

## **AJH D-ZONE COVERAGE OVERVIEW:**

The purpose of the defensive zone coverage:

- A. Neutralize the attack and or scoring threat
- B. Regain possession as quickly as possible in a contained coverage, and break out of your zone

This section will show some vital zone coverage to help neutralize the opposition's scoring threat but put our players in B.O. positions once puck possession is regained.

D-Zone coverage has some pros and cons. If we play passive structure, we may hold Center ice positioning while clogging up the net front, but staying passive allows the opposition to skate the perimeter without much pressure (think penalty kill mentality). The opposite being more aggressive gives you more opportunity to regain puck possession but may leave you vulnerable in D-zone areas (open lanes, open ice). These are a couple of D-Zone coverage options:

- **Box + 1:** Passive set up (think P.K.), keeps opposition to the perimeter and low percentage areas but won't create many turnovers.
- **Collapsed Zone (wingers):** A in-between zone coverage from passive and aggressive, coverage is keyed down low play where we take away higher percentage areas while giving up potential lower risk perimeter shots (offensive D have more room at the points).

Some key points to stress to each player so that we may maximize either D-Zone coverage techniques are as follows:

- Players need to read and react decisively with speed (do not hesitate)
- Hold your position, even when teammates break down (do your job effectively, trust in your teammates, we should be in good support positions to not have multiply breakdowns)
- D-Zone positions always have some gray areas, and gameplay constantly moves; awareness is critical no one opposition should be left open in a high threat area
- Win your battles! D-Zone coverage is relatively man to man, with excellent support coverage from your teammates

\*Key reminders – Read react, trust your teammates, do your job, win your battles, active sticks in passing lanes, and NEVER get outworked!

## DEFENSIVE ZONE RESPONSIBILITIES – BOX + 1

### Goalie:

- You need to be the Q.B.; your voice can help, your eyes can see the Zone, scan with awareness and talk to your teammates

### Right Defenseman (In the following diagram, Puck side D-man or strong side D-man)

- First to pressure puck carrier in most cases (remember the gray area, first player back can pressure puck carrier)
- Decides whether to be aggressive and "force," or passive and "contain" (read the play, awareness if puck carrier has support or not can help make that decision quicker)
- Separating the puck carrier from the puck with body positioning or with contact when the situation is available
- Stick on Puck, Stick on Stick, and Body on Body
- When separation is made, or contact without puck retrieval, do not get beat back to net front

### Left Defenseman (Weakside D, Defenseman away from puck side)

- Awareness is critical; look for open forward/opposition, a player may be in the high slot or down low
- Head on a swivel with coverage mainly net-front/slot (remember the gray area, weak side D is not a screen for our goalie)
- You are the eyes for your other D, as well as your center/forwards playing low

### Center (most likely down low, the gray area is first forward back should assume down low responsibility until your Center can relieve you)

- Low corner of the box: In strong side support of strong side defenseman or Winger when the puck goes to the point
- The first player to the puck when separation is made
- Awareness where opposing team's F2
- If the opposing team is outnumbering our D-man, the Center (or low forward) must come in closer for stronger support

### Left Winger (weak side, farthest from puck)

- Holding middle ice slot position, with support to L.D. and net-front when needed
- Coverage of slot and opposing weak side defenseman

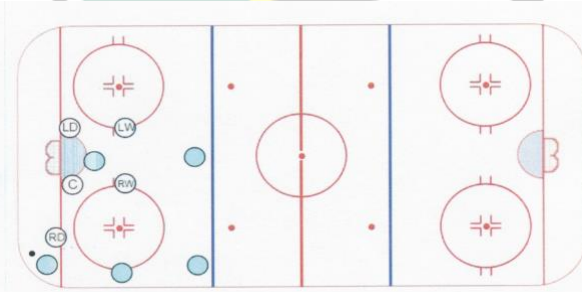
- Awareness of puck rims to weak side half wall, read react, and ready to anticipate as this can make the difference beating your opposing teams D to half way, getting pucks out or opposing team keeping pucks in

#### Right Winger (strong side in this case)

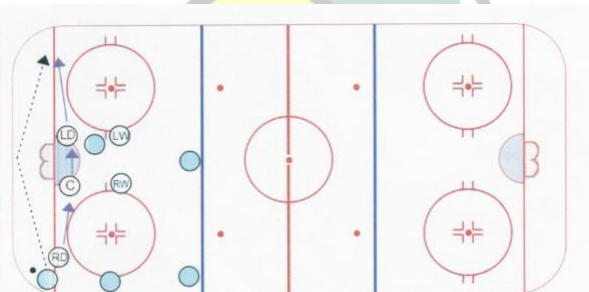
- In Box formation holding middle position on the strong side
- Coverage to strong side half wall and opposing strong side d-man if the puck goes to point
- Awareness of breakdowns as you're in support of strong side D but need to commit to helping slot and net-front when break downs occur

#### DIAGRAMS:

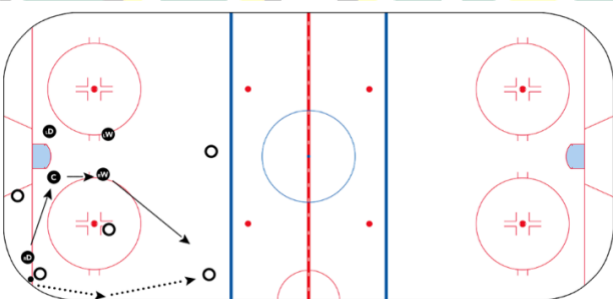
BOX + 1 Diagram (Positioning)



BOX +1 Shifting (puck changes sides)



BOX +1 Shifting (puck to point)



## COLLAPSED ZONE COVERAGE RESPONSIBILITIES:

### Goalie:

- You need to be the Q.B.; your voice can help, your eyes can see the Zone, scan with awareness and talk to your teammates

### Right Defenseman: (strong side/puck side diagram)

- First to pressure puck carrier (remember the gray area, first player back can pressure puck carrier)
- Read the play, but we want to put pressure on the puck carrier
- Separating the puck carrier from the puck with body positioning or with contact when the situation is available
- Stick on Puck, Stick on Stick, and Body on Body; force puck carrier to make a decision quicker than they want
- When contact is initiated with more aggressive pressure and puck carrier is forced to make a play, recover back to net front

### Left Defenseman: (Weakside D, Defenseman away from puck side)

- Awareness is critical; look for open forward/opposition, a player may be in the high slot or down low
- Coverage shifts to more aggressive, stick length or two from the open player, maintaining a position to see the puck and open player
- Head on a swivel with coverage mainly net-front/slot (remember the gray area, weak side D is not a screen for our goalie)
- You are the eyes for your other D, as well as your center/forwards playing low

### Center: (most likely down low, the gray area is first forward back should assume down low responsibility until your Center can relive you)

- The position is in strong side support of strong side defenseman or Winger when the puck goes to the point
- The first player to the puck when separation is made, look to start Breakout
- Awareness where opposing team's F2
- If the opposing team is outnumbering our D-man, the Center (or low forward) must come in closer for stronger support
- Positioning should be tighter and closer support

### Left Winger: (weak side, farthest from puck)

- Holding middle ice slot position, with support to L.D. and net-front when needed

- Coverage of slot and opposing weak side defenseman

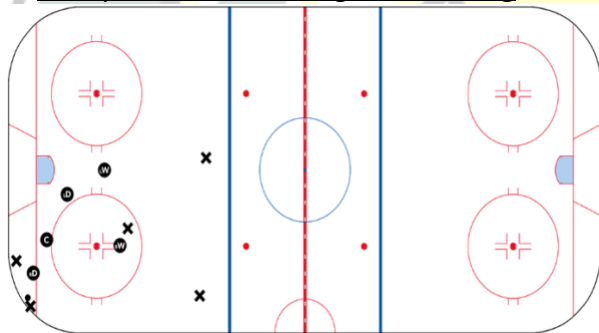
### Right Winger: (strong side)

- Position near top of the circle holding middle ice with toes slightly up ice and towards the boards on the strong side
- Coverage to strong side half wall (anticipate and react to loose pucks on the half wall) and opposing strong side d-man if the puck goes to point, positioning should allow you to see the puck in the corner as well as the opposing D-man at the point
- Awareness of breakdowns as you're in support of strong side D but need to commit to helping slot and net-front when break downs occur

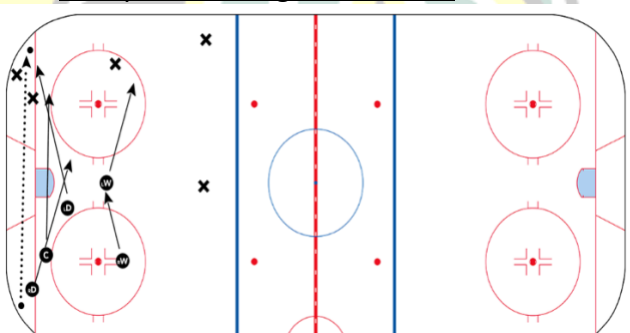
\*Key reminders, players need to keep active sticks in passing lanes, positioning at all times to see your player coverage and where the puck is, constant awareness with head on a swivel!

### DIAGRAMS:

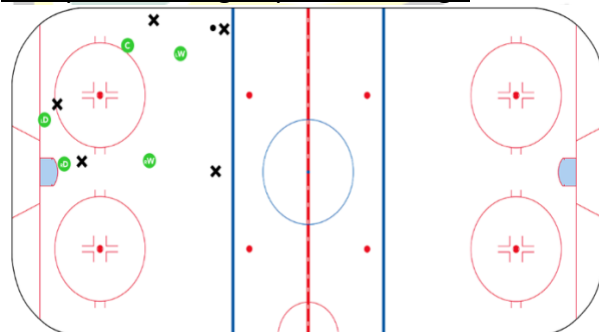
Collapsed Zone Coverage Positioning



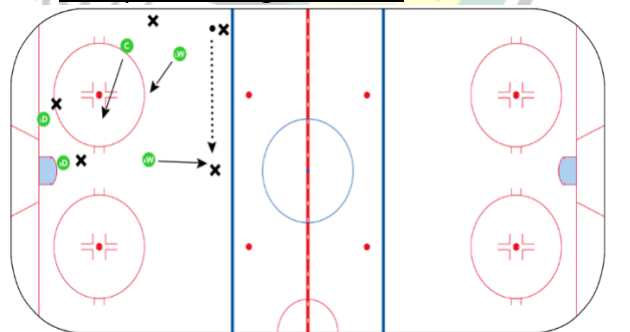
Collapsed Shifting to weakside



Collapsed Shifting to point coverage



Collapse Shifting on D to D

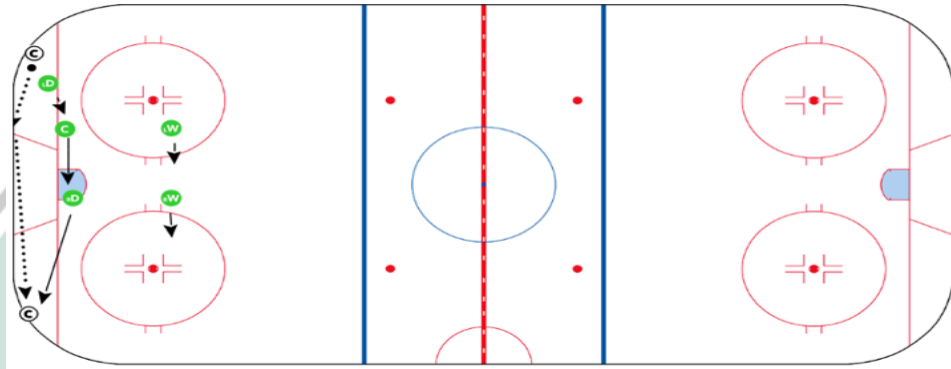




## Defensive Zone Drills:

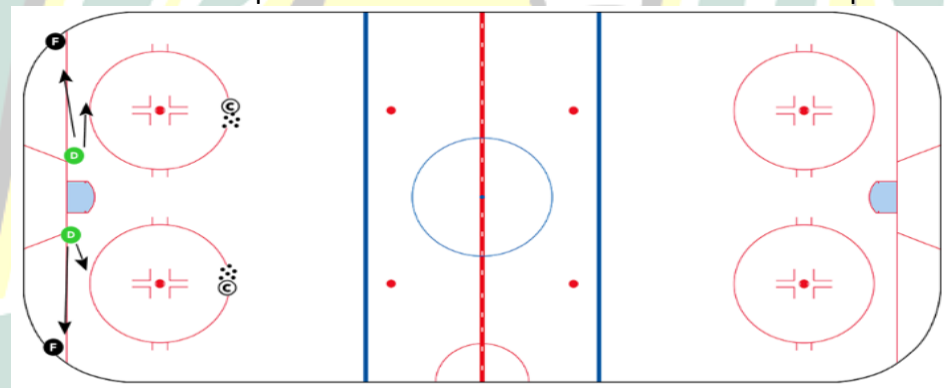
### D-Zone Walkthrough:

- Coaches exchange passes behind the net; players shift into D-Zone coverage.\* Coaches allow the players to get and set in position before moving the puck again. Progress to point pass



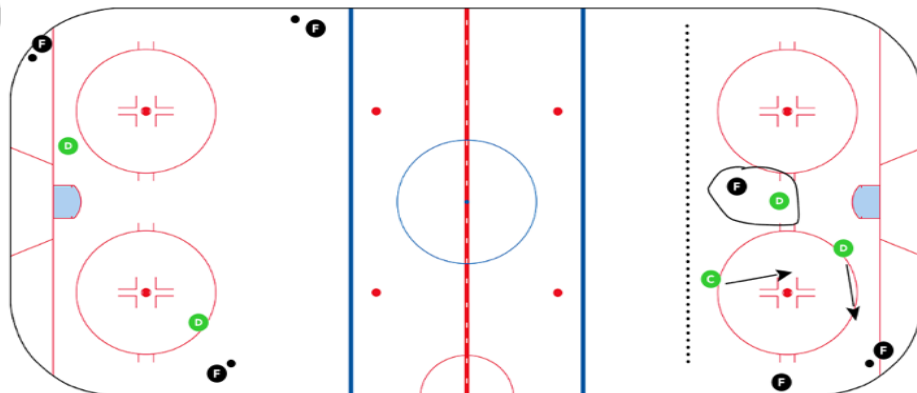
### 1 on 1 from the net-front:

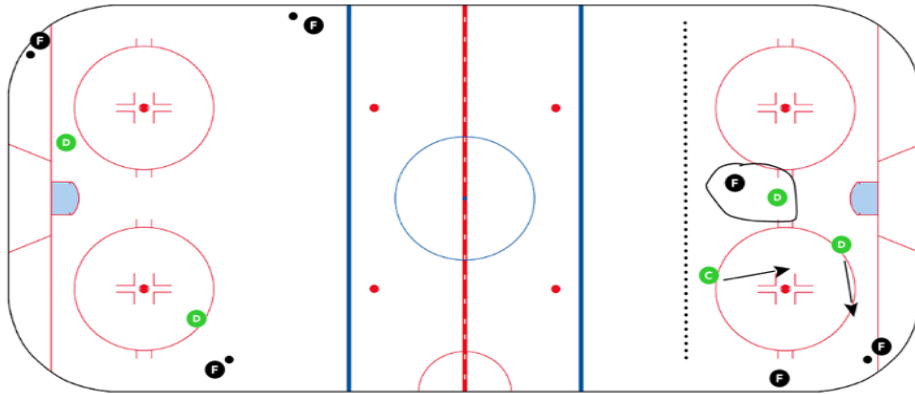
- It starts with a coach's pass to forward-low. D-man reads forward to pressure or contain



### Left side drill:

- 1 on 1 Forward vs. D, whistle progress to 2 vs. 1 with High forward at the blueline, whistle progresses to activate 3<sup>rd</sup> forward and other D to become a 3 vs. 2 in Zone.



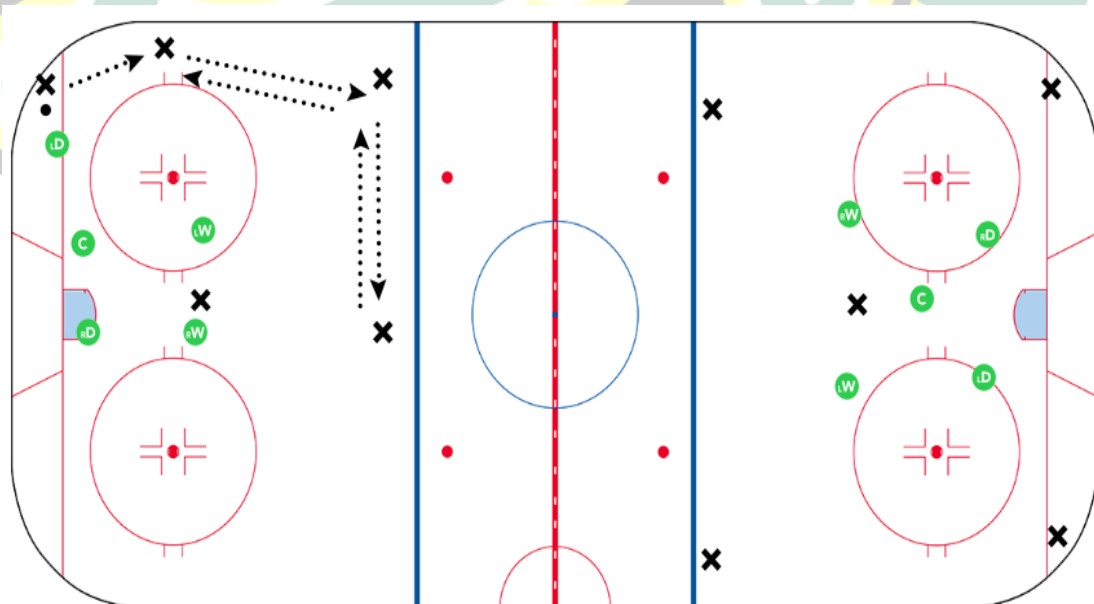


#### Right side drill:

- 3 v 3 low, whistle activates everyone; Center sinks low to support D who attacks the player with the puck, net-front D supports net front and watches high forward

#### D-Zone Coverage – Ping-Pong:

- One side starts with the puck. D-zone players are working with the offense team at other ends, start with active movement while offense team move puck around the perimeter, whistle activates live play, offense trying to score, Defensive team, trying to regain puck and B.O. to your offensive team at other ends, either pass to coach in N.Z. who dumps puck to your team at other ends, drill starts over with perimeter passing until new whistle activates live play



## **DEFENSIVE ZONE FACE-OFF: LOSS RESPONSIBILITIES:**

### **Goalie:**

- Continue to be the team eyes as you can see the opposing team's line-up, scan with awareness and talk to your teammates, look to see who might be the biggest threat

### **Right Defenseman: (right-side face-off/puck side diagram)**

- The first responsibility is to box out opposing left Winger (in most cases), read the play, and put your body between him and your net, make your way the middle ice
- Battle your opponent as you get back to the net, pick up sticks and bodies (specifically if the puck is at the point)
- Be prepared to block shots

### **Left Defenseman: (In front net)**

- Align yourself with net-front Winger
- Be prepared to box out opposing player, get between him and the net
- Be ready to block shots
- We don't get outworked in front of our own

### **Center:**

- Reads the opposing team's formation, needs to Q.B. the situation, get your players lined up properly
- They cover the opposing Center and does not allow him through to the net
- Be prepared to block shots

### **Right Winger: (inside your Left D-man(right of him) left of Center)**

- Ready to react to a loose puck in center feet, prepared to attack if the puck goes to your opposing left Defenseman
- Come out toward opposition from the middle, take away middle ice
- Be prepared to get in the shooting lane

### **Left Winger: (slot position, farthest from Center right side of your D-man)**

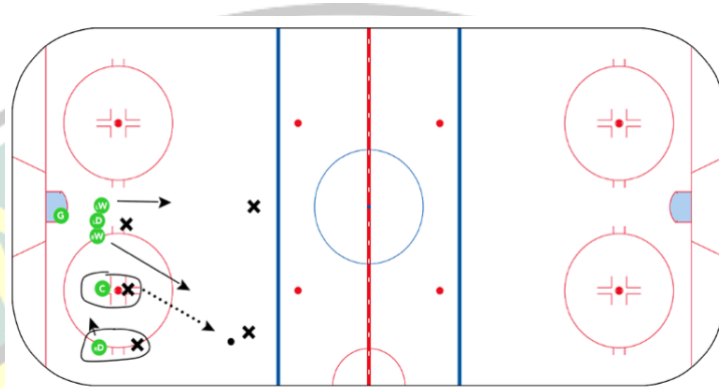
- holding middle ice, inching out towards their Right Defenseman
- If we lose the face-off and the puck goes to the opposing left D-man, be prepared to get in shot lane if they make D to D pass
  - \*Be prepared to sacrifice the body



## **DEFENSIVE ZONE FACE-OFF LOSS DIAGRAM:**

### **POSITIONAL RESPONSIBILITIES:**

- Off of a defensive zone, face-off loss, players will shift into their respective D-Zone coverage



### **DEFENSIVE ZONE FACE-OFF: WIN RESPONSIBILITIES:**

#### **Goalie:**

- Continue to be the team eyes as you can see the opposing team's line-up, scan with awareness and talk to your teammates, look to see who might be the biggest threat in case of a loss, on a win, speak to your team; let them know where the pressure is coming from

#### **Right Defenseman:** (right-side face-off/puck side diagram)

- Ready to react to the loose puck
- Gain the net, away from opposing pressure
- Must be prepared to move your feet

#### **Left Defenseman:** (In front net)

- Hold the net, talk to your D partner
- Be prepared to grab loose puck if closer to net front off-face off
- Be ready to open up in the opposite corner for D to D
- Be ready to react to pressure and call a D to D reverse

#### **Center:**

- Reads the opposing team's formation, needs to Q.B. the situation, get your players lined up properly

- They look to win the draw, back the to strong side to D-man
- Box out slightly the opposing Center without taking an interference penalty
- Talk to Defense on where pressure is coming, begin to support and mirror him

Right Winger: (inside your Left D-man(right of him) left of Center)

- Ready to react to a loose puck in center feet, can gain possession or bump it back to corner D-man
- Push up to their D and out of the zone if we see our team has full possession
- Can run slight interference on opposing right Winger in slot
- Be ready to stretch the zone and back up the opposing team's Defense

Left Winger: (slot position, farthest from Center right side of your D-man)

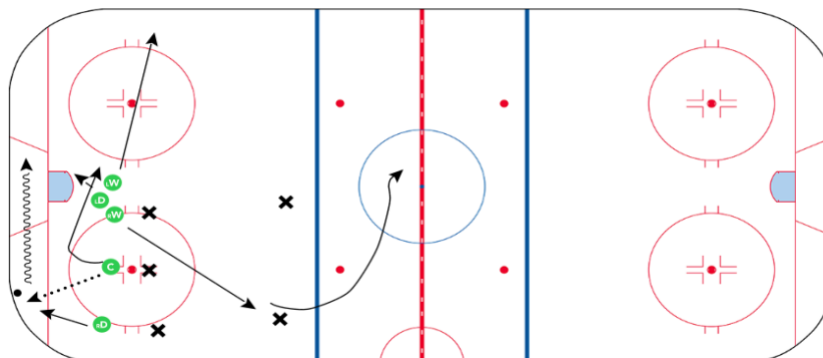
- holding middle ice, once we have possession, move to get open quickly (half wall)
- If opposing D-man pinches, be ready to chip past using boards or ready to bump to your Center if open
- You may have to eat the puck against the boards if there are no options when under pressure
- Read the play if you have time, skate, and carry the puck out of the zone

\*Remember to keep track of where the puck is, in case of any turnovers, ready to fall back into Defensive zone coverage

### DEFENSIVE ZONE FACE-OFF WIN DIAGRAM:

#### POSITIONAL RESPONSIBILITIES:

- Off of a defensive zone, face-win players will shift into their respective D-Zone Breakout options if we have full possession
- Right D may have left Winger first option, Center middle second option, D to D reverse or skate until opposing team pressure



When possession is gained from D-Zone coverage, D-Zone Face-off wins

- Look to B.O. of the zone under control
- Push the opposing team back with speed and look to attack the offensive zone with speed and decisive decisions of getting pucks and bodies to the net

Breakouts do not take elaborate plays but the ability to get open quickly by reading and reacting. The execution is making quality passes when your teammates are open, execute with your head up and ability to see the ice. Some simple options are as follows:

- Box + 1 to B.O.
- Winger's sag to B.O.
- Strongside B.O. (opposing team takes middle ice away)
- Middle B.O. (opposing team takes walls and wingers away)
- Gain the net look to your half wall open winger or middle lane center
- D to D when pressure comes quickly and middle/walls are taken away, use the back of the net to make a D to D pass to partner
- D to D reverse when trying to gain the net, and the opposing team has taken away the side you're trying to achieve. D partner calls a reverse, and the D carrying the puck redirects the puck off the boards in the opposite direction you're skating

Coaches can always find ways to teach these breakouts to younger players, use nicknames, colors, or even players' names for certain B.O.

