

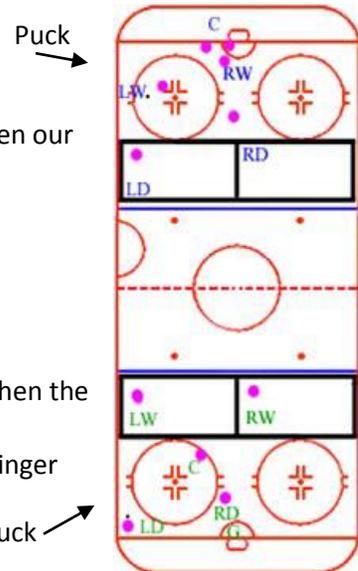


12U C470: ICE HOCKEY 101

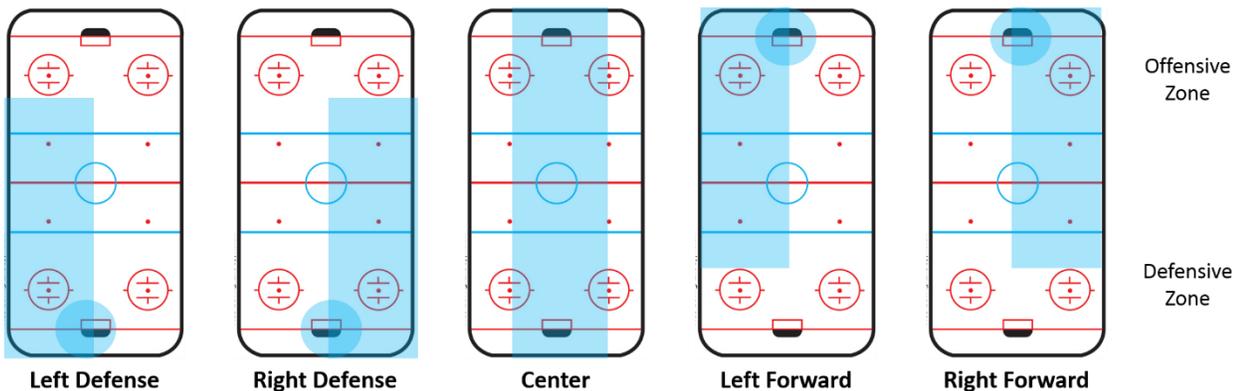
General Positioning – Part 1

L = Left Wing R = Right Wing C= Center LD= Left Defense RD= Right Defense

- The top third of the rink represents the offensive zone.
- The opposing players are pink circles
- We are labeled in blue according to where every player should be when our Left Winger has the puck near the boards
- The black outlined rectangles represent the general area that each defenseman should occupy
- The area between the blue lines represents the Neutral Zone
- The bottom third of the rink represents the defensive zone
- The opposing players are pink circles
- We are labeled in green according to where every player should be when the other team's Right Winger has the puck near the corner
- The black outlined rectangles represent the general area that each Winger should occupy to cover the opposing defenseman



