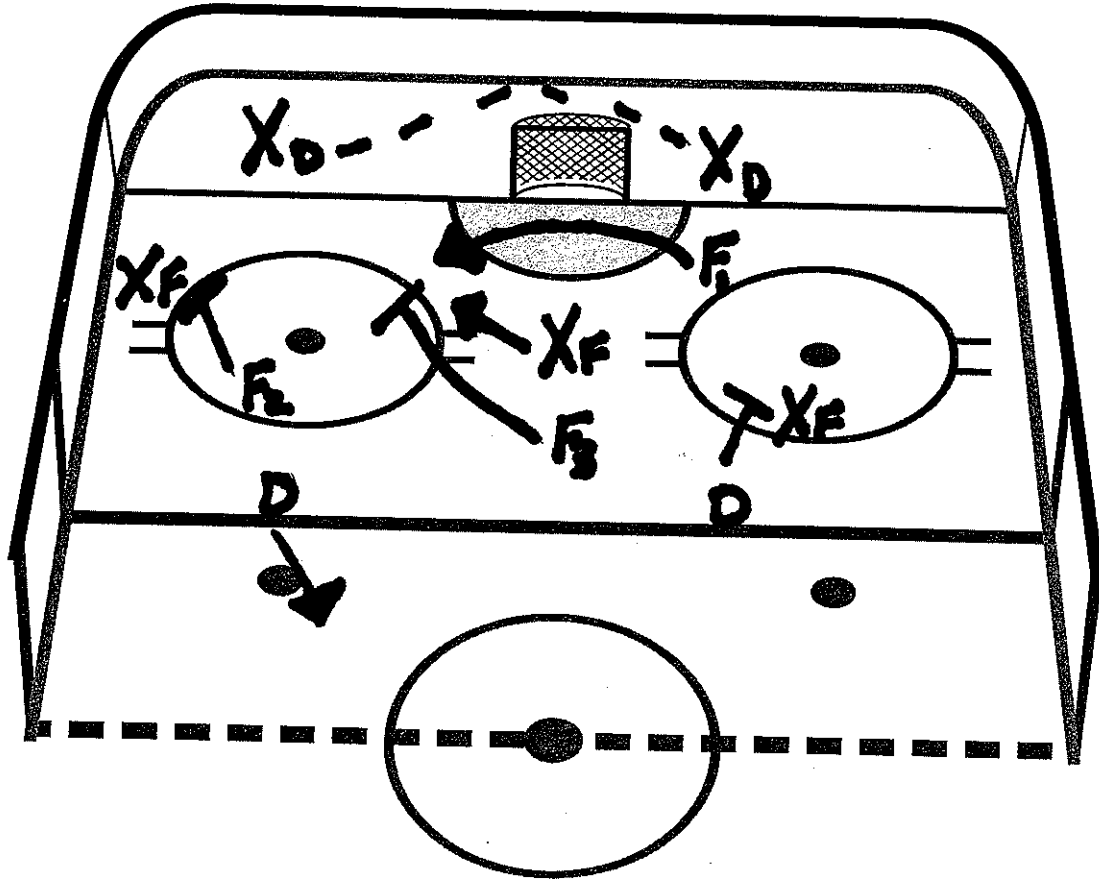
Umbrella

ADDITIONAL EXERCISES & DRILLS



Power Play
Overload

