

Defensive  
**TEAM PLAY**



# PRiNCiPLES

## PRESSURE

SMART AGGRESSIVE, RESTRICT (TAKE AWAY) TIME AND SPACE, COMMUNICATE AND COORDINATE.

## CONTAIN / STALL

MORE PASSIVE, DEFLECT THE ATTACK, HOLD ICE (BUY TIME FOR BACKTRACKERS), FORCE THE OFFENCE TO THE PERIMETER.

## SUPPORT

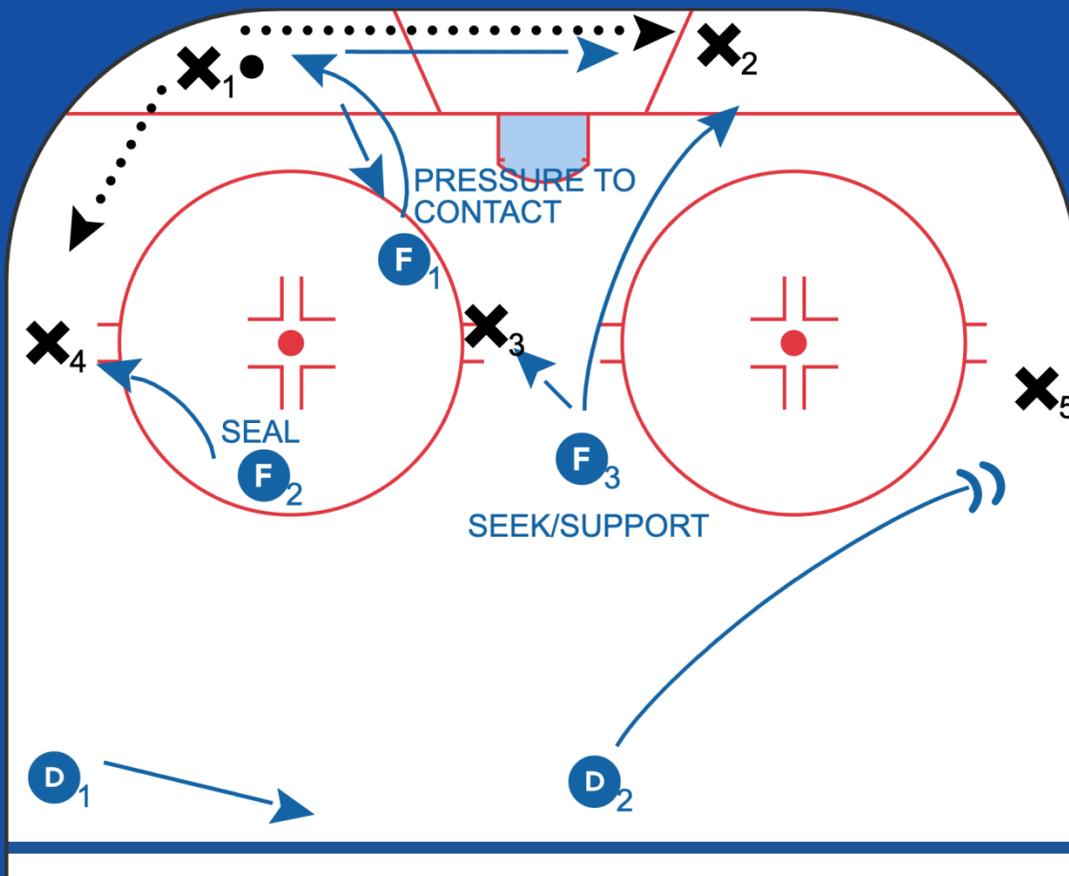
ELIMINATE OPTIONS AWAY FROM THE PUCK, WHICH CAN BE STICK OR BODY POSITIONING.

## TRANSITION

ABILITY TO MOVE QUICKLY FROM OFFENCE TO DEFENCE ON A CHANGE OF POSSESSION.

# Offensive Zone Forecheck

## FOOSBALL 1-2-2



### DESCRIPTION

- **F1** - INSIDE-OUT PRESSURE TO CONTACT ON X1, "DICTATE" THE PLAY TO ONE SIDE, **F2** "SEAL" TAKES AWAY THE WALL, AND **F3** "SUPPORT" LOCKS THE MIDDLE OPTION.
- IF THE PUCK MOVES OVER TO X2, **F3** "SEEKS" OUT X2, PRESSING INSIDE-OUT TO "DICTATE" THE NEXT PLAY TO X5. IF **F3** CAN "PRESSURE TO CONTACT" AND STOP THE PUCK, **F1** JOINS AS "2ND QUICK," WHILE **F2** "SEEK" BECOMES "SUPPORT." **D2** CAN PRE-GAP ON X5 AND PLAY THAT AS A 1V1. **D1** TRACKS X4 PUSHING THE ZONE.
- IF **F3** CANNOT FIND X2 AND STOP THE PUCK, **F1** "RELOADS" HARD THROUGH THE MIDDLE.