We want our players to have the ability to transition quickly and smoothly from D-Zone coverage to Breakout. They don't need to be perfect, especially at our younger ages, but we want to teach them to problem solve and look for the open ice and player. We do not want to throw pucks blind and away, have confidence, and have strong decision-making.

BOX +1 TO BREAKOUT:

A. Look to B.O. of the zone under control

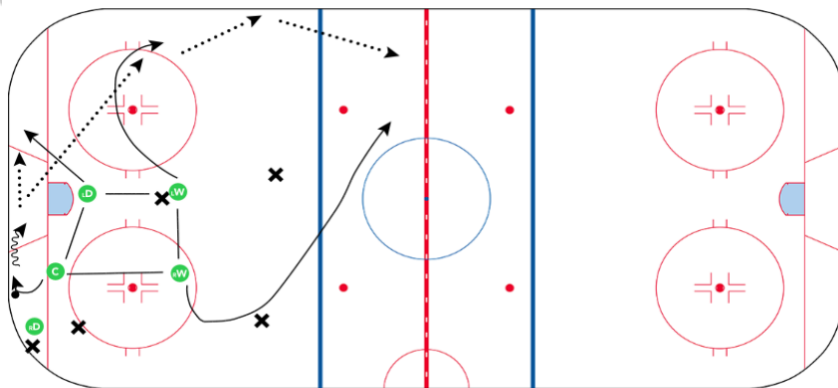
B. Push the opposing team back with speed and look to attack the offensive zone with speed and decisive decisions of getting pucks and bodies to the net

- Box + 1 to B.O.
- Winger's sag to B.O.
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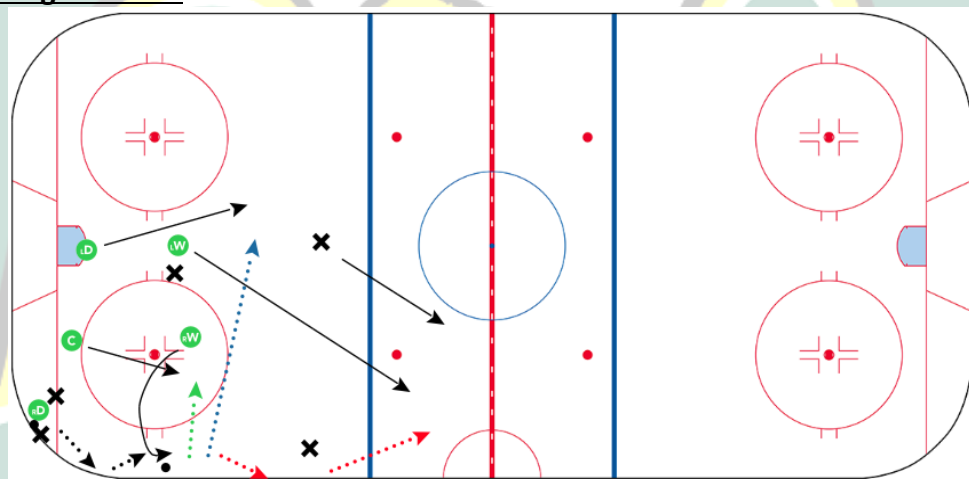
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BOX +1 TO BREAKOUT:



- Once the separation is made from player and puck
- Support player (Center) reacts to loose puck, looks to gain open ice with a pass or skating with the puck (always scan the ice so you know ahead of time what options may be available when you retrieve loose puck). If the Right D-man can skate the puck, the supporting Center will mirror for a middle B.O. option
- Left D read the play; if the puck carrier is under the second wave of pressure, you can slide to the opposite corner for a D to D option
- Left Winger in slot looks to get open moving quickly to half wall
- Right Winger, as the puck moves away from the strong side, swing and starts to push out of the zone. This can push the opposing Defense back and give our players some potential time and space. \*Be careful leaving the zone too early, should always keep an eye on the puck in case turnovers, make sure we have full possession before pushing out of D-Zone

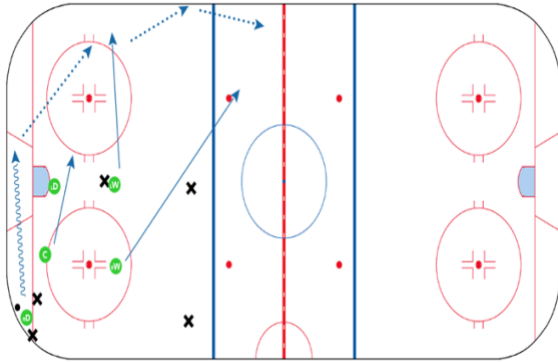
### Strong Side B.O.



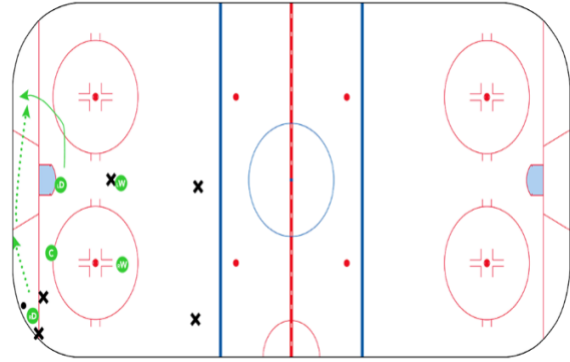
- Right Winger read react to the loose puck, quicker you get there, the more time you have to read options
  - React to what is given; if opposing D pinches, you may have to chip it off boards to stretch L.W.
  - The middle option is Center
  - Weakside L.D. is available on the far side if both opposing D play it safe and back up; the wide side might be open
- Center talk to your Winger as he moves to retrieve puck, "chip, man on," "middle," "time," etc.
- Left Defense anticipate and begin to get up ice, be cautious in case there is a turnover, slide back into D-Zone coverage quickly

### Other B.O. options

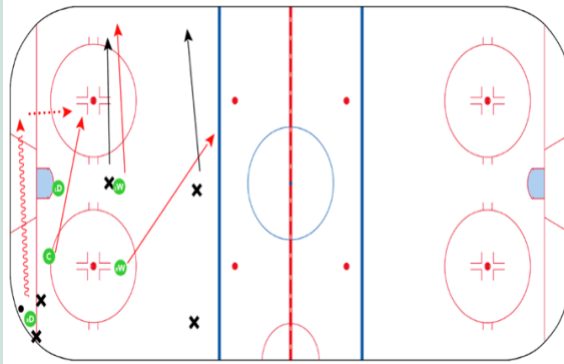
Gain net weak side to L.W.:



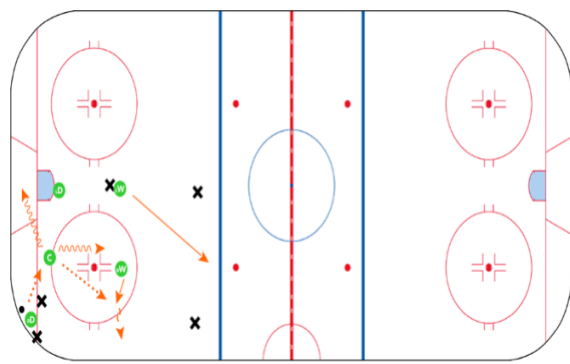
Weakside D to D:



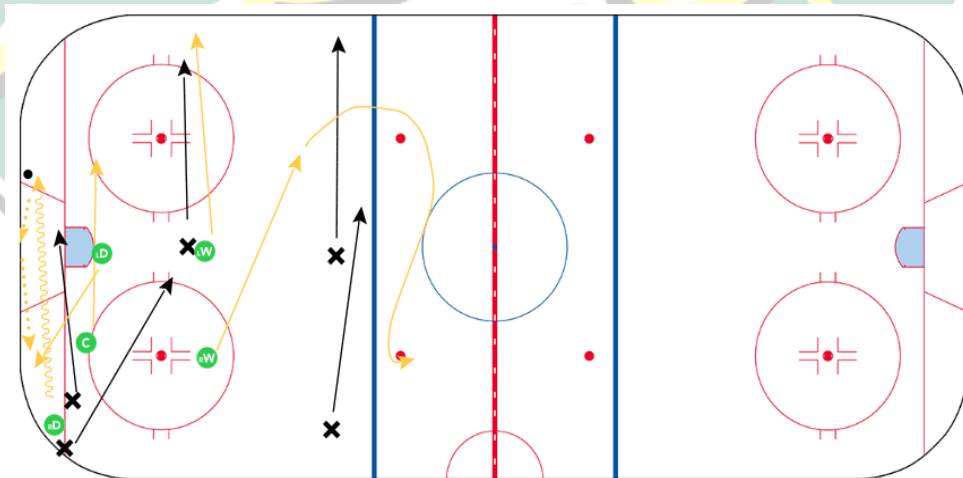
RD gain net middle:



Bump to C support: Center has options



D to D reverse:





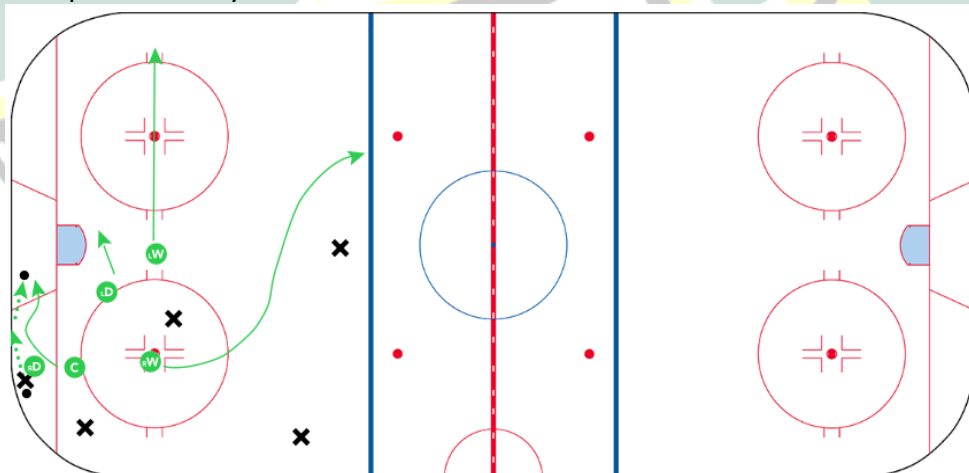
## COLLAPSED ZONE TO B.O. RESPONSIBILITIES

- Defense makes puck separation (Right Defense in the diagram)
- Center reacts to loose puck, looks to gain open ice with a pass or by skating with the puck (always scan the ice so you know ahead of time what options may be available when you retrieve loose puck). If the Right D-man can skate the puck, the supporting Center will mirror for a middle B.O. option
- Right Winger reads the Center; first instinct be an option for a pass, secondly if Center or R.D. carries the puck around net away from pressure, you now will become stretch option pushing out of zone backing up opposing D
- Left Winger (weakside Winger in the diagram) reads off of Center, or D carrying the puck if Center moves the puck to strong side R.W., he can push through middle and out of the zone; if they gain the back of the net, you need to get over to boards and be an option
- Left D holds middle but ready to open up and be an outlet for D to D, D to D reverse, or possible weakside option for Center to R.W.

