DAVE HARMON - DYNAMO B.C.

# - Bandy Defensive Overview -

F F

MF MF

HB S HB

FB FB

FB

"DIAMOND" OR "TRIANGLE" TEAM DEFENSE POSITIONING

* DEFENSE STARTS FROM THE FORWARDS DOWN. STOP BALL CARRIER IN TOP 2/3 OF ICE. FORCE/STOP BEFORE GAIN SPEED - SPEED KILLS!
* ONE PLAYER, TWO FORWARDS, OR 3 FULLBACKS WILL NOT CONSISTENTLY STOP THE OPPOSITION. NEED TEAM DEFENSIVE INVOLEMENT TO WIN.
* LOOK TO STEER OPPOSITION INTO LESS SPACE AND INTO OUR PLAYERS TO STOP PROGRESS. DIRECTING TAKES 2-3+ PLAYERS
* USE YOUR BODY MORE & STICKS LESS TO STOP OPPOSITION STEERING & POSITIONING & HITTING WISELY WORKS!
* WE DON'T HAVE TO DEFEND THE WHOLE ICE - GIVE UP SOME ICE, DEFEND KEY SPACE - DIRECT THEM WHERE WE WANT THEM TO GO
* AGGRESSIVELY GUARD OUR MIDDLE ICE AND DEFENSIVE 1/3. A BALL OUT OF BOUNDS, FLIP UP ICE, TO THE GOALIE, OR STOPPING OPPOSITION FOR A FREESTROKE GIVES US TIME TO REGROUP/POSITION.
* GAIN BALL, KEEP POSESSION THEN KEEP IN OUR TEAM
* BE SAFE-SURE-SECURE IN PASSING IN DEFENSIVE ZONE
* BACK UP TEAMMATES ON ALL "AIR BALLS"/CHIPS
* "FALL BACK" INTO A FILL-IN POSITION IF OVERTAKEN BY AN OPPOSITION BALL CARRIER → HUSTLE BACK TO HELP OTHERS DEFEND.
* HUSTLE & AGGRESSIVENESS CAN OVERCOME SKILL
* PROTECT GOALIE, TAKE SHOT FOR TEAM, HUSTLE TO COVER MEN, CLEAR OUT REBOUNDS, TAKE SIDE OUTS OVER CORNERS, "PUSH UP" TO CREATE OFFSIDES
* QUICKLY SET UP FREESTROKE DEFEND - LISTEN TO GOALIE TO MOVE.
* HUSTLE OUT TO BLOCK CORNERS - DON'T LET BALL GET TO NET.
* KNOW WHO & WHERE YOU ARE WHEN REPLACING TEAMMATES KNOW YOUR POSITIONS RESPONSIBILITY

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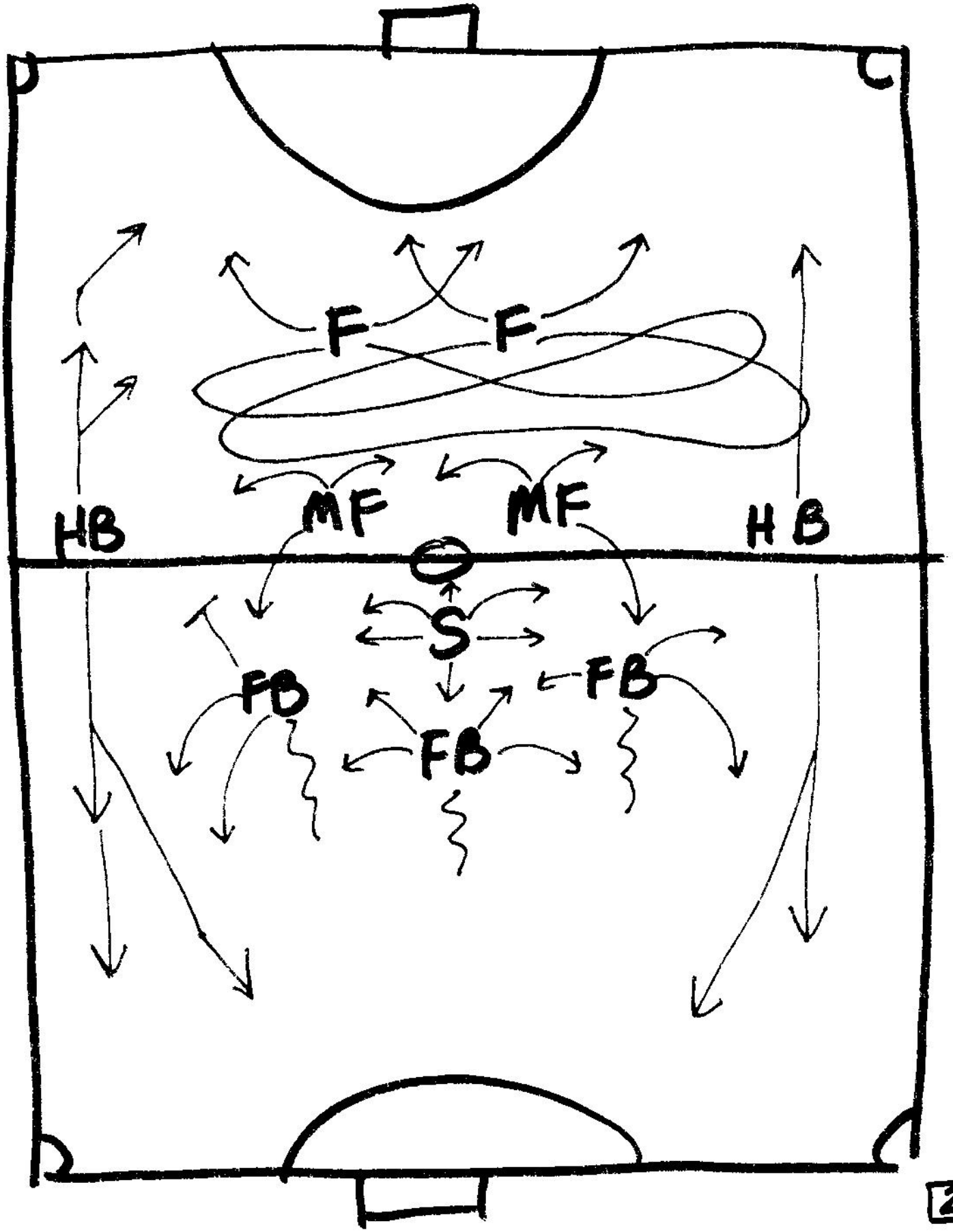
# GENERAL ZONES