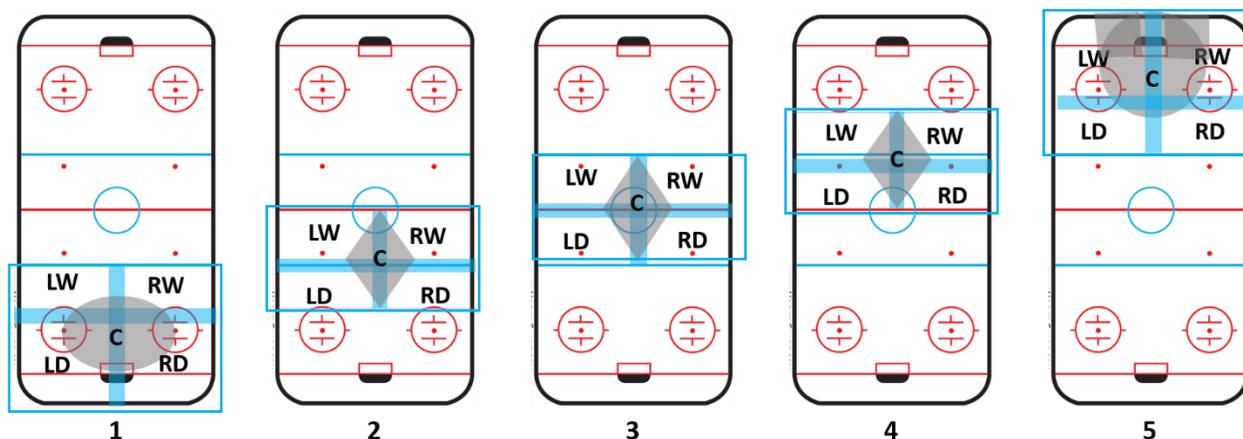
General Positioning – Part 2



The above 5 diagrams show, in a very general way, the zone of responsibility of each position, as shown in blue. So, as an individual player on the ice you only have to concern yourself with one of the zones shown above. Similarly, each of your teammates does the same thing for their zone.

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General Positioning – Part 3



The above 5 diagrams show, in a very general way, how the players should be distributed on the ice.

Things to notice:

- the center occupies the grey area, the other 4 players occupy the rectangles as outlined in blue.
- the thick blue lines are areas of overlapping responsibility. Note that the center's area overlaps all the other player's areas
- all 5 players occupy an area (the entire blue rectangle) that's about 1/3 the length of the ice.
- although the 5 positions are labeled, there may be times where a player could be in any of the 5 positions, as long as there is only one player in each region.
- Consider the sequence from left to right (1 to 5), and that any of the forwards are carrying the puck up the ice and into the offensive zone:
 - In #2 the defense are approaching our blue line as the forwards are approaching the red line.
 - In #3 the defense have crossed our blue line as the forwards are approaching the other blue line.
 - In #4 the defense are approaching the other blue line as the forwards have crossed the other blue line.
 - In #5 the defense have crossed the other blue line as the forwards are deep in the offensive zone.
 - Special note: if we have control of the puck deep in their end (#5) this is the perfect time to sub off. Be careful that offense and defensive players do not sub off at the same time.
- Consider the sequence from right to left (5 to 1), such that the other team is bringing the puck into our end:
 - First, this is a bad time to sub off (change).
 - For example, the puck carrier is between the LW and LD.
 - The defense simply back up and make sure everyone stays in front of you (conversely: nobody gets behind you).
 - The forwards are skating as fast as you can to back check (stick side) and hopefully disrupt the other team advancing toward our end.

Generally, the defense should stay at defense and the forwards should stay at forward, however, given the nature of the game, positions can change quickly and you should be comfortable occupying any position on the ice. You should also be constantly observing where everyone on your team is, and where the puck is, so that you can ensure that every player region is occupied. If your defenseman skates up with the puck, the center (communicate!) should fall back and help in that position until they return. The defenseman should immediately return to her position as soon as the immediate offensive scoring opportunity is complete.



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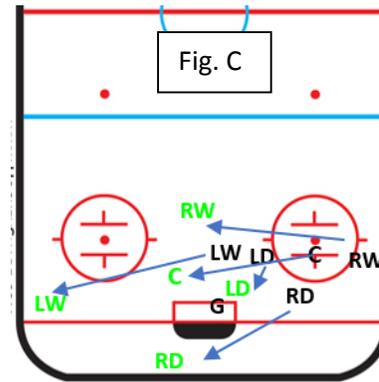
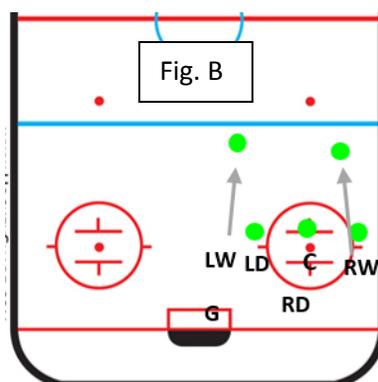
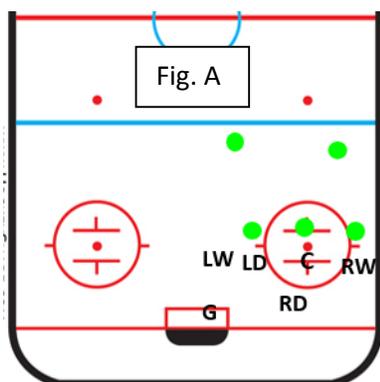
Defensive Zone Face Off