### KEY POINTS

- 1V1 CHECKING - STICK ON PUCK / CONTACT / DSP
- 2ND QUICK SUPPORT
- ATTACK QUICKLY ON TURNOVERS
- RECOVER QUICKLY ABOVE THE PUCK

# Neutral Zone Forecheck

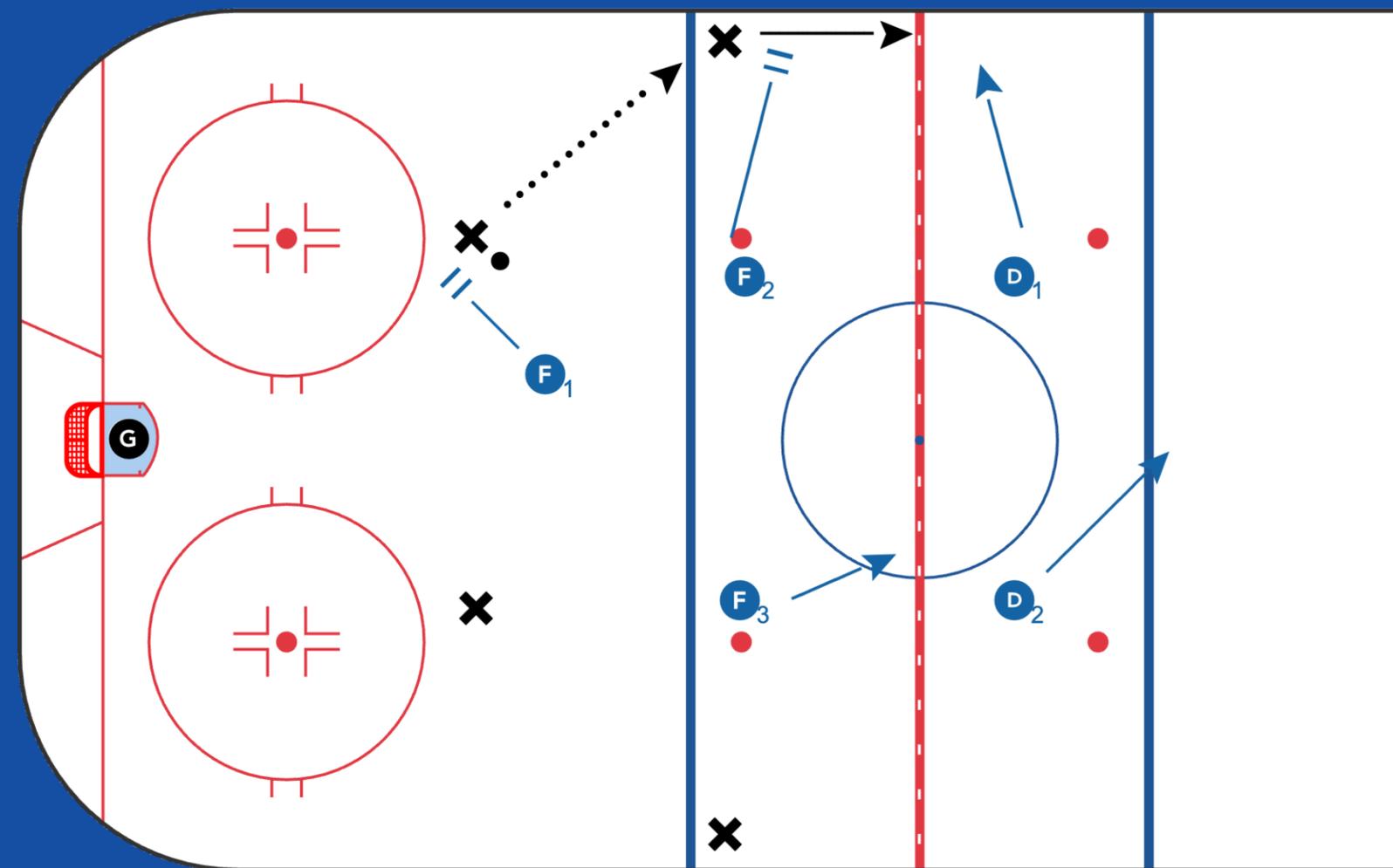
## FOOSBALL 1-2-2

### DESCRIPTION

- THE FORWARD CLOSEST TO THE PUCK (**F1**) ASSUMES A POSITION AT THE TOP OF THE FORMATION AND PRESSES THE OPPONENT TO COMMIT TO AN ATTACK OR ALLOW HIS TEAMMATES TO CHANGE. **F1** WILL ALSO OPPORTUNISTICALLY LOOK FOR TURNS.
- THE NEXT LEVEL (**F2 AND F3**) LOOKS TO DENY THE RED LINE, WHICH WOULD CAUSE THE OPPONENT TO ICE THE PUCK IF THEY FIRED IT INTO OUR ZONE. SECONDARILY, THIS LAYER AIMS TO FUNNEL THE ATTACKER INTO A SMALL AREA THAT THE DEFENSEMEN CAN ROTATE AND CUT OFF OR FORCE A LENGTHY DUMP-IN FROM JUST ACROSS THE RED LINE.
- THE LAST LAYER (**D1 AND D2**) LOOKS TO DENY CONTROLLED ENTRIES INTO THE ZONE (THAT IS, ZONE ENTRIES WHERE THE OPPOSITION CAN CARRY THE PUCK OVER THE BLUE LINE RATHER THAN DUMPING IT). BUT THE DEFENSEMEN ARE READING THE PLAY IN FRONT OF THEM AND WILL RETREAT TOWARD THEIR DEFENSIVE ZONE POSITIONING IF THE OPPONENT RUSH HAS BROKEN DOWN OUR STRUCTURE.