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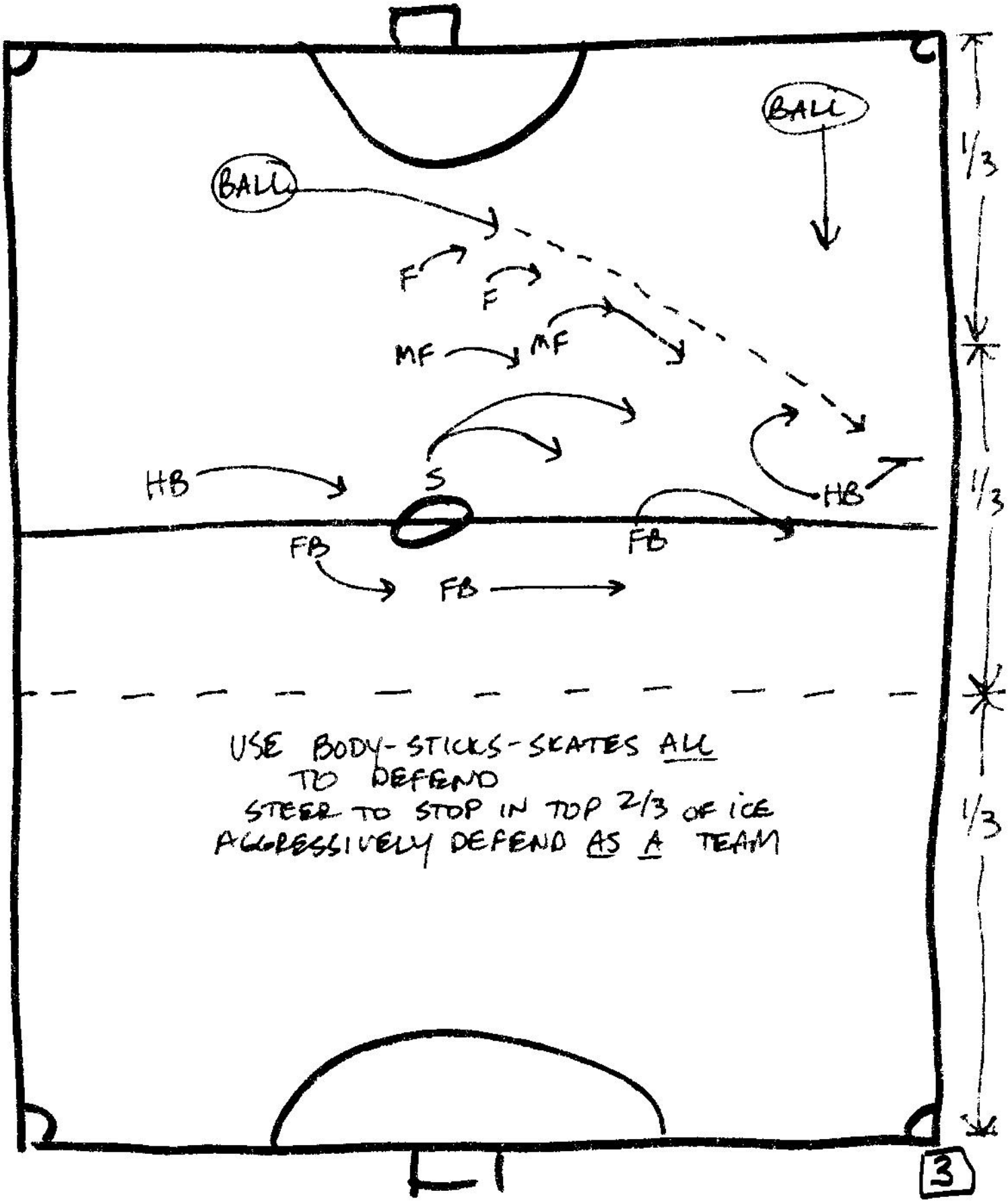