Prior to dropping the puck (Fig. A):

- In the center of the ice, our LD is lined up along the face-off circle and will cover their right winger.
- In the center of the ice, our LW is lined up so she can skate unimpeded towards their defenseman.
- Our RD is lined up along the circle to the right of the goalie such that he does not screen the goalie (i.e. does not block her view) when the puck is dropped.
- Our RW is lined up along the boards opposite their winger.

After the puck is dropped (Fig. B):

- Our LD covers their winger in front of the net
- Our C covers their center
- Option 1 – They have the Puck (Fig. B):
 - If we do not gain control of the puck, our RD will cover their left winger as he comes closer to the net.
 - Each of our wingers skates to cover the opposing defenseman.
- Option 2 – We have the puck (Fig. C):
 - There could be multiple outlet options available at any given moment which would allow our team to move the puck out of our defensive end zone (“breakout”). Outlets are created by players without the puck moving to open space and providing a passing option to the player with the puck. The location of the puck, where play is occurring and which player on our team has possession at a given point in time will determine the outlets (open space) available. In this example the RD gains possession of the puck.
 - If the RD gains possession of the puck, she has two options – pass or skate with the puck. All other players should be looking to create space and become an open outlet, while still being aware of where the puck is located and who is in possession (we may need to quickly transition to defensive position if we lose possession). One outlet option could be a pass to the LW who is breaking up the ice. Another outlet option could be an indirect pass (bank pass) up the boards to the RW.
 - If the RD skates behind the net with the puck, our LW should be skating towards the opposite corner (just above the goal line) to become an outlet pass for the RD. Our C should skate across the ice below the face-off dots (flat pass option) and timing (not to fast, not to slow) her skate (“swing”) so she is also a good passing option. Our RW should skate up and across the tops of the circles and time her skate (“swing”) so she is also a good passing option. The LD should drop to the back door post (weak side post – the side of the net the puck is furthest way from), surveying the ice and communicating to with the RD who has the puck. If needed, the LD can become a passing option. For example, drop below the net for a D to D pass.





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Shifts

Shifts should be 45 – 60 seconds or less.

When to sub off (change):

- The puck is in the offensive zone and your team has control of the puck.
- The puck has been shot deep into the offensive zone (particularly important in the 2nd period). Try to make sure one player is fore-checking (putting pressure on the puck) once it is shot into the offensive end zone.
- There is a whistle

When not to sub off (change):

- The other team has possession of the puck and is leaving their defensive zone
- While play is in the neutral zone (between the blue lines) or in our defensive end zone.
- All five players should never try to sub off at the same time.
- Forwards and Defenses should try to sub off in alternating shifts.

Once you decide to sub off, at the proper moment, you need to be aware of play on the ice and skate as fast as you can to the bench. As you skate to the bench, call out the position you need a replacement for.



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Two Basic Rules

Offside – Off-sides occurs when players of an attacking team precede the puck into the attacking zone. The position of the player’s skates and the position of the puck relative to the blue line are determining factors for an “off-side” violation. A player is considered “off-side” when the player does not have skate contact with any part of the Neutral Zone or the blue line when the puck crosses the determining edge of the blue line.