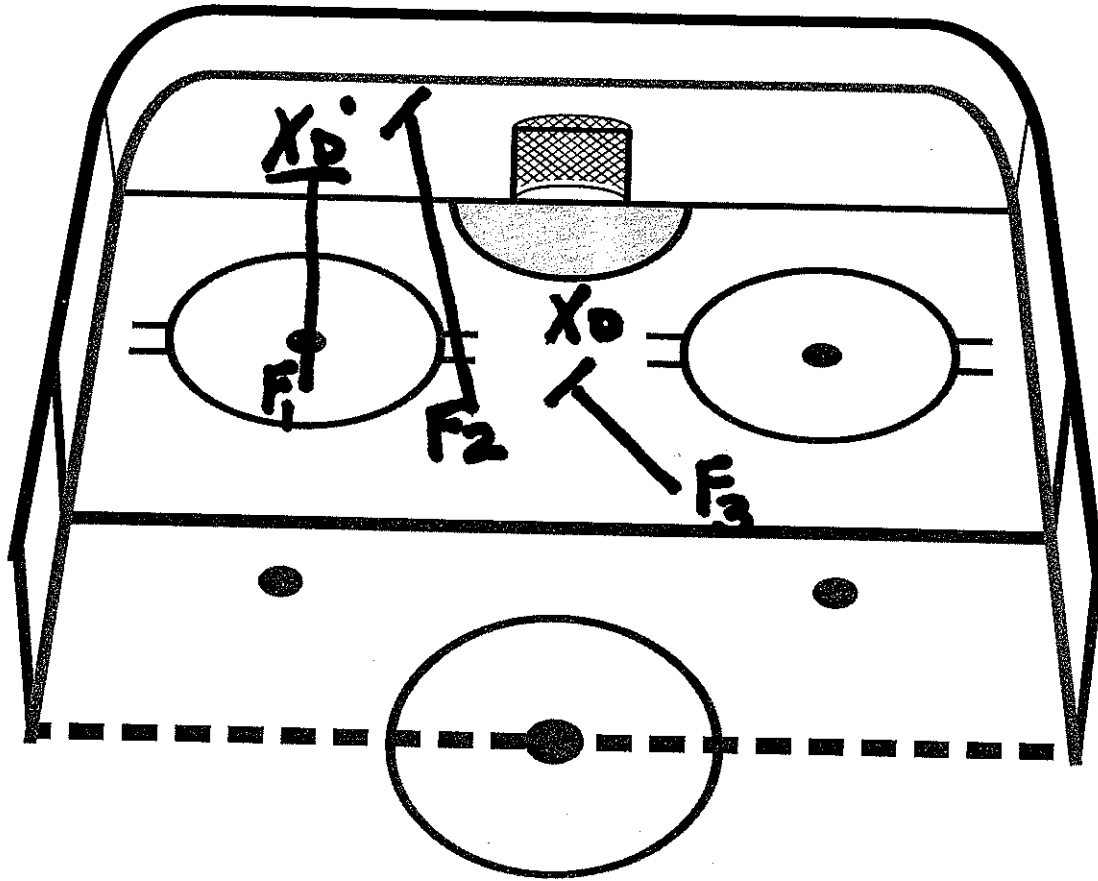
ADDITIONAL EXERCISES & DRILLS



Forecheck

"Modified" Trap

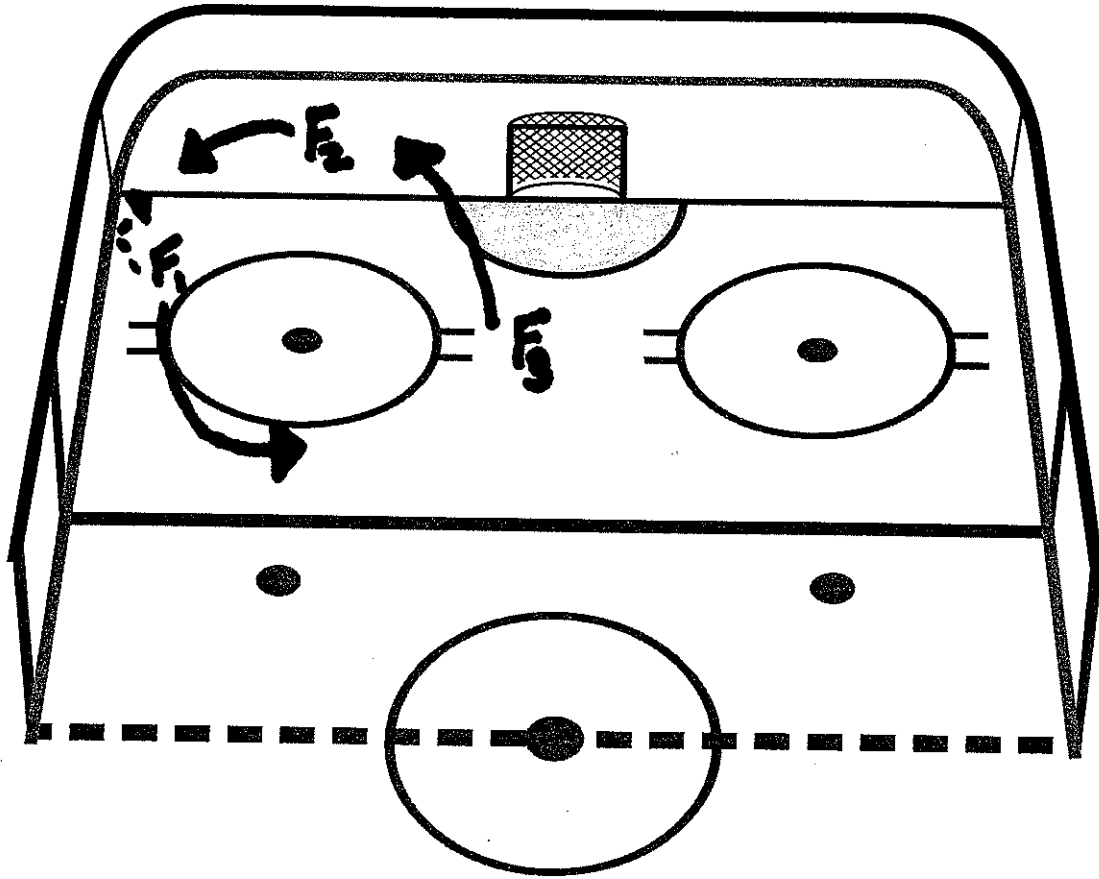