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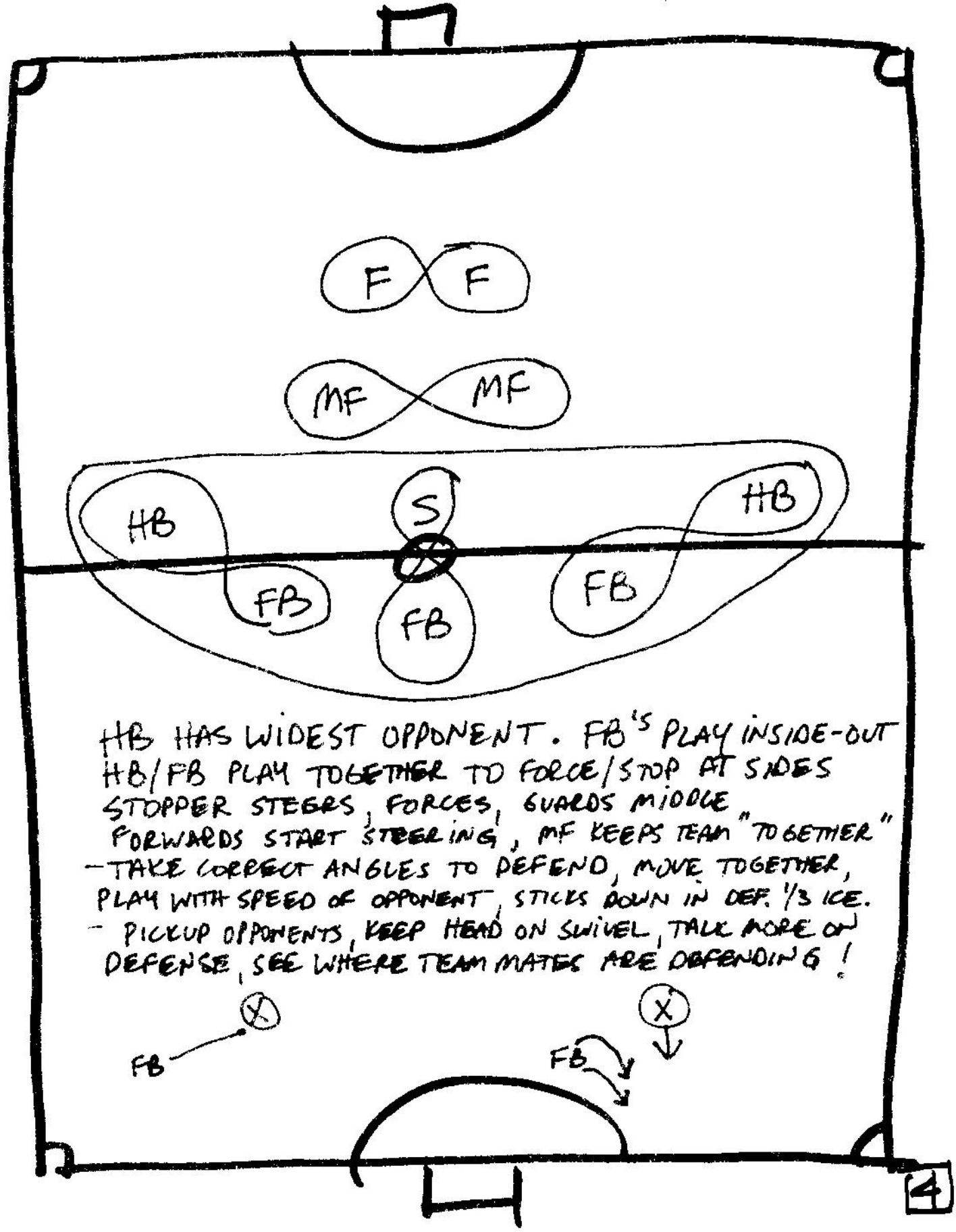
# POSITIONING PLAY