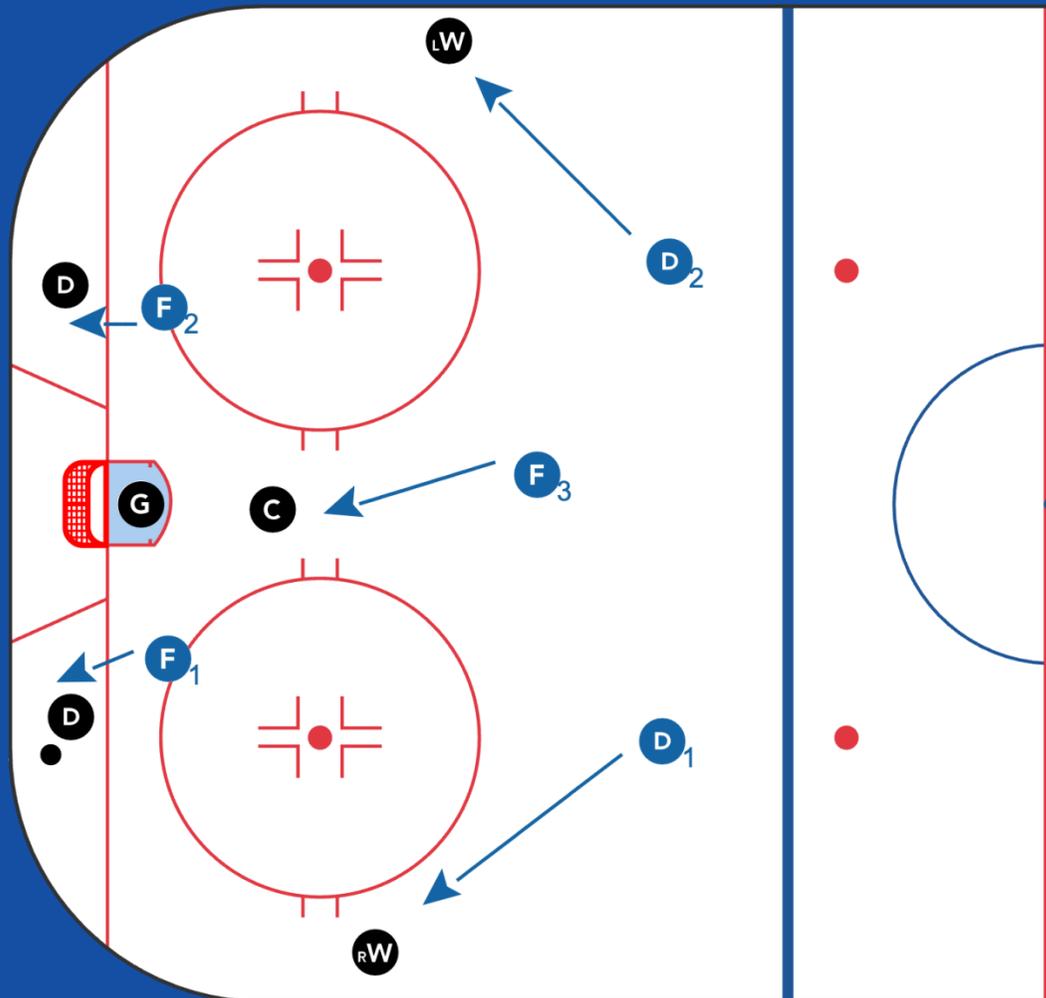
### KEY POINTS

- READ OFF THE SUCCESS OF **F1**
- PRESSURE & RECOVER
- ATTACK ON A TURNOVER



# Offensive Zone Forecheck

## FULL PRESS 2-1-2 INTRO



### DESCRIPTION

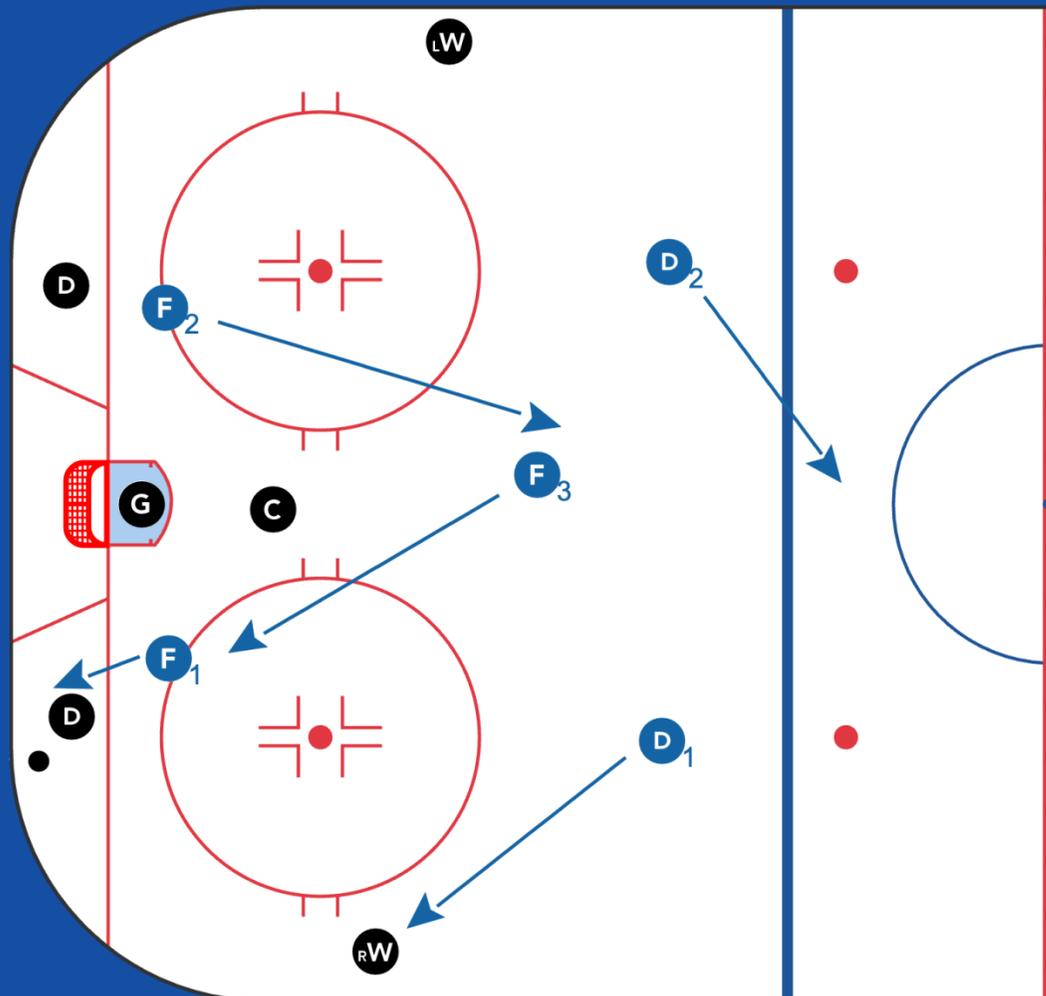
- **F1** HUNTS THE PUCK, TAKES AWAY THE D -> D PASS AND PRESSURES TO CONTACT
- **F2** CUTS OFF THE D -> D PASS AND IS READY TO RECOVER TO MIDDLE
- **F3** REMAINS OVER THE MIDDLE AND IS READY TO COVER FOR PINCHING D
- **D1/D2** ARE READY TO PINCH AND MUST MEET OR BEAT PUCK

### KEY POINTS

- **1V1 CHECKING** - STICK ON PUCK / CONTACT / DSP
- **2ND QUICK SUPPORT**
- **ATTACK QUICKLY ON TURNOVERS**
- **RECOVER QUICKLY ABOVE THE PUCK**