ADDITIONAL EXERCISES & DRILLS



Forecheck

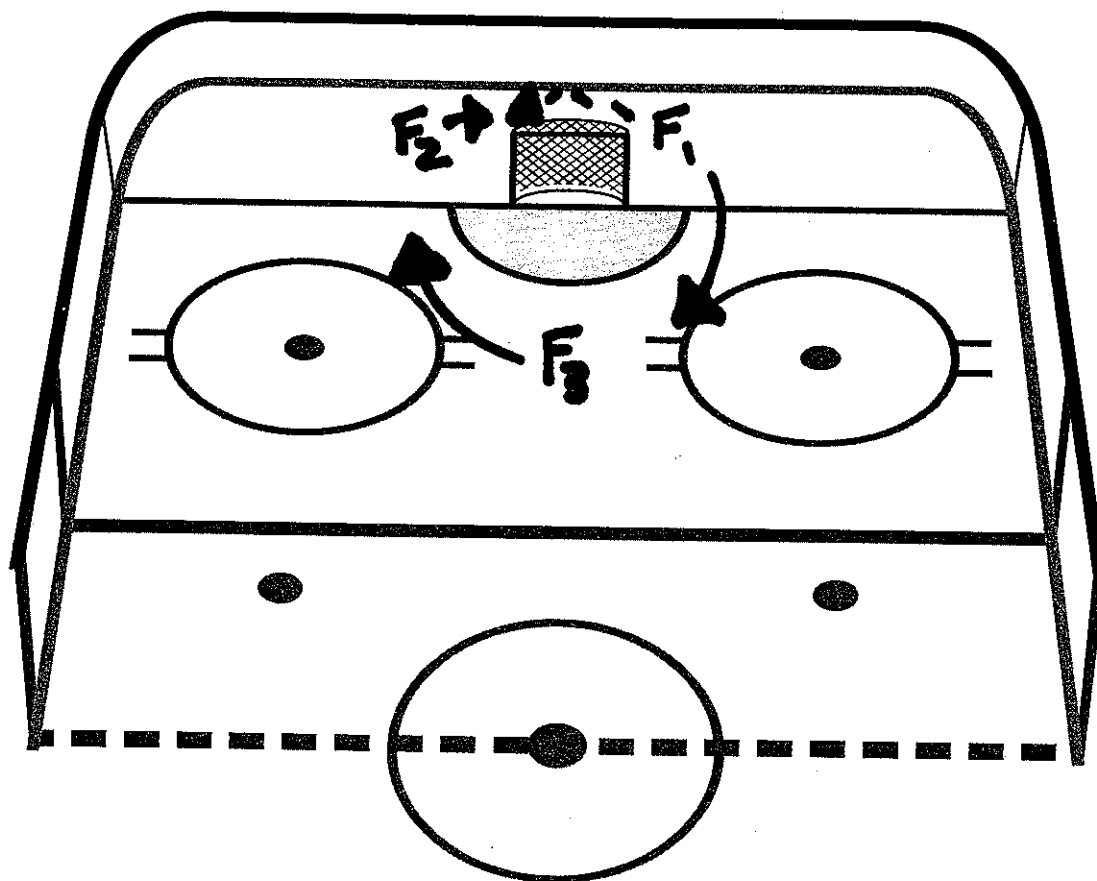
2 Man Aggressive