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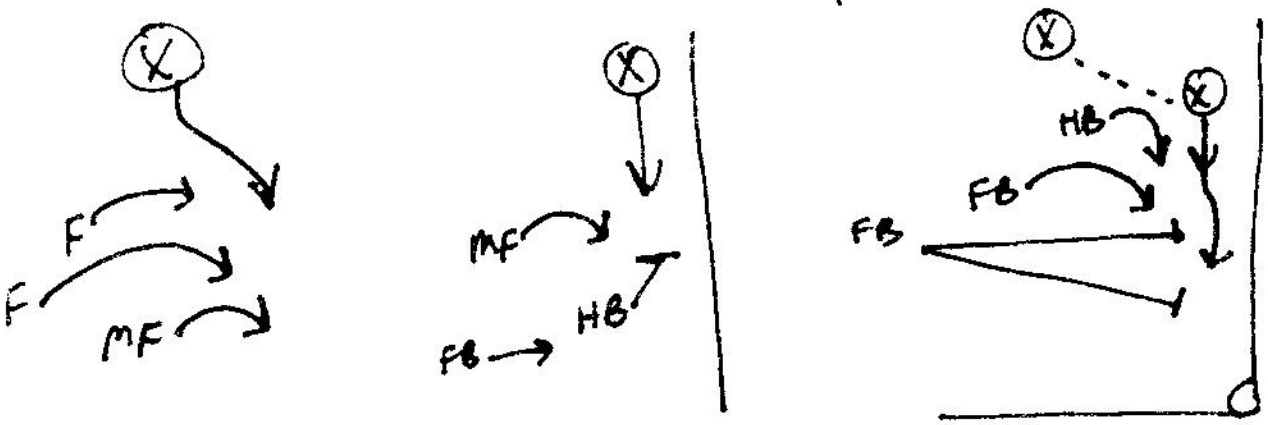
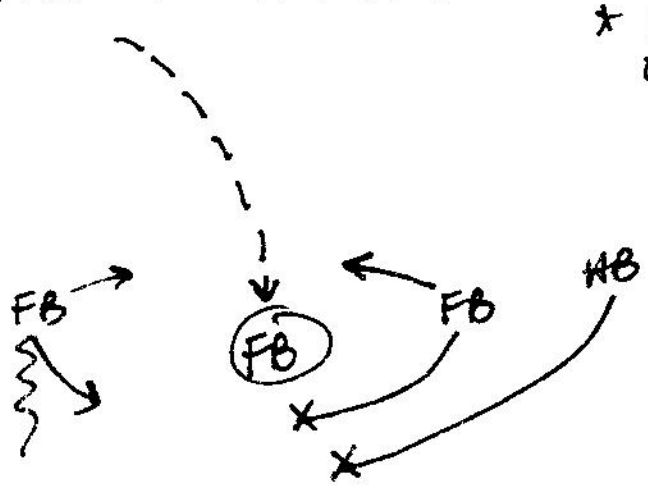
# DEFENDING

DEFEND AS A "DYNAMO PACK"



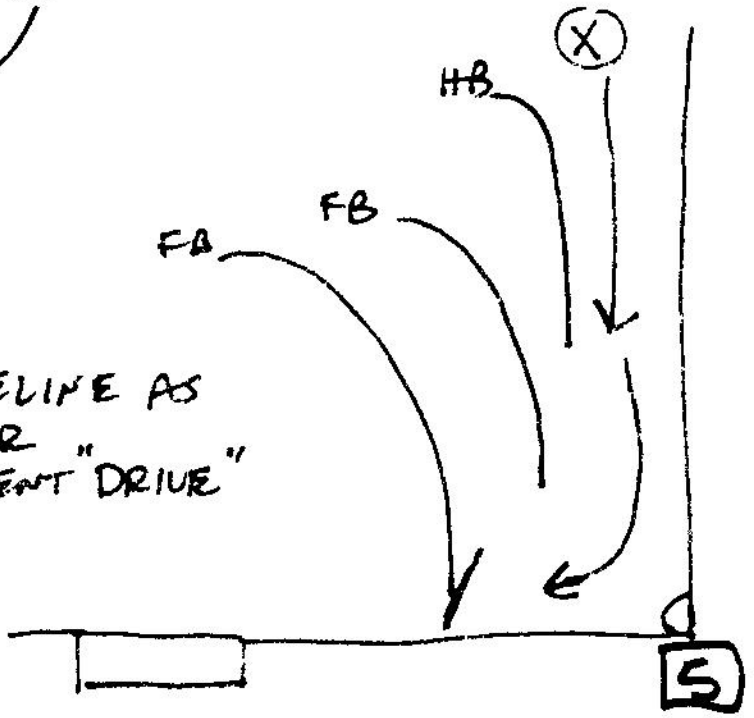

— AIR BALLS / CHIPS DEFENDING —

* TAKE BALL DOWN 1ST WITH BODY BEHIND STICK OR OFF BODY
* BACK-UP EACH OTHER, NO BALLS GET THROUGH
* PICK-UP OPPONENTS - LOOK AROUND FOR "THREATS"
* FIGHT FOR BALL - "IT'S YOURS NOT THEIRS"




USE SIDELINE & BASELINE AS A EXTRA DEFENDER "