\*Players constantly need to be aware of their surroundings and whether we have full possession of the puck. Turnovers happen quick, and the need to adjust back to D-Zone coverage is key

COLLAPSED B.O. DIAGRAM OPTIONS:

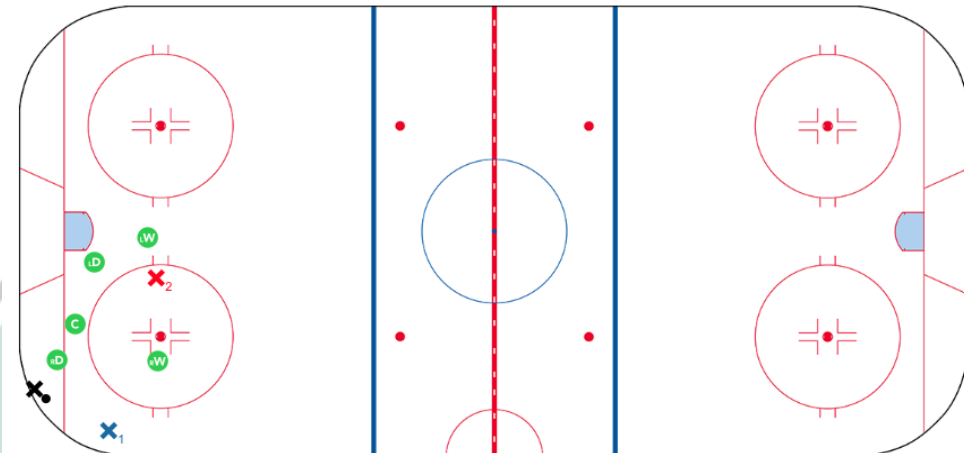
- Remember to read react; nothing is set in stone, and getting open supporting your teammate quickly is vital. You must trust your team to execute quality passes; the puck moves quicker than you skate!



- Similar to the options from our BOX +1, players can quickly move to open ice and support multiple B.O. plays, keys are re-act fast, communication and trusting your teammates to execute quality passes

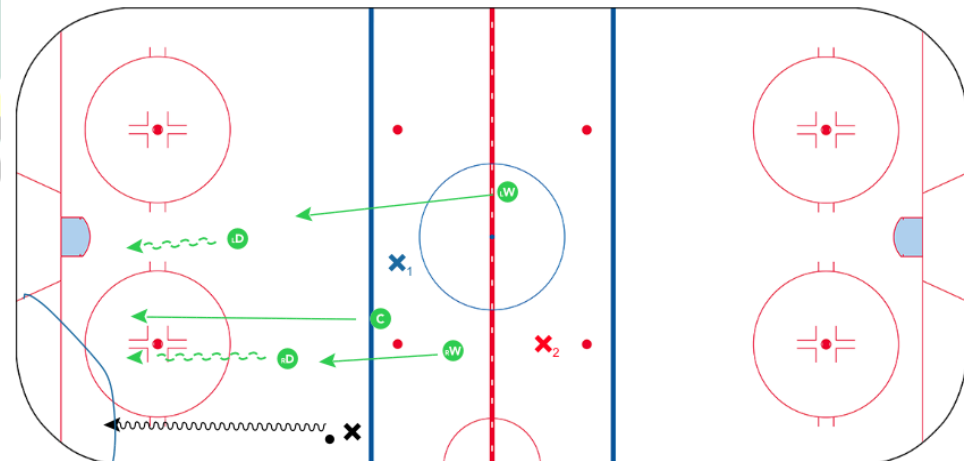
## DRILL OPTIONS:

### Walkthrough to B.O. options:



- After walking through our B.O. options as we did with the BOX + 1, we now add pressure
- The drill starts with X starting with the puck – he is playing keep away, not trying to score
- Progress to adding X1 then X2
- The defensive team is to collapse and take away any time and space, go over the keys we learned in our collapsed D-Zone coverage
- After the defensive team regains puck possession and B.O., they can attack opposite end, 5-0, and progress to adding D (5 v 2) and so forth

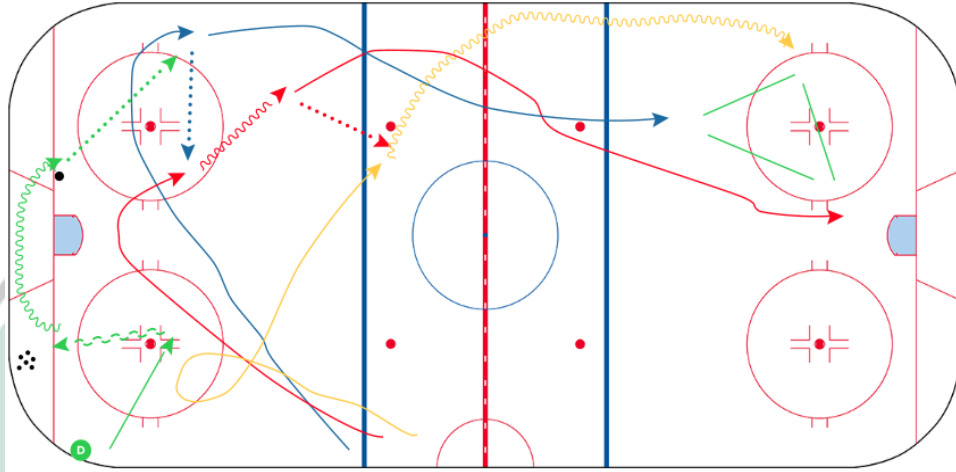
### Start from a zone entry, and all players need to shift back to collapsed D-Zone coverage:



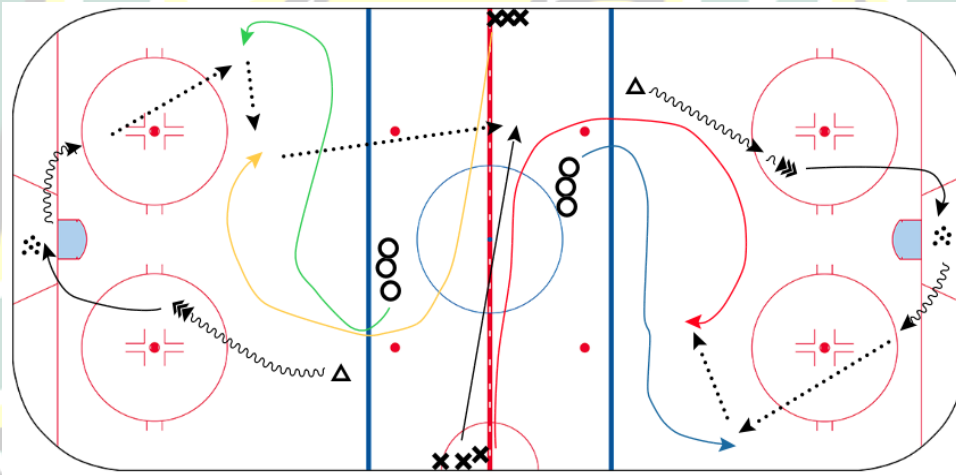
- Progress to adding X1 and X2 as players better defend their D-Zone
- We want to contain player X into the blue area in the corner
- Players must move back to D-Zone coverage quickly; the quicker we as a team get back to defend, the faster we get the puck back to go on the attack

### OTHER B.O. DRILLS:

DEFENSE RETRIEVAL TO FORWARDS: (PROGRESS TO 2 FORWARDS THAN 3 AS WE ATTACK OTHER END)

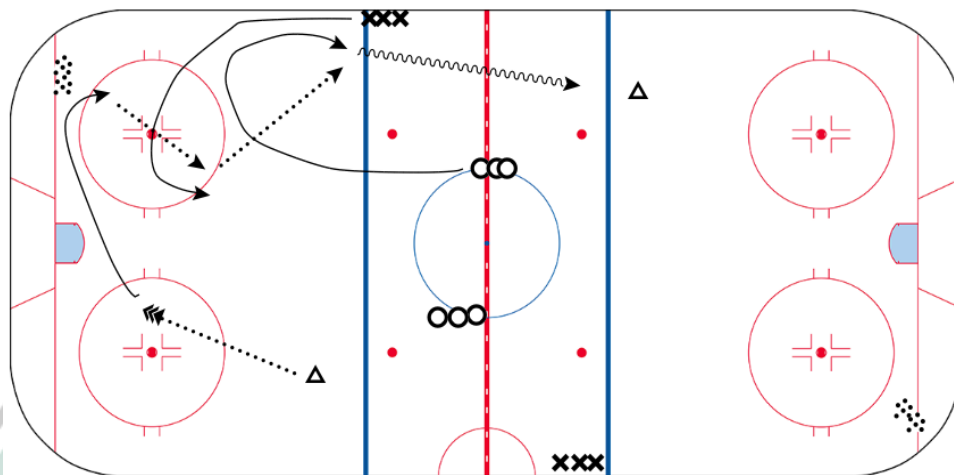


### TIMING AND CONTINUOUS FROM A B.O.:



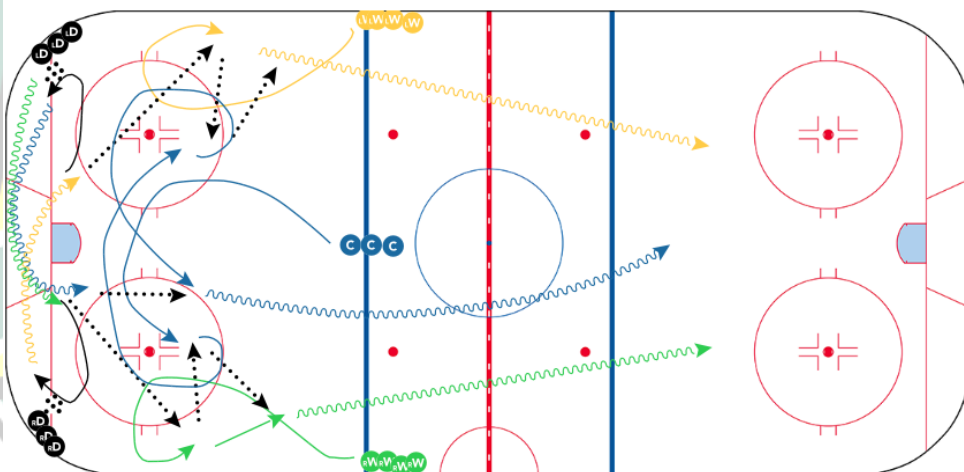
- The drill starts with Triangle going to shoot, then retrieves puck from behind the net to create the following sequence
- X comes across the ice on his side of RED swings back through the middle; X becomes the next shooter
- O times it by watching the shooter and gets open on strongside boards, then bumps to middle player X
- (Progress to adding another player X who goes with opposite side as a stretch player, the drill can be a 2-0 now, add delays, cutbacks, and drop passes, whoever shoots B.O.'s next group
- Timing is key!!!

### CANADA CUP CONTINUOUS:



- Timing drill starts with Triangle player shooting, both sides at the same time
- Player X times it and swings into the middle lane from the board side
- O player is moving with timing and swings from the middle towards the board side
- Quality passes are essential. The timing is HUGE!

### WARM-UP B.O DRILL:



- The drill starts with D carrying the puck around the net to B.O. R.W.
- R.W. bumps to C, which is already moving and mirroring D as drill starts, C bumps back to R.W., who goes to shoot
- C then curls back as D picks up the next puck and gains the back of the net; repeat same with L.W.
- D curls again for another puck gains net now looks for C mirroring for a middle lane B.O.
- D will then follow up on ice and get a stretch pass from R.D. once the pass is made, L.D. continues down for a point shot with the three forwards screening goalie
- R.D. now starts the drill gaining net and repeating to L.W., R.W., and lastly, C
- Timing for all players is critical, and everyone should try to be in constant movement

## **AJH Neutral Zone Play**

### Overview:

Neutral zone play between the bluelines. Play between the blue usually results in our team getting the puck out of the Defensive zone, the opposing team getting the puck out of their zone, and causing a turnover in the N.Z. Play consists of an N.Z. forecheck/attack, regrouping once a turnover occurs, angling to force turnovers, and attacking the offense with speed.

We'll go over forechecks, regrouping, backchecking, and face-offs options. There will be similarities to D.Z. Breakouts, the only difference is they usually take place above the D.Z. Circles and between the bluelines. The results can differ on gameplay, and an example might be the opposing team chips the puck out of their zone; in this case, our D is usually first on the puck, and they may need to buy time for our forwards to get out of the zone, another example is of an opposing team rush and turnover, and we'll look to move the puck up ice on an attack. In contrast, the opposing team may be caught out of position. Most times, in either case, just like the defensive zone, players need to move to open ice, so they're an option for an outlet pass, the player retrieving the puck (mostly D), pull the puck back away to give time for players to get open, options can include quick ups, D to D, wheel/skate, etc.

