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Face-offs A Game 'Within The Game'

Emphasize

- A. Importance of possession of the puck.
- B. Opportunity to implement set plays on offence and defense.
- C. Chance to make it difficult on other team.

Have a plan

- In Offensive Zone
- At Offensive Blue Line
- At Center Ice
- At Defensive Blue Line
- In Defensive Zone

Players must know all responsibilities in all three zones

- Centers ejected
- Injuries
- “What is my job when we win, what is my job when we lose”

Defense FIRST mentality

- Do not give up body position
- Forwards help Defense by screening with feet moving
- Win 40/60 battles

Do you have a player with special abilities?

- Cannon
- Great vision
- Great acceleration

Special Situations

- Penalty Kill 5 vs 4 / 5 vs 3 / Empty Net
- Powerplay 5 vs 4 / 5vs 3/ Empty Net

Requires Constant Maintenance

- Statistics possession means win
- Emphasize Importance
- Recognize Good Plays In All Zones
- Use video if available



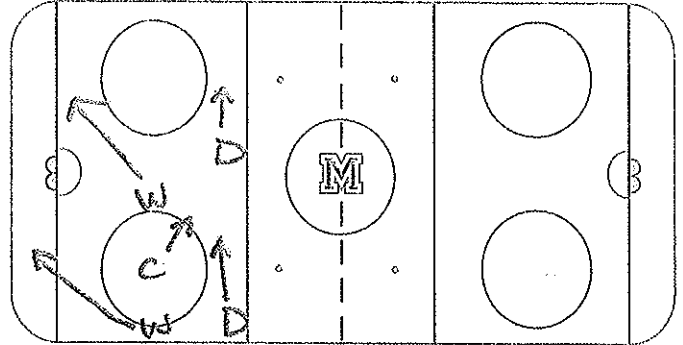


Ⓢ	Coach	→	Puck Carrying
○ ○	Forwards	→	Shooting
△ △	Defenders	- - - - -	Pass
G	Goalie	↔	Drop Pass
	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⋈	Pucks	→	Defensive Pressure

Drill Name: _____ Duration: _____

OFFENSIVE ZONE LOSS

- W'S MUST FIND OPPOSITION D
- C PULLS HIGH
- D READY TO PINCH ON RIMS

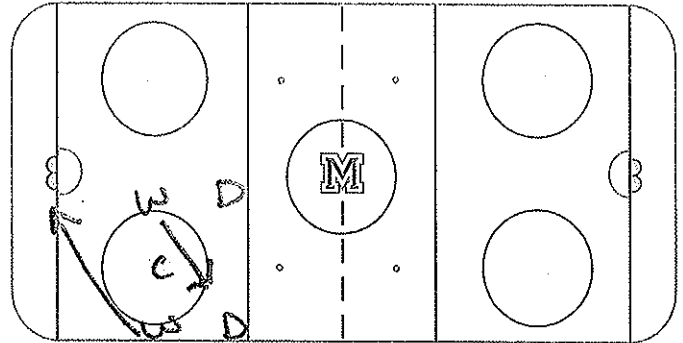


Key Teaching Points

Drill Name: _____ Duration: _____

OFFENSIVE ZONE WITH

- BOARDSIDE W HARD TO NETFRONT
- NETFRONT W SCREENS FOR P D
- C TO SLOT

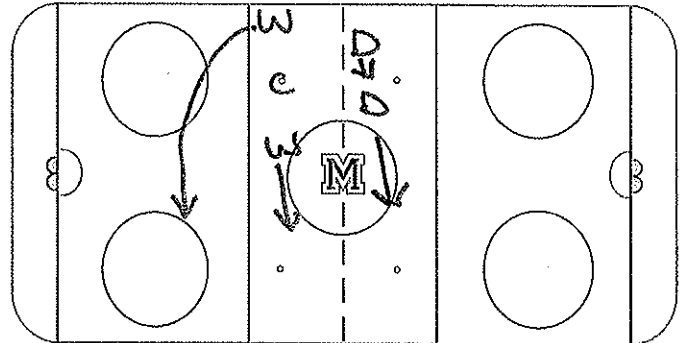


Key Teaching Points

Drill Name: _____ Duration: _____

LOSS AT OFFENSIVE BLUELINE

- BOARDSIDE W PRESSURES



Key Teaching Points



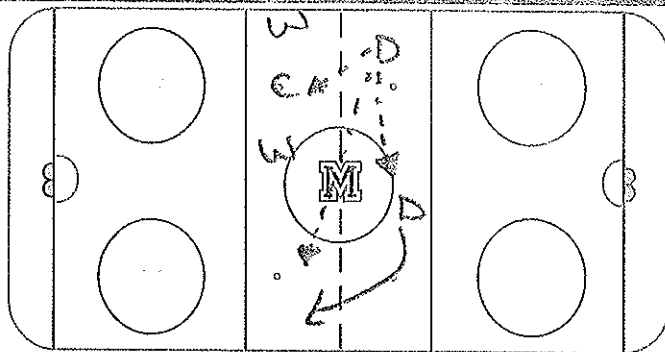


LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	↔	Drop Pass
		Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⋄	Pucks	—	Defensive Pressure