# Offensive Zone Forecheck

## FULL PRESS 2-1-2 ROTATION



### DESCRIPTION

#### ON A 50/50 BATTLE:

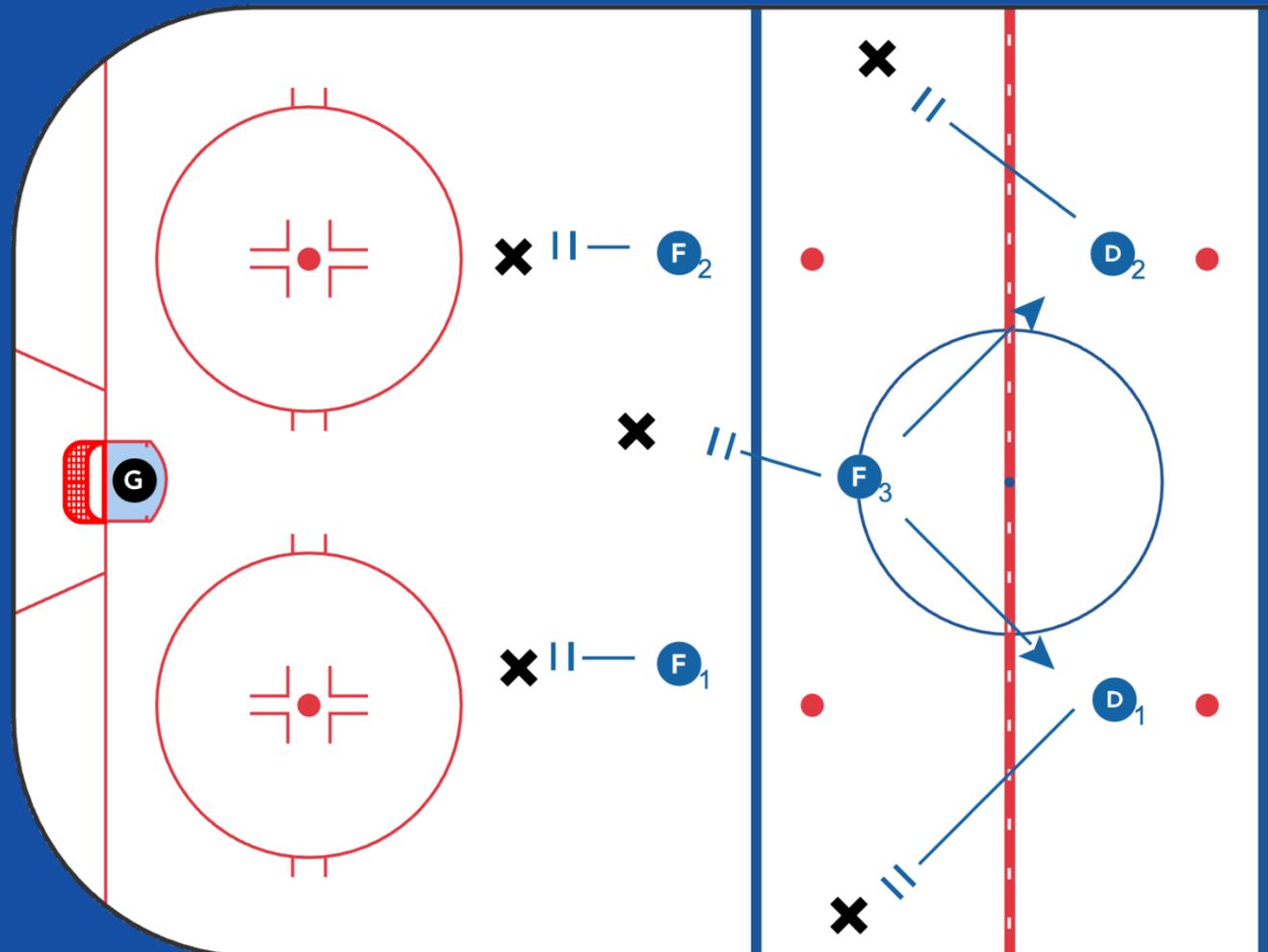
- **F3** SUPPORTS F1 AND LOOKS TO ATTACK QUICKLY
- **F2** RECOVERS HIGH QUICKLY ABOVE THE PUCK READY SUPPORT D PINCH
- **D1** PINCHES & MUST MEET OR BEAT THE PUCK
- **D2** STAGGERS IN THE MIDDLE WITH AN EYE ON THE OPPOSITION'S WEAK SIDE WINGER

### KEY POINTS

- **1V1 CHECKING** - STICK ON PUCK / CONTACT / DSP
- **2ND QUICK SUPPORT**
- **ATTACK QUICKLY ON TURNOVERS**
- **RECOVER QUICKLY ABOVE THE PUCK**