* DO NOT LET OPPONENT "DRIVE" BASELINE



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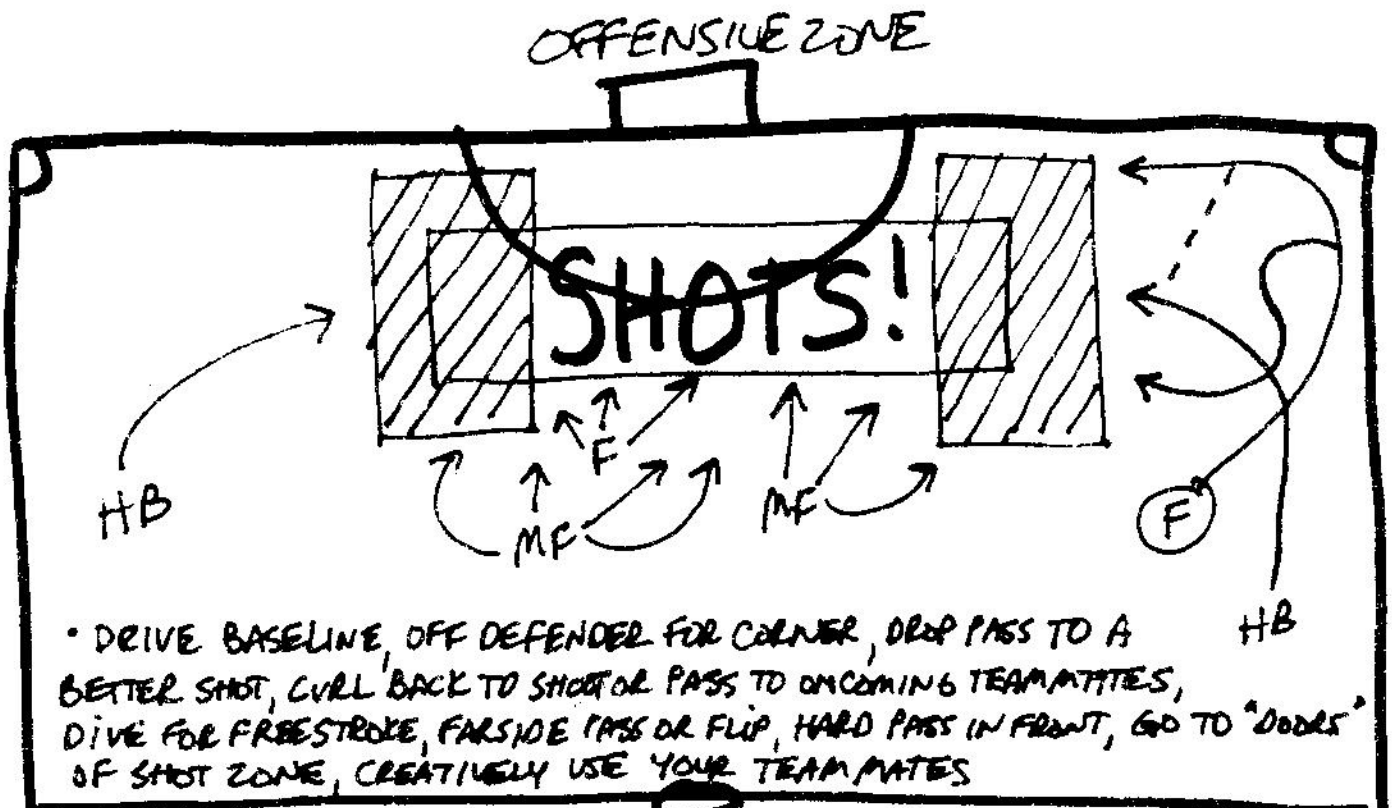
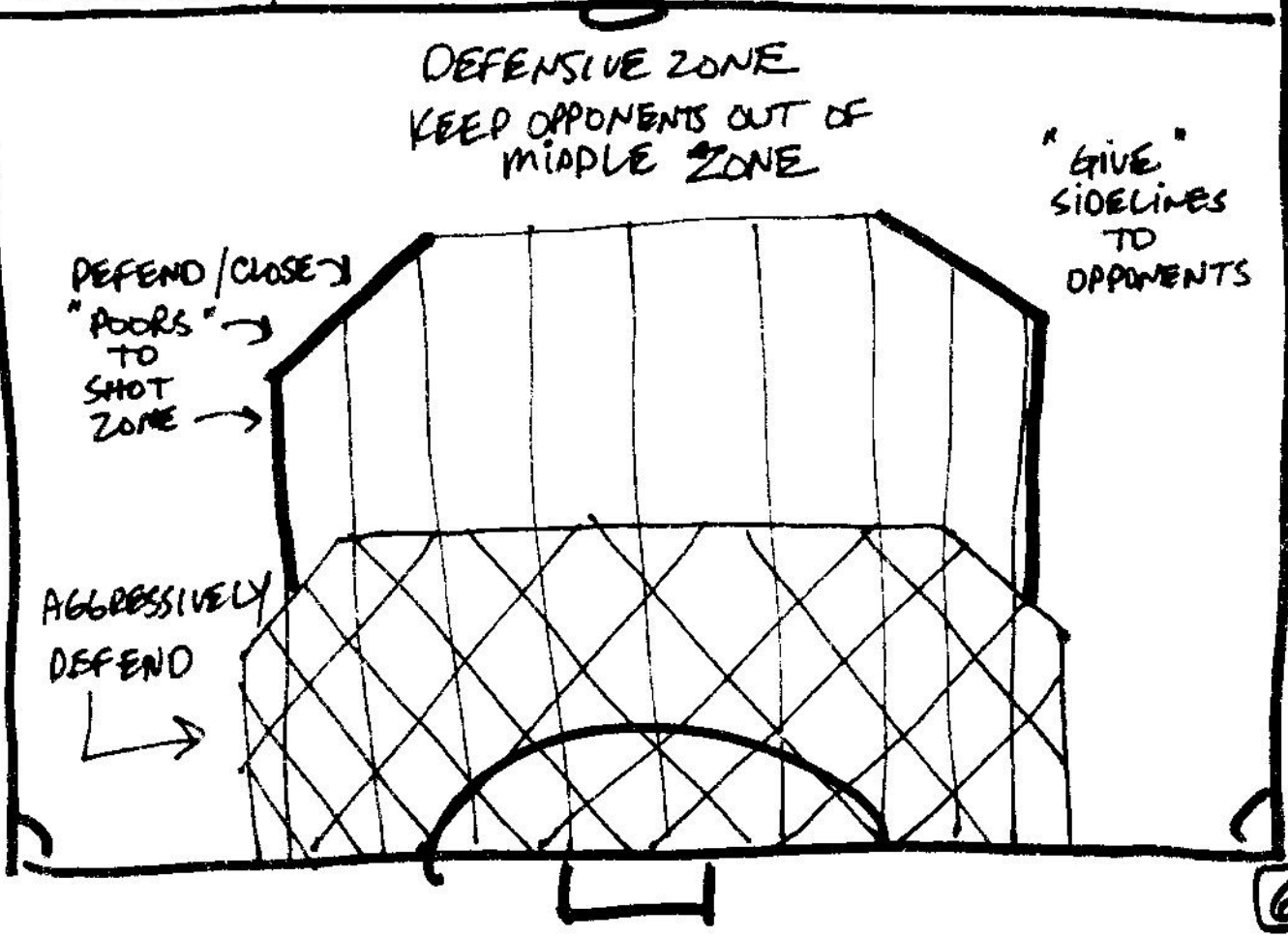