In all situations, the best way to get the puck back is to pressure the opposing team's puck carrier; in the N.Z., this takes back pressure (backchecking) hard on the puck. The most resilient teams who apply this can cause turnovers and forced mistakes, allowing us to regain possession quicker. It takes overall commitment and works ethic. Some of the best teams have the best desire to get the puck back, it starts with backchecking, doesn't get you on the score sheet, but it is a lot more fun to play with the puck than without.



## **N.Z. Responsibilities: Off a regroup/turnovers**

### **The Defenseman who gains puck:**

- Pull puck back and into middle ice allows your forwards time to get open and gives you more options to use either direction
- Quick up
- If pressured, use D partner (D to D)
- If D uses D partner, must provide underneath support after pass, do not stare and watch your pass
- Other options can include middle lane to Center or skate if open ice is ahead of you

### **Defenseman without puck:**

- Support quickly to your D partner, just like a D-to-D pass move to get open and support below your D partner, should not be in a straight line
- Talk with your partner if he is under pressure, call for D to D
- Options if your partner gives you a pass, firstly look to strongside Winger, secondly middle, third is to skate if open ice is there, and lastly, you can go back to your D partner. Remember, we want the puck going North as quickly as possible as most N.Z. play is an opportunity to attack offense while the opposing team might be out of position

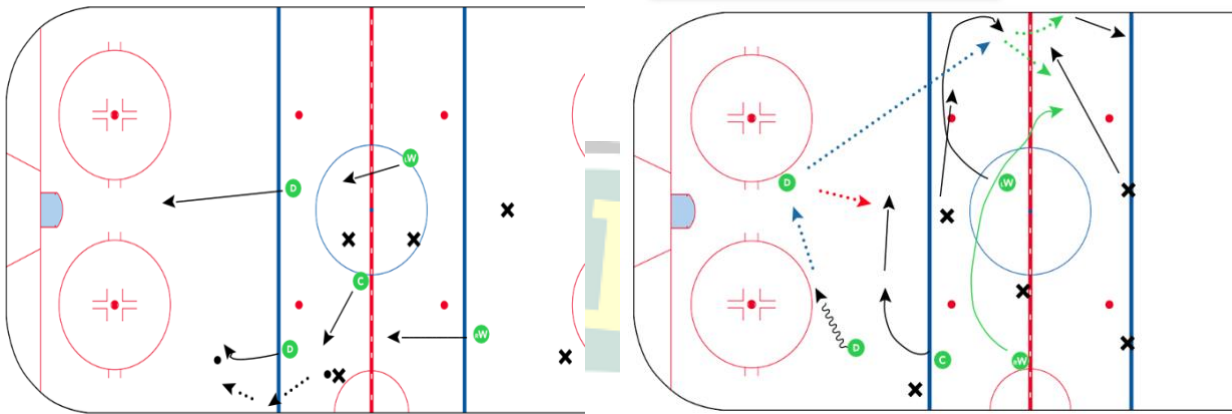
### **Winger:**

- Find open ice, get to boards to be an option quickly
- Always keep an eye on the puck, as you might be a strongside option

### **Center:**

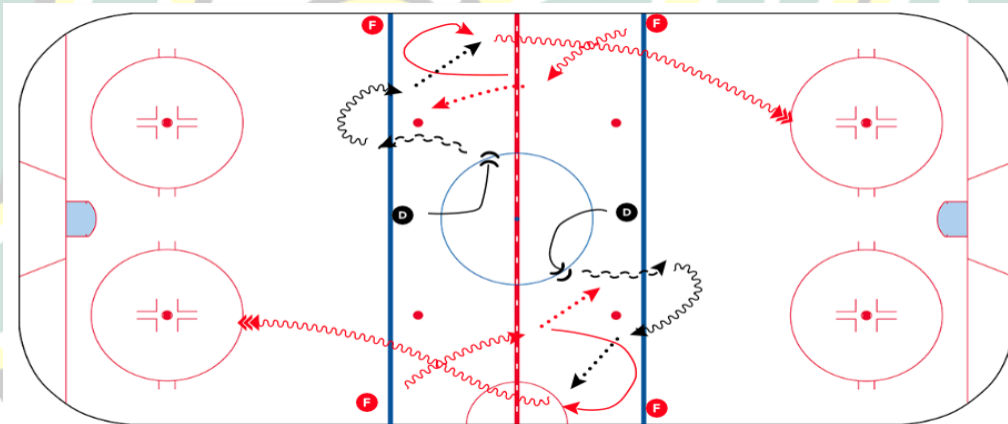
- Just like Dzone, mirror the puck and be a support option for D
- If the puck is moved to a winger, continue up ice in support as you might be a middle option, or first on the puck if Winger needs to chip the puck by the opposing D or deep into the offensive zone

**Diagrams:** Diagram on the Left shows back pressure to cause a turnover. The diagram on the right shows D to D options, D to Winger, D to middle and forward routes to get open and support puck carrier.

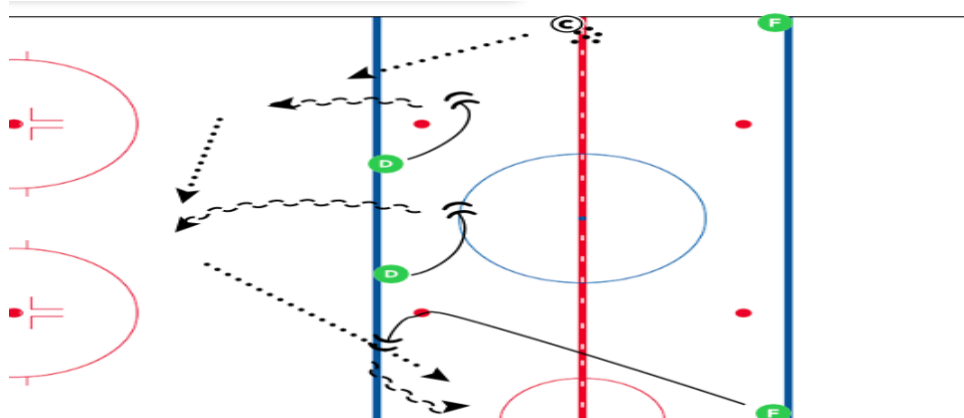


Weakside D moves below partner to be an option for D to D, and puck carrying D moves away from pressure to open (middle in this case from the diagram on the right) ice. After D to D, options include; weakside Winger, middle lane pass to Center or D can skate without pressure. You may even go back to your original D partner, D to D, back to D.

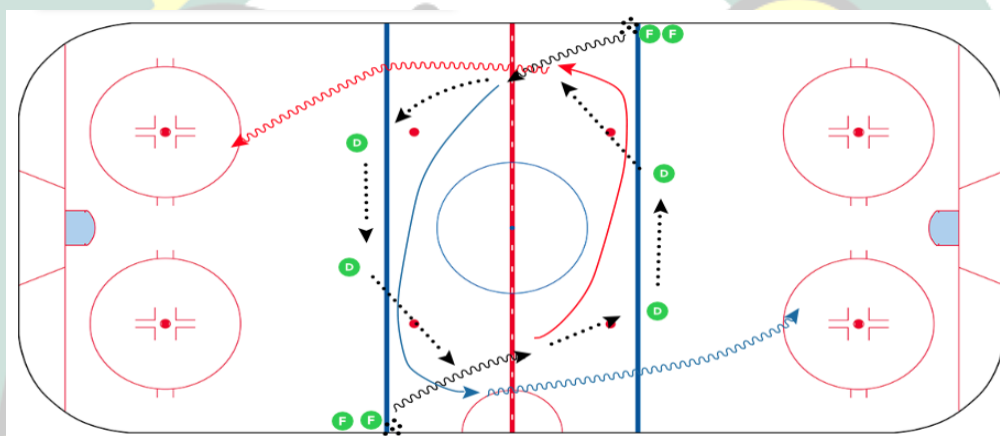
### **Drills:**



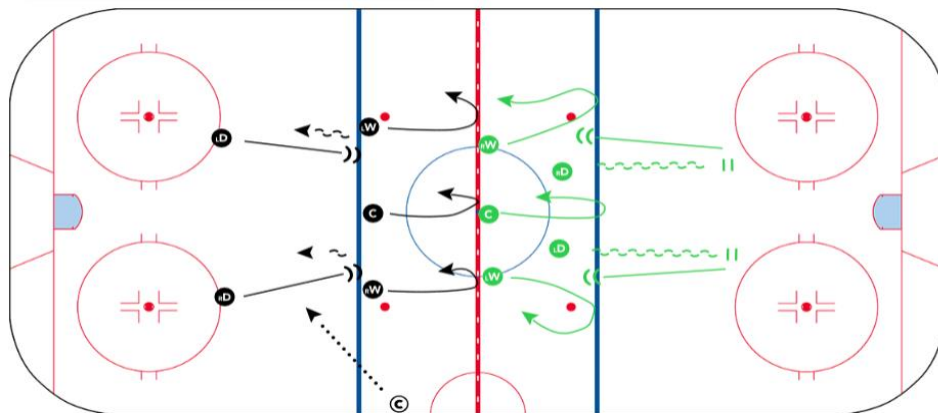
Forwards start at the blueline, opposite forwards simultaneously create the drill. D gaps up and begins moving backward, forward makes a good pass to D and curls to boards (they can transition and face the passer to start), D then steps up and hits the forward while moving, repeats to the other side.



Coach or Forward can start drill after the D gap up, pivot backward, and begin to skate backward. Pass is made as D is back peddling, weakside D back peddles, or skates forward to get below his D partner and support. D to D pass then hit the other forward at the blue line.



Like the one above, both sides move simultaneously; the Forward makes the initial pass to start the drill on the whistle. A defenseman can progress through different variations, D to D hit the forward as he swings, D to D and forward stays on his side, and now far D passes to forward on a rink wide pass, D to D back to D and pass to the forward on the strong side, etc. Other drills like using the four dots in the N.Z. are always good. Teaching our players to open up for passes, timing, and quality passes are always great.



Another is to play 5 on 5 working on N.Z. regroup and forecheck.

### **N.Z. Face-off Responsibilities on a won face-off: (Example to the right of our goalie)**

In most cases, the N.Z. face-off, similar to D-zone breakouts, is an opportunity to gain possession and attack up ice with speed before the opposing team has a moment to get in a better position. The quicker we move without the puck being an option for a pass, the more we can attack or cause the opposing team to move to create more time and space for our teammates. Quality passes are a must, especially if the N.Z. face-off is on our blueline. We must get the puck out of our zone and avoid turnovers at the blueline.