ADDITIONAL EXERCISES & DRILLS



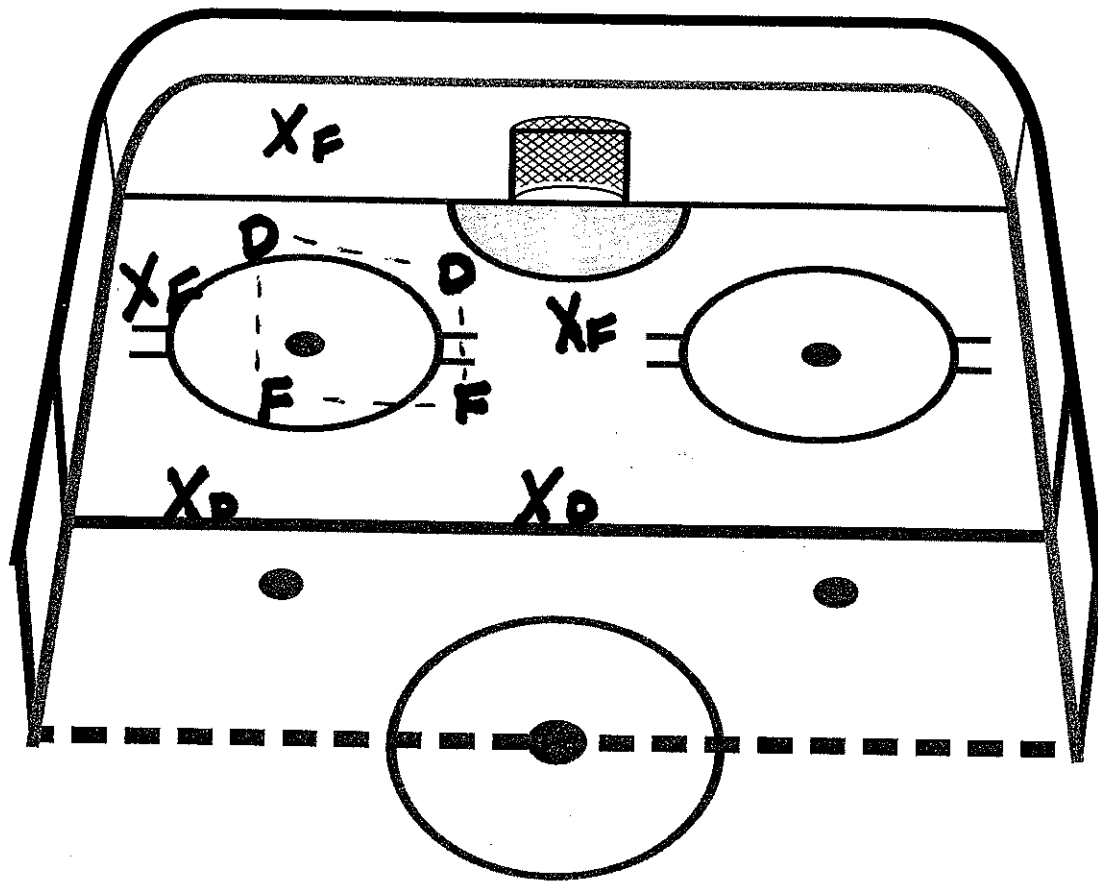
Cycle
Corner

ADDITIONAL EXERCISES & DRILLS



Cycle