• DRIVE BASELINE, OFF DEFENDER FOR CORNER, DROP PASS TO A BETTER SHOT, CURL BACK TO SHOT OR PASS TO ONCOMING TEAMMATES, DIVE FOR FREESTROKE, FARSIDE PASS OR FLIP, HARD PASS IN FRONT, GO TO "DOORS" OF SHOT ZONE, CREATIVELY USE YOUR TEAMMATES



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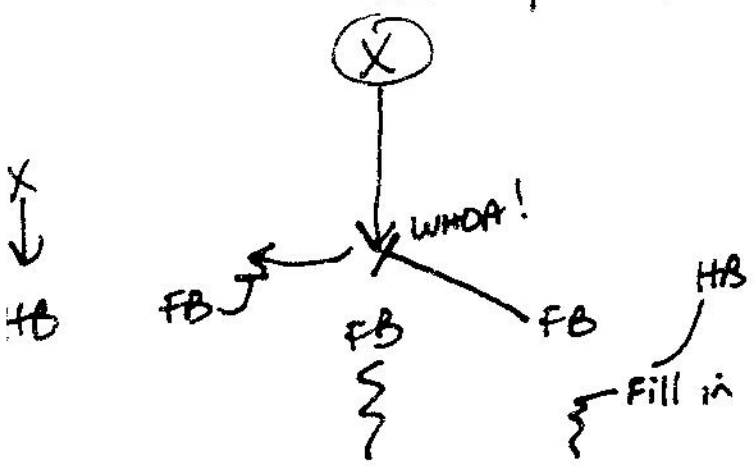
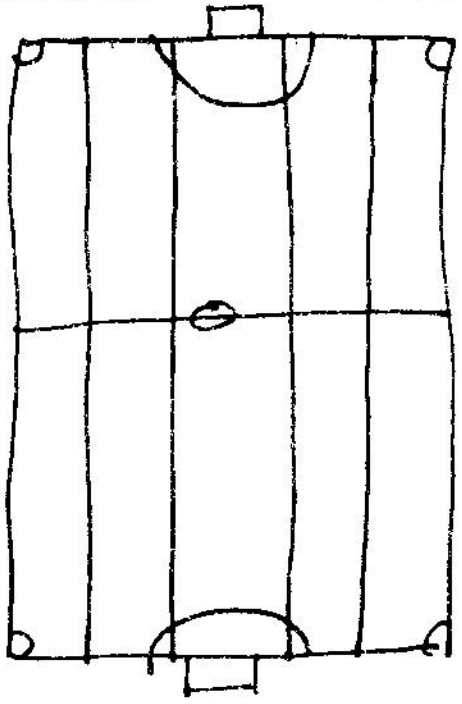
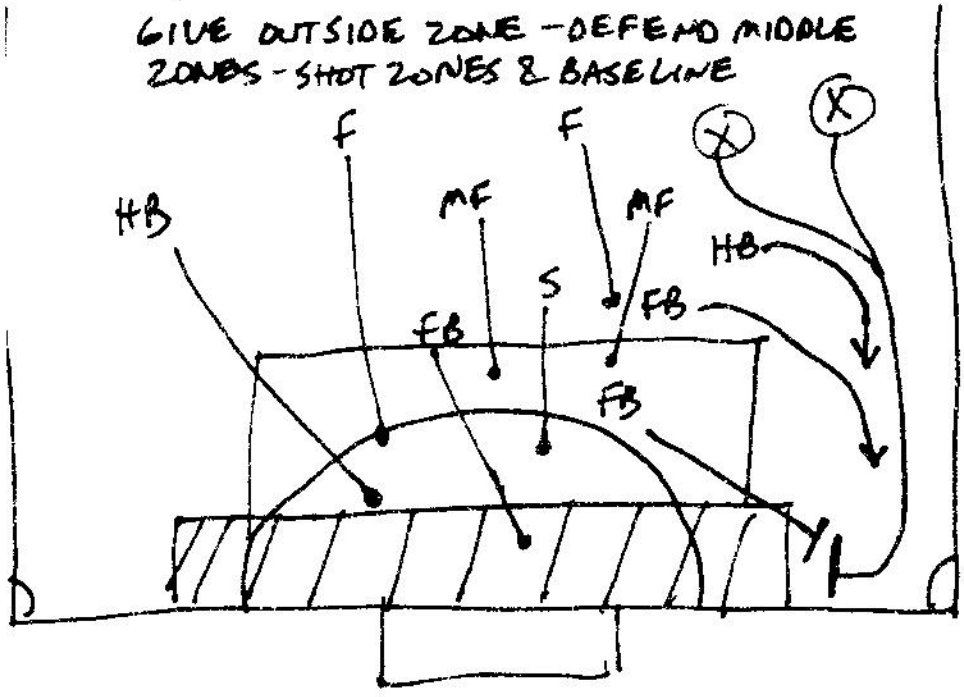
DEFENDERS STEP UP/FORCE BALL CARRIER