Icing - When a player of a team shoots, bats with the hand or stick or deflects the puck from his own half of the ice completely beyond the goal line of the opposing team, play shall be stopped and a face-off shall take place at an end zone face-off spot in the defending zone of the offending team.

(Note) If a team ices the puck during a delayed whistle as a result of a foul committed by the opposing team, the ensuing face-off shall take place at a neutral zone face-off spot nearest the defending zone of the team icing the puck. However, if the puck has entered the goal as a result of a legal action by the team shooting the puck, the goal shall be allowed.

Icing shall be nullified if any of the following conditions have been met:

- 1.) The offending team is shorthanded (below the on-ice numerical strength of their opponent) when the puck is shot. The determination is made at the time the penalty expires and if the puck was shot prior to the penalty time expiration, regardless as to the position of the penalized player, no icing shall be called.
- 2.) The puck is shot by an attacking player and rebounds off of the body or the stick of a defending player on their defensive half of the center red line.
- 3.) The puck travels the length of the ice as a result of either player participating in a face-off.
- 4.) The puck touches any part, including stick, skates or body, of an opposing player prior to crossing the goal line.
- 5.) If, in the opinion of the Linesman, an opposing player – except the goalkeeper – has an opportunity to play the puck, and has not done so, prior to the puck crossing the goal line.



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Penalties

A team plays shorthanded when one or more of its players is charged with a penalty. No team is forced to play more than two players below full strength (six players [5 players plus goaltender]) at any time. Whenever a third penalty is called, it is suspended until the penalty with the least amount of time expires (delayed penalty). For goaltender penalties (MINOR, MAJOR or MISCONDUCT), a teammate must serve her time in the penalty box.

For a "MINOR PENALTY," any player, other than a goalkeeper, shall be ruled off the ice for two minutes during which time no substitute shall be permitted.

For a "BENCH MINOR" penalty one player shall be ruled off the ice for a period of two minutes, during which time no substitute shall be permitted. Any non-penalized player of the team who was on the ice at the time of the infraction, except the goalkeeper, may be designated to serve the penalty by the Manager or Coach through the playing captain, and such player shall promptly take his place on the penalty bench.

For the first "MAJOR PENALTY" in any one game, any player, except the goalkeeper, shall be ruled off the ice for five minutes, during which time no substitute shall be permitted. For the second major penalty in the same game to the same player or goalkeeper, that player shall be assessed a game misconduct penalty in addition to the major penalty. The player or goalkeeper shall be suspended for his team's next two games. This two-game suspension is in addition to any other required suspensions incurred during the same incident.

A "MISCONDUCT" penalty involves the removal of a player, other than a goalkeeper, from the game for a period of 10 minutes with immediate substitution taking place on ice. A player whose misconduct penalty has expired shall remain on the penalty bench until the next stoppage of play. For the second misconduct penalty assessed to the same player during the same game, a game misconduct penalty shall be assessed to that player in lieu of the second misconduct penalty.

A "GAME MISCONDUCT" penalty involves the suspension of a player or Team Official for the balance of the game with immediate substitution taking place on ice. A player or Team Official incurring a game misconduct penalty shall also be suspended for his team's next game (the game already appearing on the schedule of that team at the time of the infraction), except that when such penalty is imposed under Rule 403(b) (Second Major in Game) there shall be a minimum two-game suspension.

A "MATCH" penalty involves the immediate removal of a player or Team Official for the balance of the game and a five minute time penalty shall be assessed. A player or Team Official incurring a match penalty shall be suspended from participating in any USA Hockey games and practices until his case has been dealt with by the proper authorities.

A "PENALTY SHOT" is a free shot, unopposed except by the goalkeeper, given to a player who is illegally impeded from behind when in possession of the puck and with an opponent between her and the goal except for the goalie. The team which commits the offense is not penalized beyond the penalty shot, whether it succeeds or not. There are additional infractions that call for a penalty shot (i.e. player throwing her stick in the defensive end zone)