#### **Center:**

- Before entering the face-off, check to be sure players are in the proper positions, signal to your D if you plan to win it to R.D. or L.D., so they're ready
- For this example, win the puck back to R.D., then be sure to tie up the opposing Center so he cannot jump through and pressure your D
- Once your D have good possession and are moving, you can now begin to mirror the D and get up ice or be a middle lane option

#### **The Defenseman who gains puck: (R.D. in the diagram)**

- Pull puck back and into middle ice allows your forwards time to get open and gives you more options to use either direction
- The first thought should be D to D and out the far side; unless your Forward moves quick, you might be able to make a direct pass
- If pressured, use D partner (D to D)
- If D uses D partner, must provide underneath support after pass, do not stare and watch your pass
- Must be ready to receive puck off a face-off

#### **Left Defenseman without puck:**

- Support quickly to your D partner, just like a D-to-D pass move to get open and support below your D partner, should not be in a straight line, get wide as well to create more space
- Talk with your partner if he is under pressure, call for the pass
- Options if your partner gives you a pass, firstly look to strongside Winger, secondly middle, third is to skate if open ice is there, and lastly, you can go back to your D partner. Remember, we want the puck going North as quickly as possible as most N.Z. play is an opportunity to attack offense while the opposing team might be out of position

#### **Right Winger:**

- Be ready to help out off face-off; you may have to retrieve the puck and bump back to R.D.
- Always keep an eye on the puck, but once you see your D has good possession, start to push through N.Z. toward your L.W. for support

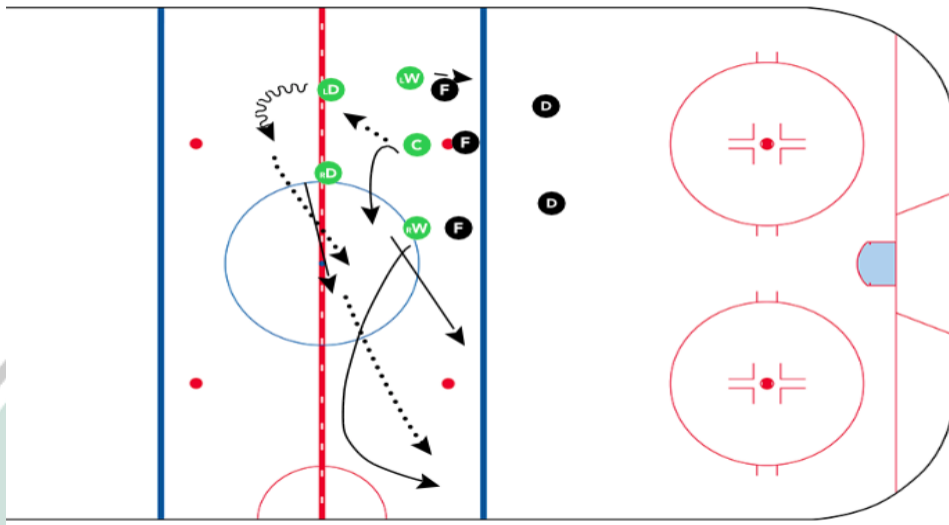
- Left Winger:**

- 
- The top diagram illustrates the production and decay of a W boson in a proton-proton collision. On the left, two red circles represent the proton structure, with a green circle labeled 'G' indicating the gluon distribution. A blue circle represents the W boson production region. A red dot labeled 'u' and a blue dot labeled 'd' are shown, with arrows indicating their annihilation into a W boson. The W boson is then shown decaying into a lepton (l) and a neutrino (nu\_l). The bottom diagram illustrates the production and decay of a W boson in a proton-proton collision. On the left, two red circles represent the proton structure, with a green circle labeled 'G' indicating the gluon distribution. A blue circle represents the W boson production region. A red dot labeled 'u' and a blue dot labeled 'd' are shown, with arrows indicating their annihilation into a W boson. The W boson is then shown decaying into a quark (q) and an antiquark (anti-q).

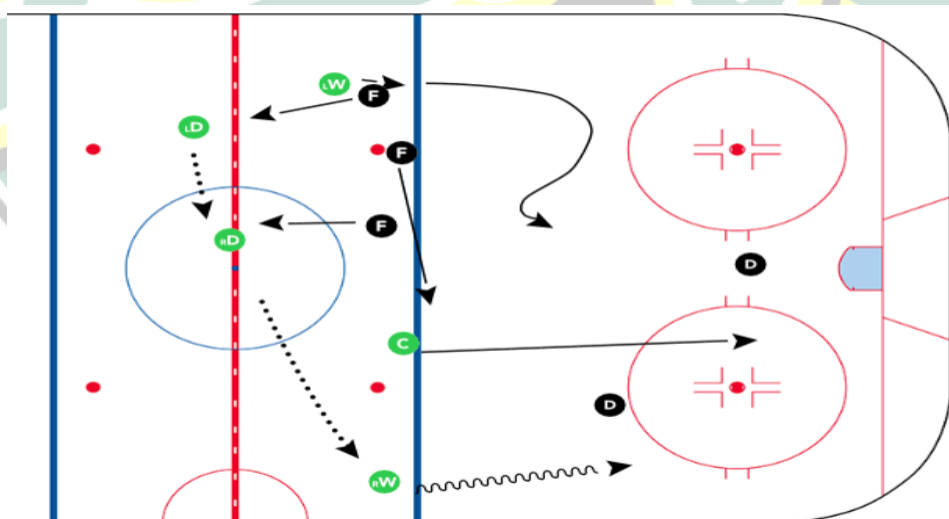
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the puck as well. Remember, the quicker we move, the more options open up. Quality passes are a must.



These quick options can be used in the same scenario on the opposing team's blue line. All face-offs start with winning the draw and reacting to whether it's a clear, clean win or delaying a moment to see if we have clear possession. But similarly, in the above diagram, R.W. would sprint to the far side to get open, R.D. slide right, pending pressure from the opposing team, tries to hold the redline to avoid icing on a missed pass. Center would run his mirror route, so he is a middle lane option, coming across to support the R.W. The L.W. can hold the wide side; if the puck is dumped on a rim, he can put pressure quickly as the puck comes around the boards. If R.W. can skate into the zone with clear possession, L.W. can come across through middle lane support or as a high F3 reading off what your Centerman does. See the below diagram.



## N.Z. responsibilities on a lost draw

This can become the coach's discretion on what he wants his forwards to do. The easiest and quickest way to take away time and space is to send both wingers. Pressuring opposing teams D who receives the puck on the won draw and taking away his first option to go D to D. It takes everyone to be ready, react, and move. If one player fails his assignment, it will open a lane for the opposing team to attack and give them time and space to make the next play.

### Right/Left Winger

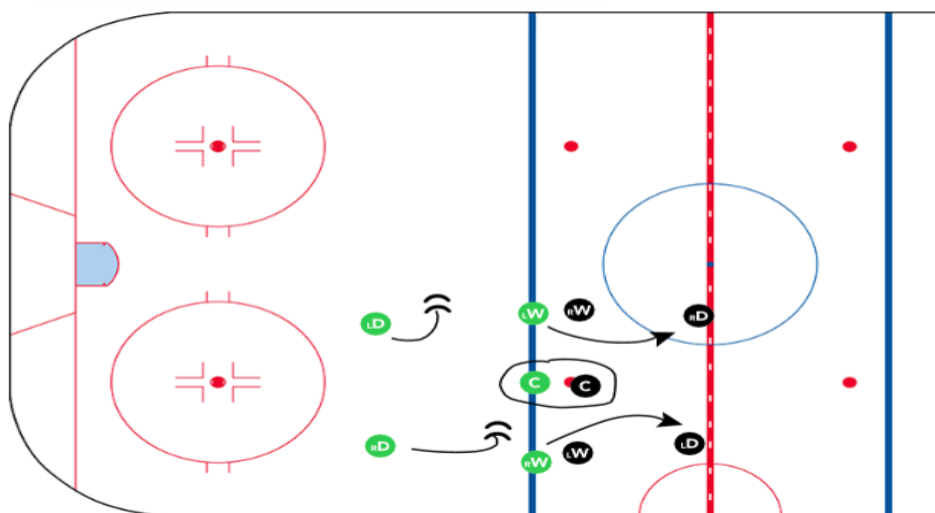
- Fight through opposing wingers
- Pressure opposing D
- If the face is on your strong side, take away the middle D to D pass, angle inside out
- Weakside Winger can be ready to jump through and pick off any D to D pass

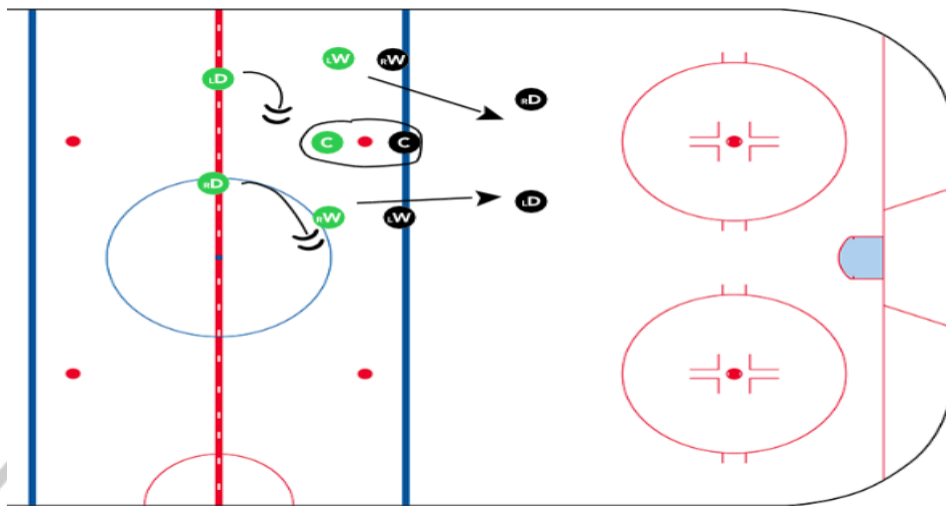
### Center

- Center makes sure everyone is lined up correctly and knows their jobs of a won or loss draw
- Loss draw, tie up Center and stick with them

### Left/Right Defenseman

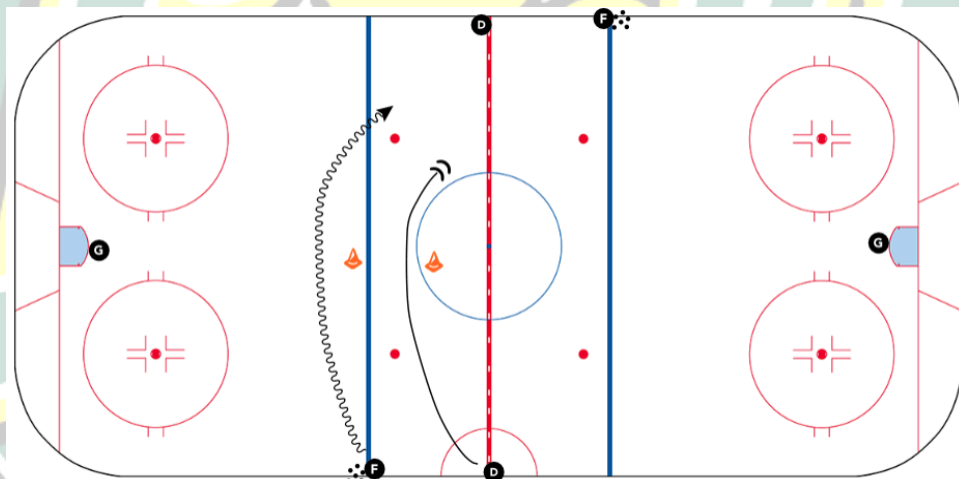
- Gap up near opposing wingers
- Mirror and react to the puck moved, d to d, etc.
- Pending which side the draw is on, you may have to get too far side winger as to gap on wide side pass
- Weakside D as you mirror the far side pass or D to D, be aware of your Winger as well as watch for any potential middle lane passes
- Weakside D make sure you sag below your D partner in a support position in case of a breakdown



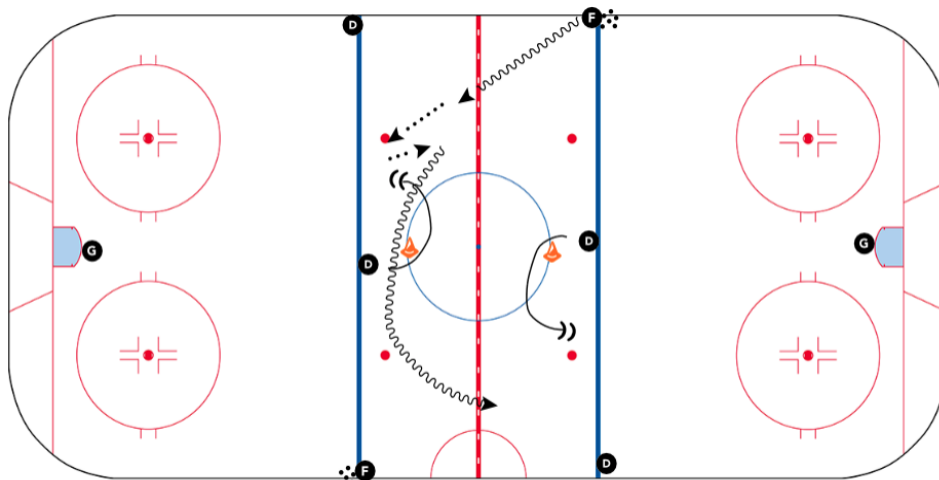


The diagrams above show face-offs at either blue line and the potential responsibilities of each player. Awareness of your surroundings while reacting with movement can help put each player in an excellent position to attack and close the gap to have great defensive positioning or the ability to create a turnover.