5 VERTICAL ZONES
OFFENSE → LET TO MIDDLE
DEFENSE → KEEP OUT OF MIDDLE



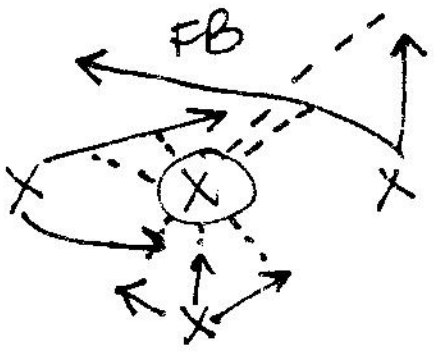
GIVE OUTSIDE ZONE - DEFEND MIDDLE ZONES - SHOT ZONES & BASELINE

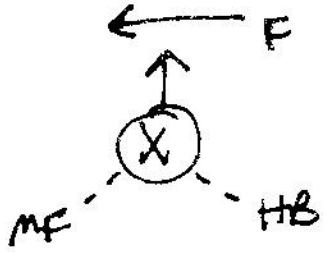


# DAVE HARMON - DYNAMO B.C

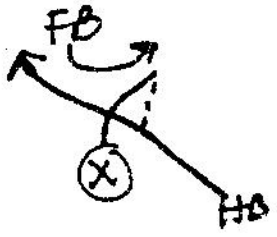
## OFFENSIVE VIEWS

OFFENSIVELY GO UP ICE TOGETHER - "SUPPORT THE BALL" WITH DYNAMO PACK USE YOUR TEAMMATES TO TAKE OUT OPPONENT - WIN NUMBERS GAME - AT TIMES "GO BACK TO GO FORWARD" INSTEAD OF PLOWING THRU DEFENDERS OR UP BOARDS.




USE DROP PASSES TO TAKE OUT DEFENDER

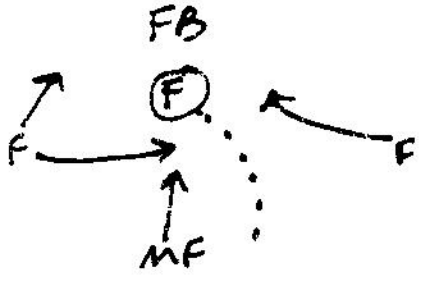


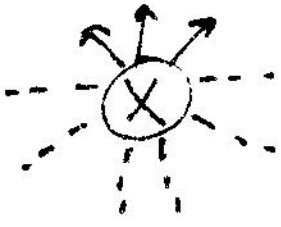

TRAILER - SPEAK UP!
BALL CARRIER - DROP IT "DEAD"

CURL BACK TO MAKE USE OF YOUR "ON-COMING" TEAMMATES

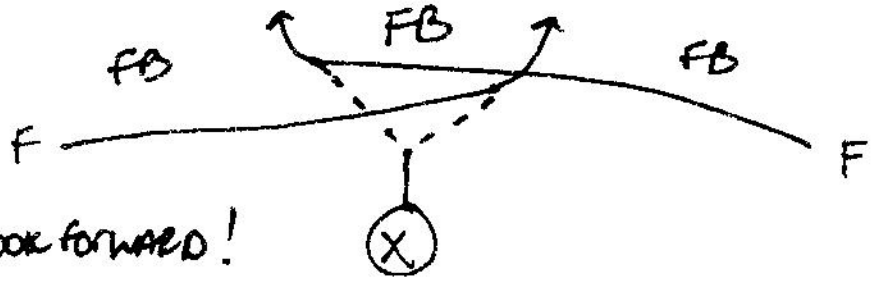
"THINK MIDDLE" - LOOK MIDDLE AND TO INSIDE ZONES - TO USE ALL YOUR OPTIONS - THE SIDE BOARDS TAKE AWAY 1/2 OF YOUR OPTIONS

FORWARDS "TAKE DOWN" AIR BALLS & HIT TO ON RUSHING TEAMMATES



FORWARDS CROSS ZONES TO GET PASS BETWEEN DEFENSE WITH SPEED




Ball Carrier
LOOK UP! LOOK FORWARD!

