

## DEFENSIVE PRINCIPLES

### FIRST PRINCIPLE OF DEFENSE – **TRANSITION**

- The immediate, explosive shift from an “attack and penetrate” posture to a “deny and control” posture

### SECOND PRINCIPLE OF DEFENSE – **CREATE PRESSURE**

- Pressure is created by robbing the opponent of time and space
- The objective is to force the opponent to make hurried decisions that lead to mistakes and turnovers
- Key Elements of Pressure:
  - Speed
  - Pursuit (*back pressure, angling*)
  - Body contact
  - Containment
  - Stall/Delay

### THIRD PRINCIPLE OF DEFENSE – **CONTROL THE INSIDE**

- Defense should play between the dots in the alleys
- Reduce opponent options by channeling them toward outside lanes
- Protect the middle of the ice

### FOURTH PRINCIPLE OF DEFENSE – **PROTECT THE HOUSE**

- Force the opponent to shoot from low percentage positions as much as possible
- Players must think in terms of “above the circles” and “below the circles”

### FIFTH PRINCIPLE OF DEFENSE – **BACKCHECKING**

- Defensemen delay
- Forward players pursue
- Back check inside-out
- Back check to goal crease
- When engaged with opponent, control the stick
- You are never too far out of the play