# Neutral Zone Forecheck

## FULL PRESS 2-1-2



### DESCRIPTION

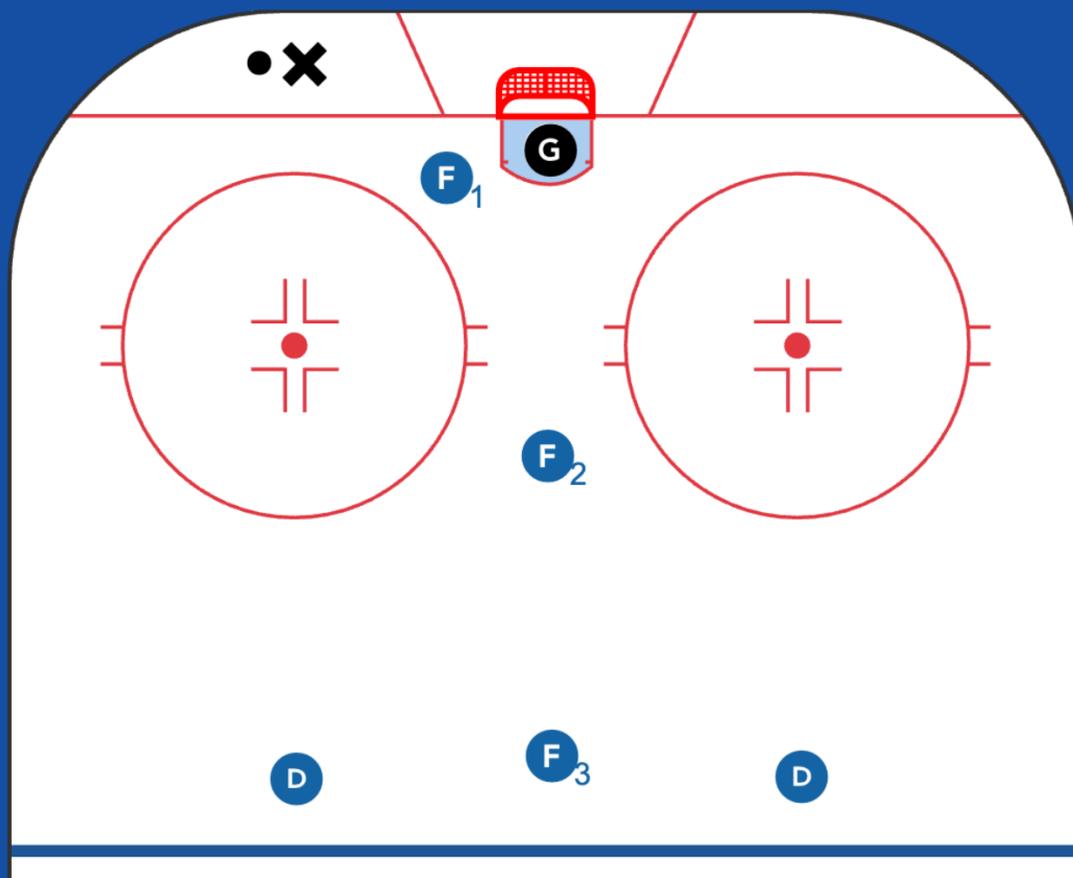
- **F1** HARD PRESSURE, STICK ON THE PUCK, BODY ON BODY. FOLLOWS D -> D PASS OR SUPPORTS D ON A PINCH.
- **F2** TAKES AWAY THE D -> D PASS. SHE SUPPORTS F1 IN BATTLE OR SUPPORTS D IN A PINCH.
- **F3** LOCKS THE MIDDLE AND COVERS FOR EITHER D ON A PINCH.
- **D1/D2** ARE BETWEEN THE DOTS, WITH A GOOD GAP, A PRE-PINCH ON THE STRONG SIDE, AND HINGE SUPPORT ON THE WEAK SIDE.