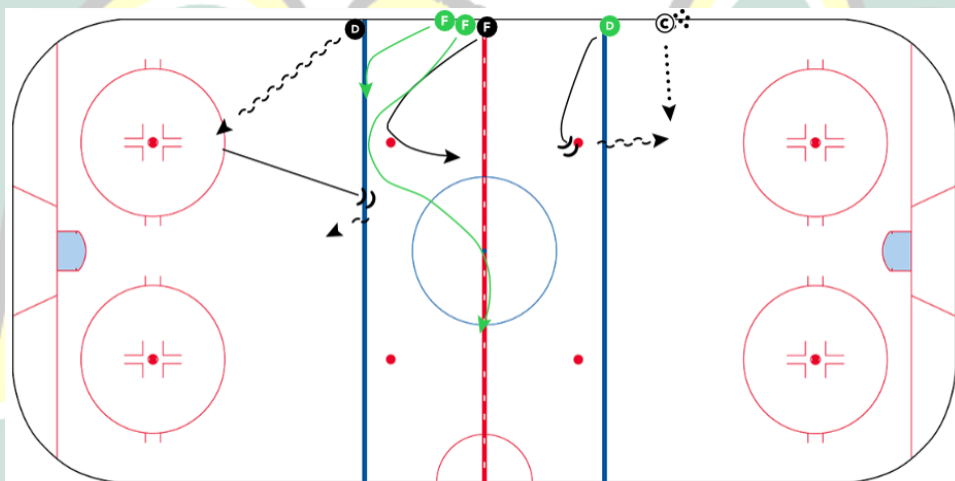
#### Drills:



Both sides simultaneously go off whistle. Forward skates below blue line cone, D below Center ice cone, and gaps up to play the 1 v 1. Both Forwards and Defense can alternate.



This drill is similar to the above, but D will gap up with a quick give and go with the forward starting from the middle. Forward will continue to play D from another side in a 1 v 1. D must close the gap again before playing the 1 v 1. Quality passes keep the drill flowing and progress to a 2 v 1.



N.Z. Forecheck to a 2 v 1. Everyone goes on the whistle; the two forwards in green are on offense both have to touch the blue line then come back to get open for green D. Forward in black touches the N.Z. dot then pressures the green D. Green D needs to touch the N.Z. dot off his blue line, transition backward and find the loose puck to break out his two green forwards. D on the other blue line backpedals to the top of circles, transitions to forward, and gaps up as much as he can to play the two green forwards attacking on a 2 v 1. (you can progress to a 2 v 2 with the D joining the rush to attack 3 v 2)

## **Forechecking Overview and responsibilities**

A disciplined forecheck can be a key for your team to maintain offensive play and retrieve the puck back as quickly as possible. They will have boxed the other team in their zone when executed well while keeping an offensive threat.

A couple of simple forechecking systems to at are the following:

- 1-2-2: Can be aggressive or passive, pending your team's ability and skill level to execute. Takes discipline awareness while maintaining good positioning.
- 2-1-2: Is more aggressive and applies more pressure on the other team right away. Like any system in place, awareness and reactivity are keys to excellent execution.

Either way, it takes commitment and hard work from everyone on the ice. Each player must understand their role in many situations, stay aware, and react quickly to changing conditions. Most coaches should encourage your team to be proficient with one above before moving to another system.

### **1-2-2 Responsibilities:**

#### **F1** (First forward to enter opposing team's zone)

- Pressures the puck carrier to the point of contact (stick or body)
- With the applied pressure, it will force the puck carrier to move the puck quicker than they want to
- Try to take away the back of the net, force inside out
- The goal is to have them through the puck away before his teammates are in solid positions

#### **F2** (Second forward in the zone)

- Read F1's pressure; if he has taken away the net, then F2 should get just inside the strong side circle, ready to take away strong side pass or rim
- Anticipate with an active stick
- Close strong side winger off once you see F1 was has applied a great forecheck

#### **F3** (Third forward in the zone)

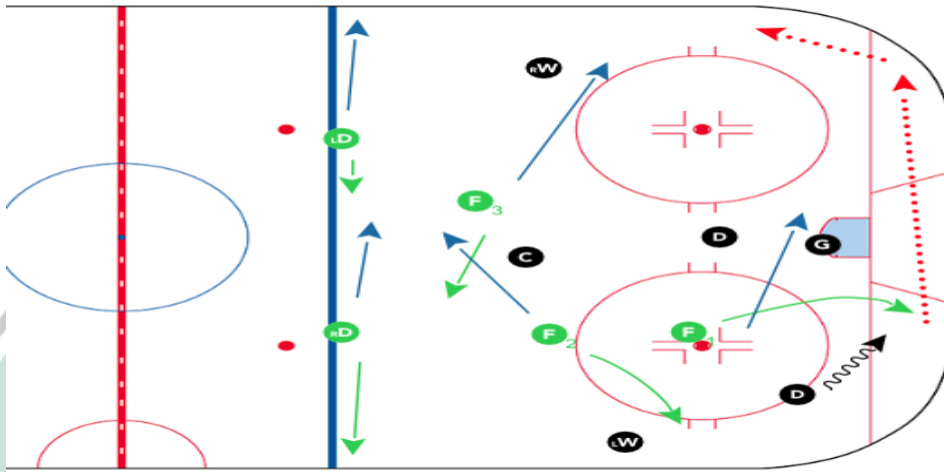
- Should begin to enter the zone higher and more to the middle
- Like F2, reads and reacts to F1's pressure
- In some situations, it will be inevitable that F1 is chasing opposing D who gains the net
- F3 now becomes the strong side and anticipates closing off the boards and Winger. F3 needs to be ready for any rim with the puck around the boards

### **Defense**

- Get up the ice to the opposing team's blue line



- Pending the movement of the puck, one will come across and support the middle lane, and D, partner
- Be aware of opposing players behind you in case an opposing D sends a hard rim and beats you out of the zone



Green lines indicate if we can contain the strong side. If they rim the puck in red to the opposite side, we would be the blue lines, and our movement would shift to the other side quickly. We want to close walls off and come back through the middle to support.

### **2-1-2 Responsibilities:**

#### **F1** (First forward to enter opposing team's zone)

- Pressures the puck carrier to the point of contact (stick or body)
- With the applied pressure, it will force the puck carrier to move the puck quicker than they want to
- Try to take away the back of the net, force inside out
- The goal is to have them through the puck away before his teammates are in solid positions or contain with contact (pin hold) while F2 comes in to support

#### **F2** (Second forward in the zone)

- Pressure second D; F2, ready to anticipate D to D pass
- Anticipate with an active stick
- They must work and get up ice with F1
- Work to be a stick length away to pressure once the puck is moved
- If F1 contains with contact, F2 comes to help and support right away

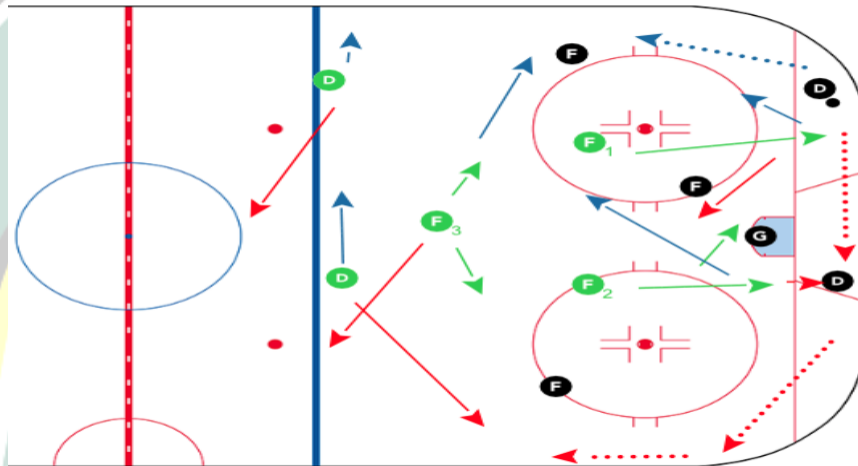
#### **F3** (Third forward in the zone)

- Enter the zone higher and more to the middle
- Like F2, reads and reacts to F1's pressure
- In some situations, it will be inevitable that F1 is chasing opposing D who gains the net
- F3 now becomes the strong side and anticipates closing off the boards and Winger.

- F3 needs to be ready for any rim with the puck around the boards that beats our F1 and F2 pressure

### Defense

- Get up the ice to the opposing team's blue line
- Pending the movement of the puck, one will come across and support the middle lane, and D, partner
- Be aware of opposing players behind you in case an opposing D sends a hard rim and beats you out of the zone
- D can pinch if they're confident they have support from F3 and D partner, must be 100% sure he can get the puck



As you can see from the diagram above, F1 and F2 pressure the D (F2 can be slightly hesitant, stick length minimum), if F1 contains then, F2 can come across to support. F3 comes across and closes off the wall in the blue scenario, while F2 comes back through the middle. F3 can support the D in the red scenario if they read the pinch, D partner back through the middle, and F1.

Each of the Forechecks explained here takes commitment from each player; they must support each other with work ethic and know their role. These systems can be used in the Neutral zone as an N.Z. forecheck. Nothing should change dramatically. Players need to understand with confidence what they must do. Hockey is always following, so the better every player knows what each must do, as you may find yourself as F1, F3, or even a D, the better off your team will be when uncertain situations arise.

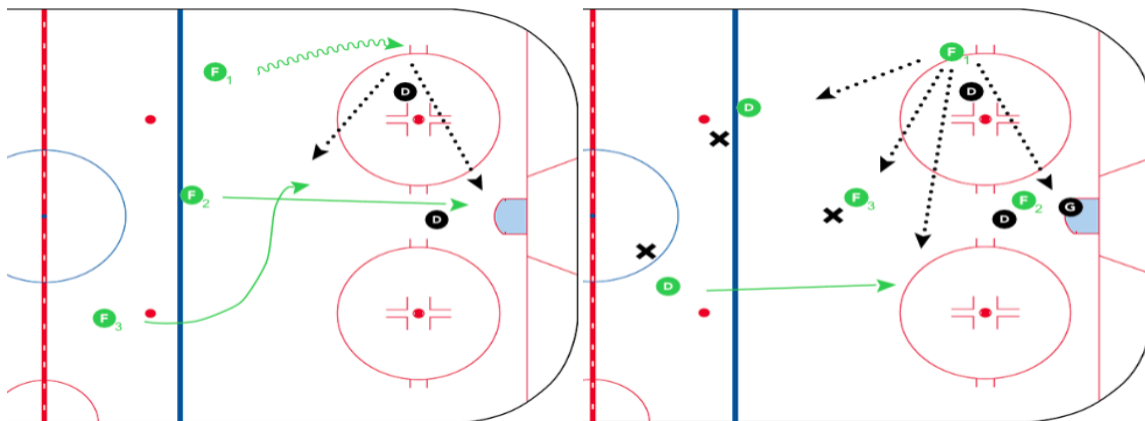
## Offensive Play (Entering and In Zone)

Keys to playing and attacking in the offense start with great support, speed, timing, and reading the defensive situation. While entering the zone, you can have multiple ways to beat the defenders. The puck carrier should often drive the opposing team-wide with speed; this, opening, and possible late support options. We want to outnumber the opposing team with support, creating three on two's and two on one's on the attack or in the offensive zone. We must understand the players without the puck are keys to success, moving and working on getting open. Players have to play unselfishly to create space for the puck carrier. It may not result in glory, but it will make it for a teammate.