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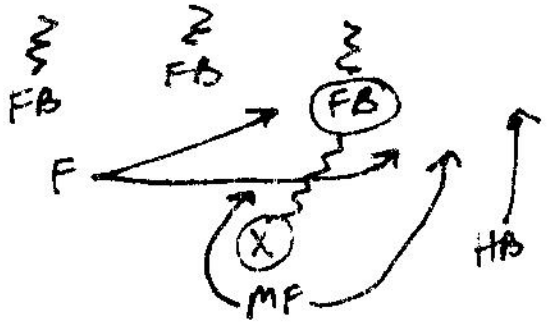
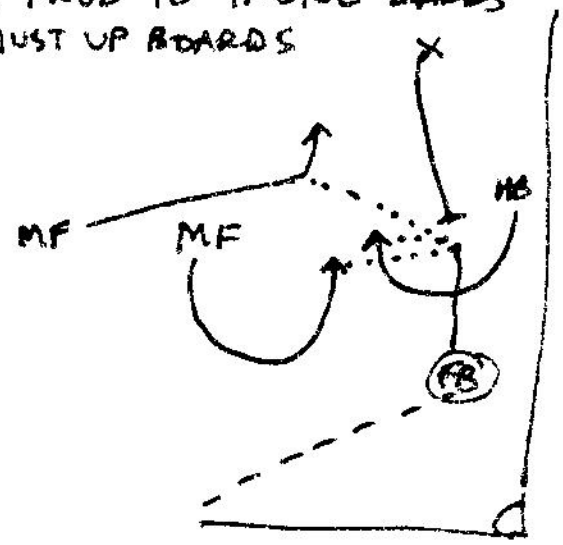
## - OFFENSIVE VIEWS -

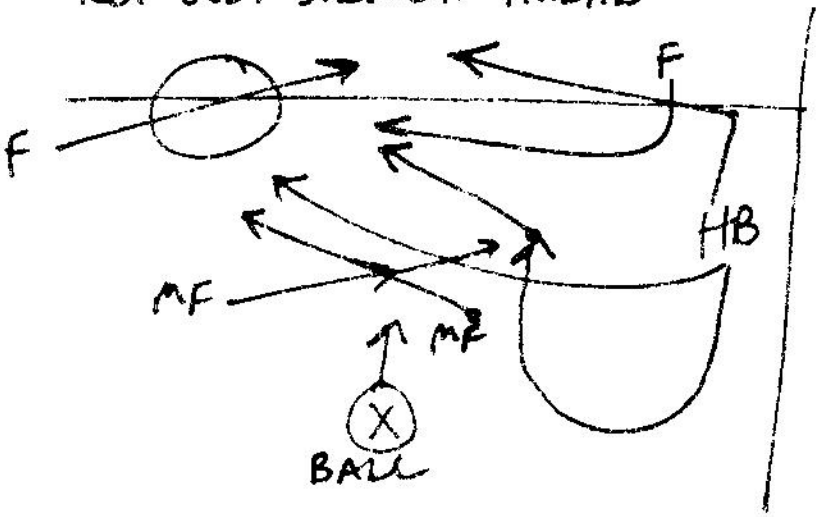
TALK/PLAN TO ISOLATE ON ONE FULLBACK TO OUT NUMBER



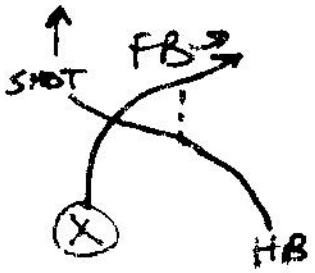

PASS/MOVE TO INSIDE LANES NOT JUST UP BOARDS

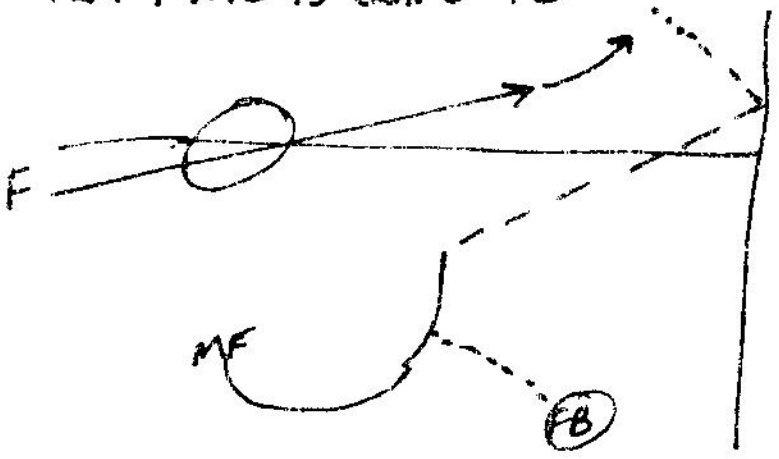



USE/THINK ACROSS ICE (ZONES) NOT JUST STRAIGHT AHEAD




DROP PASS TO A SHOOTER




PASS BALL TO SPACE A TEAMMATE IS GOING TO