### KEY POINTS

- READ OFF THE SUCCESS OF F1
- PRESSURE & RECOVER
- ATTACK ON A TURNOVER

# Offensive Zone Forecheck

## STACK 1-1-3



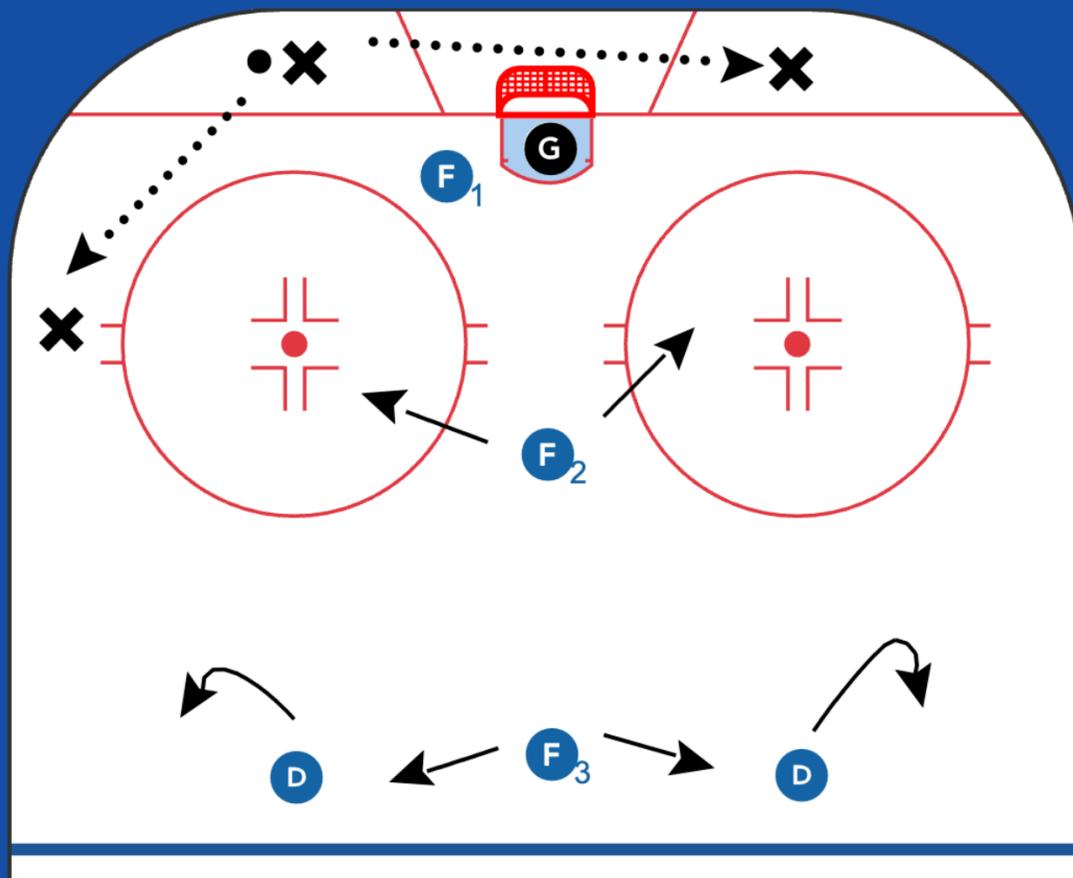
### DESCRIPTION

- **F1** ACTS AS OUR PRIMARY FORECHECKER, PURSUING THE PUCK CARRIER AND ATTEMPTING TO FORCE PLAYS TO PREDICTABLE AREAS. UNLIKE MORE AGGRESSIVE SYSTEMS, **F1'S** PRIMARY GOAL IS TO DIRECT PLAY RATHER THAN CREATE IMMEDIATE TURNOVERS. THEY MUST BE SMART WITH THEIR ENERGY AND POSITIONING, AS THEY WON'T HAVE IMMEDIATE SUPPORT.
- **F2** POSITIONS THEMSELVES IN THE HIGH SLOT, THROUGH THE HOUSE, READY TO POUNCE WHEREVER THE PUCK IS HEADED NEXT. THIS PLAYER SERVES AS BOTH OFFENSIVE SUPPORT AND THE FIRST LAYER OF DEFENSIVE COVERAGE. THEY MUST READ THE PLAY CAREFULLY, PROVIDING SUPPORT WHEN F1 CREATES PRESSURE BUT STAYING READY TO BACKCHECK IF THE OPPOSITION BREAKS OUT.
- THE UNIQUE ASPECT OF THIS SYSTEM IS OUR THREE-PLAYER DEFENSIVE LAYER (**F3, D1, AND D2**). THESE PLAYERS FORM A BARRIER ACROSS THE BLUE LINE, WITH THE DEFENSEMEN CONNECTED WITH THE F3. THIS STRUCTURE ALLOWS US TO PROTECT AGAINST STRETCH PASSES AND QUICK TRANSITIONS WHILE MAINTAINING THE ABILITY TO PINCH WHEN APPROPRIATE.

# Offensive Zone Forecheck

## STACK 1-1-3 ROTATION

### DESCRIPTION



- WHILE CONSERVATIVE IN NATURE, IT FORCES OPPOSING TEAMS TO MAKE PREDICTABLE PLAYS BY USING **F1** TO STEER PUCK CARRIERS INTO SPECIFIC AREAS
- THE SECOND FORWARD (**F2**) POSITIONED IN THE HIGH SLOT SERVES AS BOTH OFFENSIVE SUPPORT AND DEFENSIVE COVERAGE, MAKING IT DIFFICULT FOR TEAMS TO BREAK OUT CLEANLY THROUGH THE MIDDLE
- THE UNIQUE THREE-PLAYER DEFENSIVE BARRIER (**F3, D1, D2**) ACROSS THE BLUE LINE EFFECTIVELY PREVENTS STRETCH PASSES AND QUICK TRANSITIONS WHILE MAINTAINING THE ABILITY TO PINCH AT APPROPRIATE TIMES
- THE SYSTEM'S DISCIPLINED STRUCTURE FRUSTRATES TEAMS THAT LIKE TO STRETCH THE ICE OR ATTEMPT QUICK BREAKOUTS, FORCING THEM TO ADJUST THEIR TYPICAL BREAKOUT PATTERNS

### KEY POINTS

- CONSERVATIVE IN NATURE
- ALL THREE FORWARDS START IN A STRAIGHT LINE BEFORE SPRINTING TO THEIR ASSIGNMENTS
- FORM A THREE-PLAYER DEFENSIVE BARRIER ACROSS THE BLUE LINE
- DISCIPLINE IS A MUST FOR SUCCESS