We will go over some basic options, including objectives and responsibilities in each case. Each player should continue to learn all situations and what your role is in each scenario, remembering:

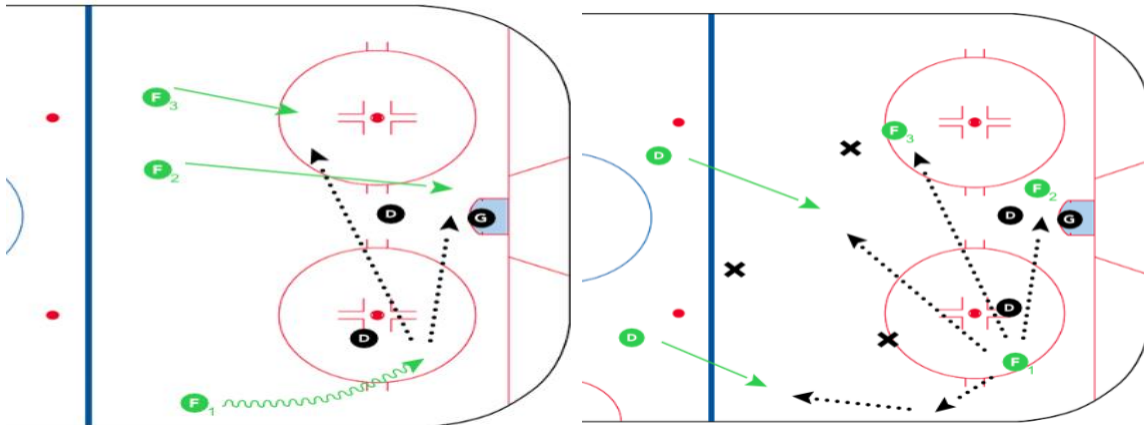
- The use of speed and deception
- Read the play, not only your teammates but the opposing team as well
- The ability to utilize movement and draw the defenders toward you can create open space and confusion

### 1. Middle lane drive



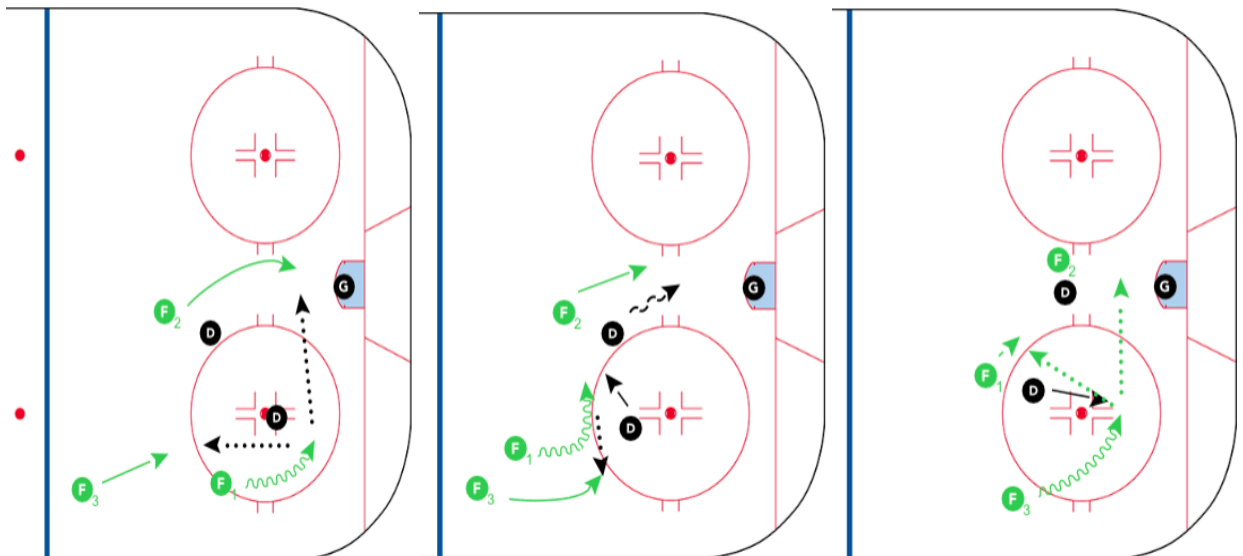
The diagram on left shows are F's; F1 drives wide entering the zone, F2 middle lane drive (some coaches like driving to the far post, either going near post in front D allows a tip option and positioning to support if F1 delays or finding some open ice behind the D). F3 comes across as a middle to a late option; this creates our triangle attack. The diagram on the right shows our D entering the zone. A couple of key points, our D to not watch, get up ice and get involved. It will give the puck carrier more options; 4<sup>th</sup> and 5<sup>th</sup> players (mainly D) join the rush creating more depth on our attack. F2 drives hard to push opposing D back, opening up more passing lanes.

## 2. Wide lane attack



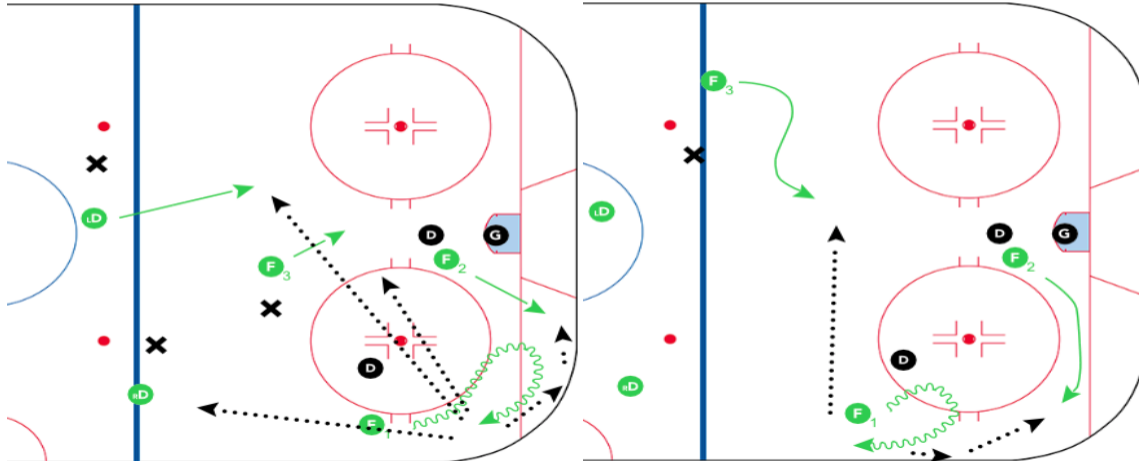
Left side, forward's entering the zone-wide, F1 continues to push with speed the puck wide, driving their D back. F2 drives too far post, moving weak side D back, and F3 enters wide behind F2, creating more open space in the middle and making the back checker work more to take away F3. As you can see in the second diagram on the right, you can see the open space in the middle when entering the zone-wide. Again Defense must be willing to get up ice and be an option, as middle ice can be wide open.

## 3. Eye Up/Cut and Drop



The First diagram shows the Eye Up, just a drop or pass to your late forward F3, who gets directly behind F1 on entry. The middle diagram shows F1 cutting into the middle, pulling opposing D with him, and now drops to F3, who goes in behind and wide. The last diagram shows F3 with the puck driving low and what options he may have, take it to the net on his own, pass wide to back door F2, or if D comes back to you, hit F1 in the high slot. Read what the Defense gives and what options will open up from movement and deception.

Every zone entry can have multiple changes; players need to take the ice and read their options. Use speed and deception to create more openings. Each zone entry can lead to the puck carrier delaying away from pressure towards the boards, keeping possession without throwing the puck away. If the puck carrier feels he has no options, they can always shoot the puck on net and hope we get a lucky bounce while your teammates drive the net.



Delays can happen low or high, and you must read what the defense gives you. Each can give your teammates time to join the rush and get open while creating more space.

The zone entries and attacks showed above are guides to use, like reading and reacting to the defense are keys to creating offense. Drills can be as simple as half-ice three on zero attacks, running each attack, or staying with just one until it is understood. Coaches can act as defenders to read different looks; we add defense to the drill and progress.

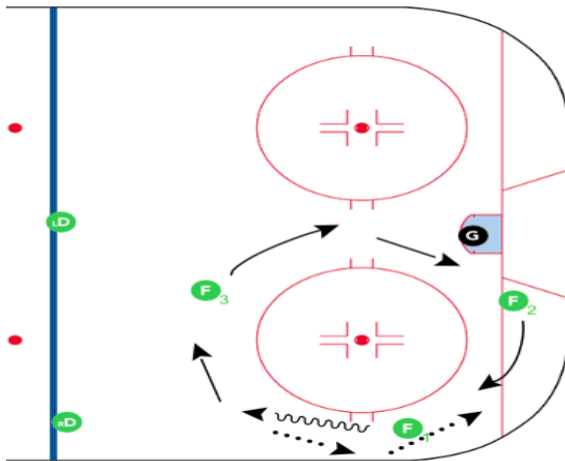
### **Offensive Zone Play**

Being creative and having the confidence to make plays with poise can consistently keep your team playing in the offense—a threat to score every time. We will look at movement and cycling options in the O-zone from low plays to high plays, and some of the biggest keys will be the movement away from the puck; change of direction and speed can create more open attack lanes.

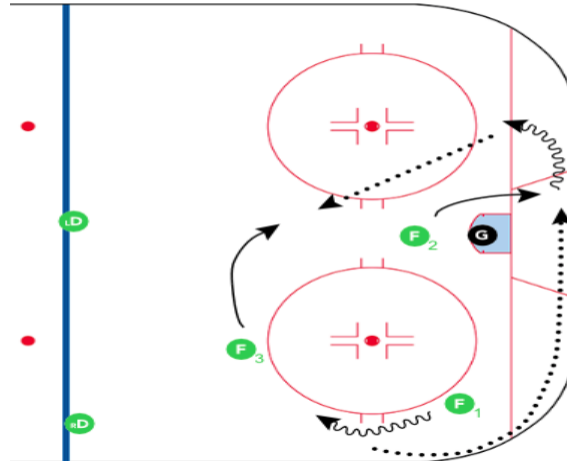
Both forwards and defense have the opportunity to be involved, and just like our entry attacks, players need to constantly watch the defenders and react to what ice they give. Players' work ethic can wear down the opposing team and keep those offensive chances in the offensive zone. It is always way more fun to possess with scoring opportunities than backcheck 200 feet.



### Simple Cycle

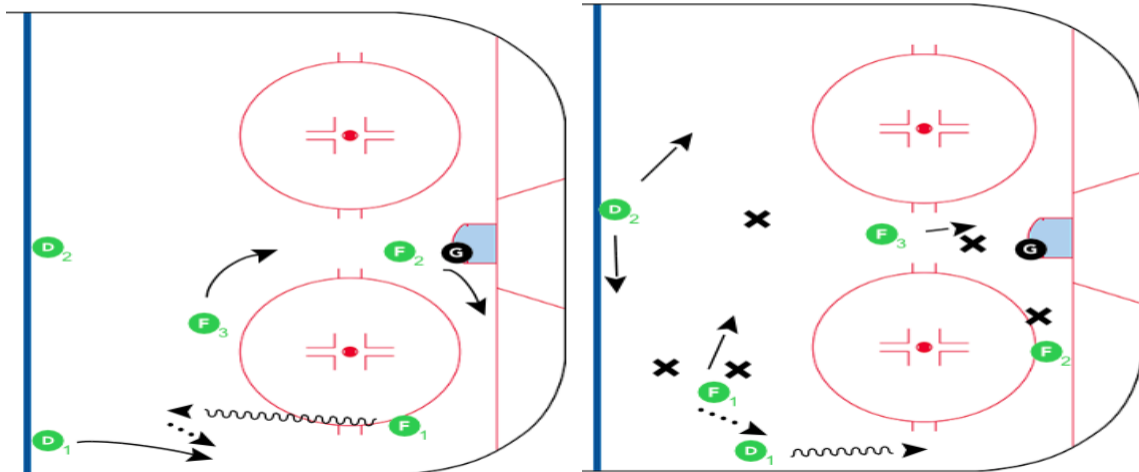


### Long Cycle



A simple cycle is a staple in hockey; F1 brings the puck up the boards drawing the opposing D toward them. Use the boards to pass/cycle the puck low to net front F2. As F1 moves, F2 should slide to the corner to support low. F3, the high forward moves toward the net as initial F1 on the half wall rolls into the high F3 position. Cycling is a continuous movement from all three forwards, always aware with a head on a swivel and constantly moving into support positions. The long cycle is no different other than we want to send the puck hard to the back of the net, changing the flow to the other weak side of the ice. F2 will have the option to go to the near or far post to retrieve the rim. F3 can now be a high slot option or slide low to net front and support F2 as they roll out the other side. F1 would then take F3 in the high slot.

### High Cycle/Scissors



High cycle/Scissors is making the cycle with your defense. When F1 rolls out high, the D1 along boards reacts and slides down the wall, creating movement and a high rotation. This play can make it difficult for the opposing team, especially their wingers covering our defense. It can most likely run a slight interference on other teams, causing them to be a step behind creating open lanes for your team.