behind net

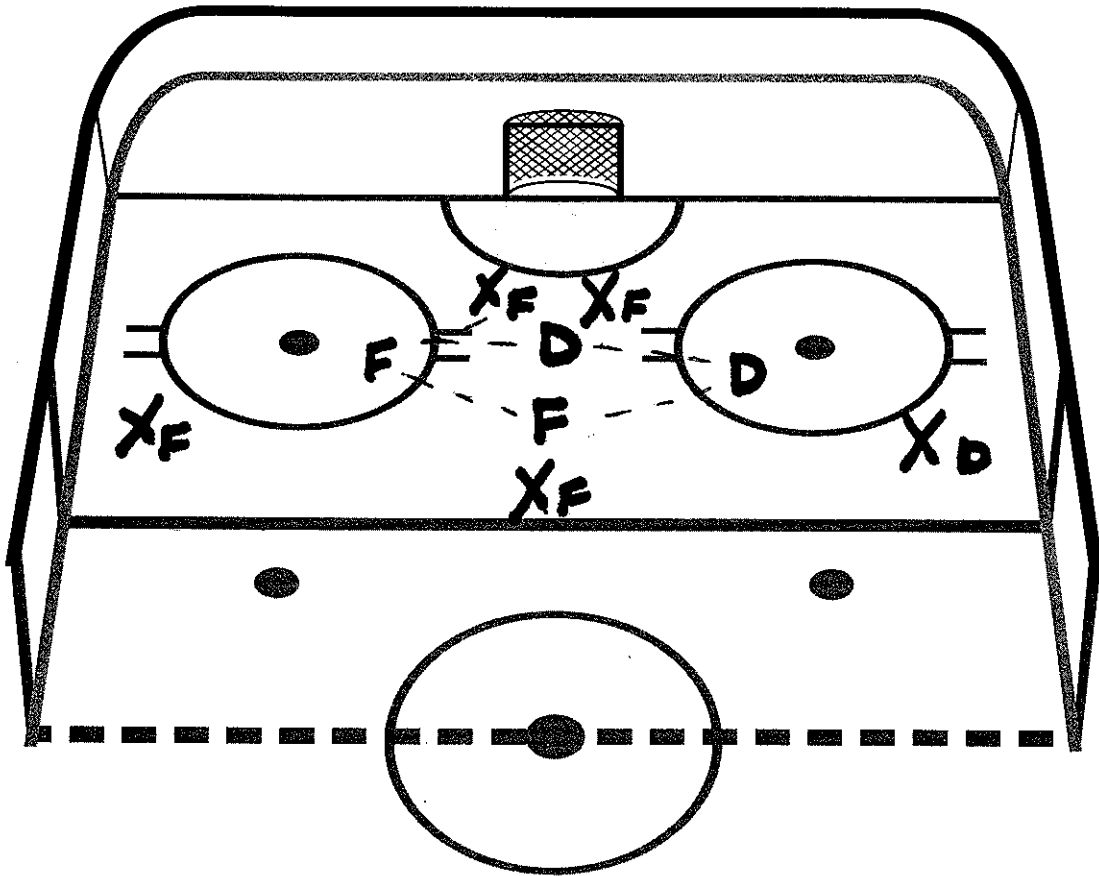
ADDITIONAL EXERCISES & DRILLS



PK

Box

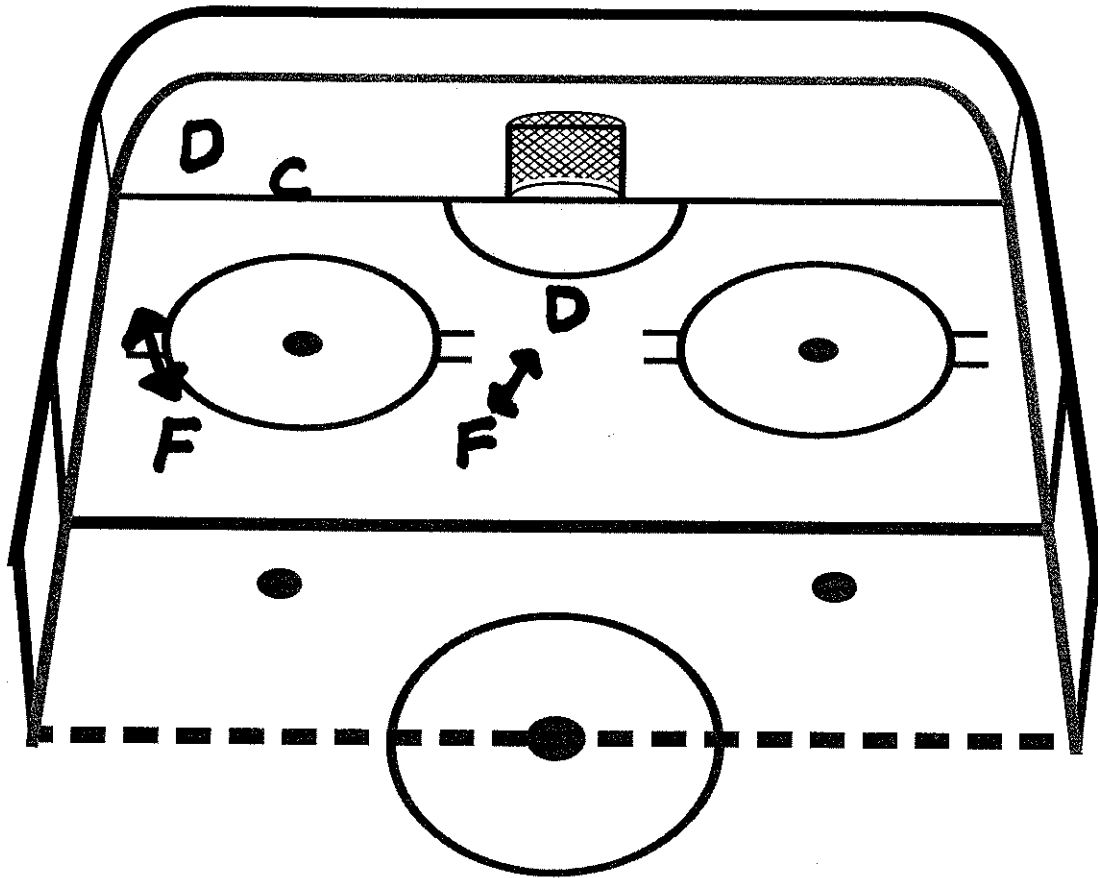
ADDITIONAL EXERCISES & DRILLS



PK

Diamond

ADDITIONAL EXERCISES & DRILLS



D zone Setup
Box + 1