Drill Name: _____ Duration: _____

WIN AT OFFENSIVE BLUELINE

WORKSIDE D SLIDES OVER
LOOK TO CHANGE SIDES OR
QUICK UP TO C

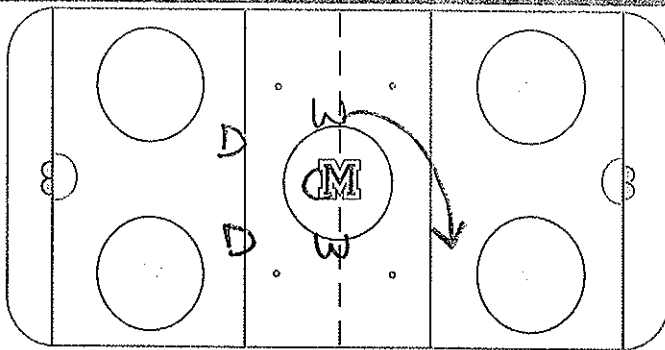


Key Teaching Points

Drill Name: _____ Duration: _____

LOSS AT CENTER ICE

LEFT WINGER PRESSURES



Key Teaching Points

Drill Name: _____ Duration: _____

WIM AT CENTER ICE

FS FILL LANES

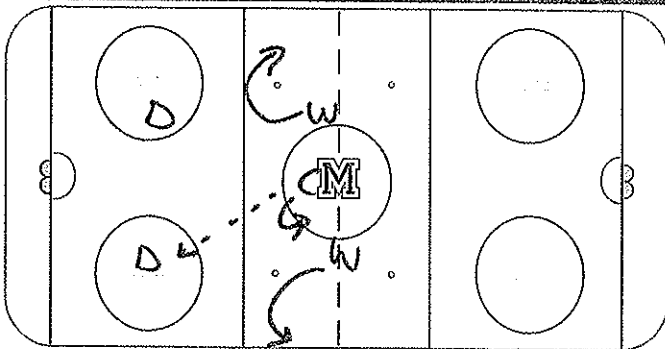
D-C

D-D-UP TO W

D-D SKATE AND SHIM RED

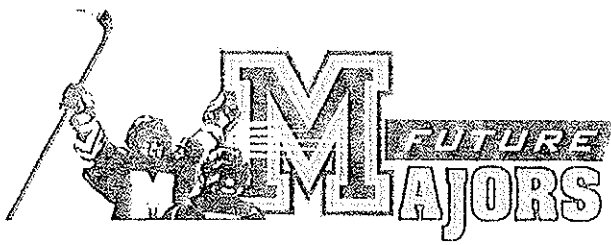
D-D-C

D-D-WIDE W



Key Teaching Points





LEGEND			
⊙	Coach	→	Puck Carry
○ ●	Forwards	⇌	Shooting
△ ▲	Defenders	⋯→	Pass
G	Goalie	↔	Drop Pass
	Stop	↺	Backward Skate
X	Pylon		Lateral Movement
*	Pucks	—	Defensive Pressure

Drill Name: _____ Duration: _____

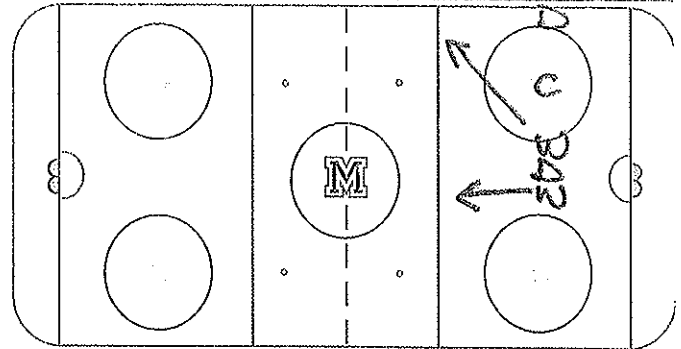
LOSS IN DEFENSIVE ZONE

W'S TAKE THEIR D

C AND D SET UP 3 ON 3 LOW

* SWITCHES ON SPECIAL PLAYS

* W'S MUST BLOCK SHOTS.



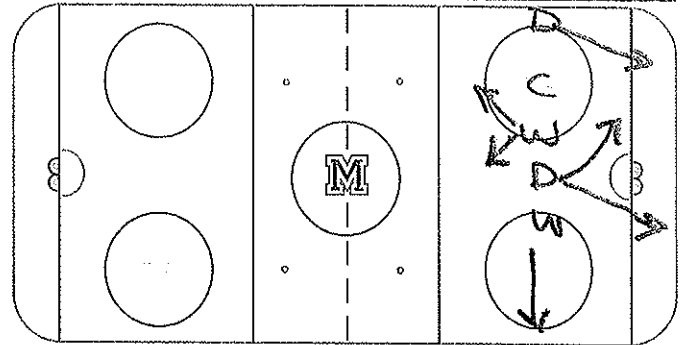
Key Teaching Points

Drill Name: _____ Duration: _____

WITH IN DEFENSIVE ZONE

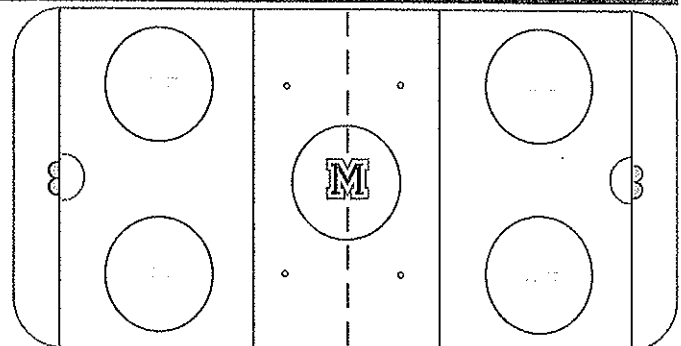
MULTIPLE OPTIONS DEPENDING ON PRESSURE

- (A) WHEEL
- (B) REVERSE
- (C) D-D
- (D) RIM
- (E) STOP BEHIND



Key Teaching Points

Drill Name: _____ Duration: _____



Key Teaching Points



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