# Tracking

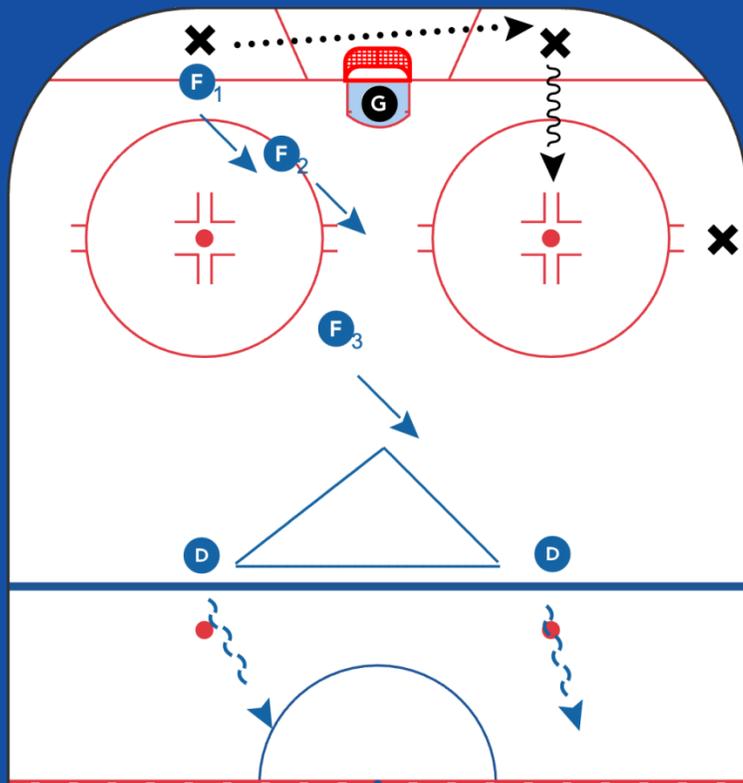
## THE BACKBONE OF A GOOD DEFENSIVE TEAM

- 1** BACKCHECK BEGINS IN THE OFFENSIVE ZONE WITH GOOD F3
- 2** F3/D1/D2 CREATE A WEDGE TO PROTECT THE MIDDLE OF THE ICE AND DENY ANY CROSS ICE PASSES AND FORCE THE PUCK UP THE WALL
- 3** F1 READS & TRACKS & LOOKS TO APPLY BACKSIDE PRESSURE TO THE PUCK
- 4** GOOD GAP ALLOWS US TO CONTAIN/STALL & BUY TIME FOR OUR TRACKERS TO GIVE NUMERICAL SUPERIORITY
- 5** GOOD GAP ALLOWS US TO CONTAIN/STALL & BUY TIME FOR OUR TRACKERS TO GIVE NUMERICAL SUPERIORITY

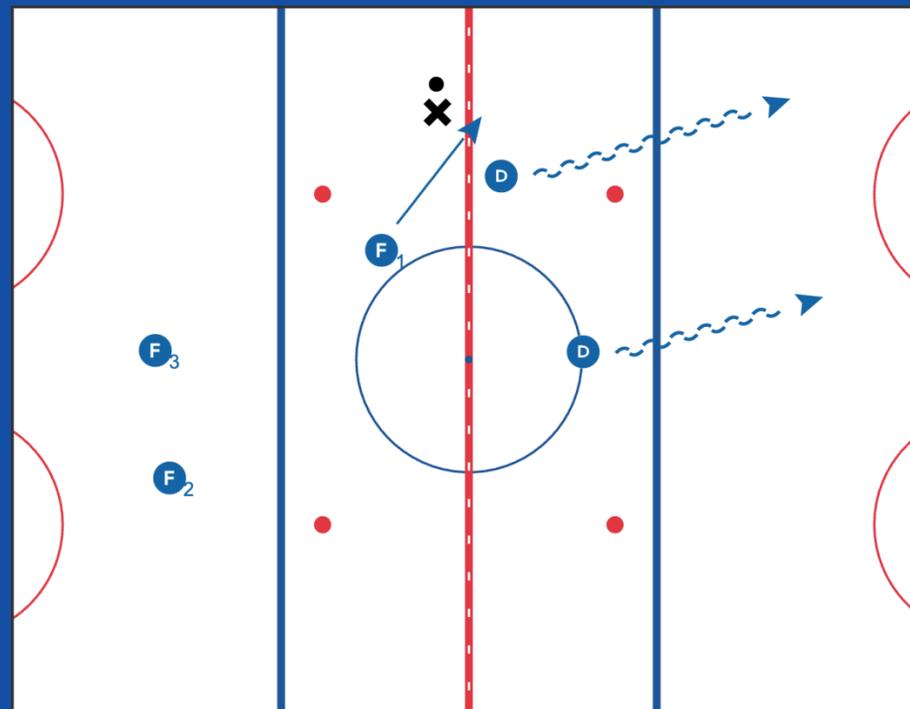
# Transitioning from Offence

## BACKCHECKING & TRACKING

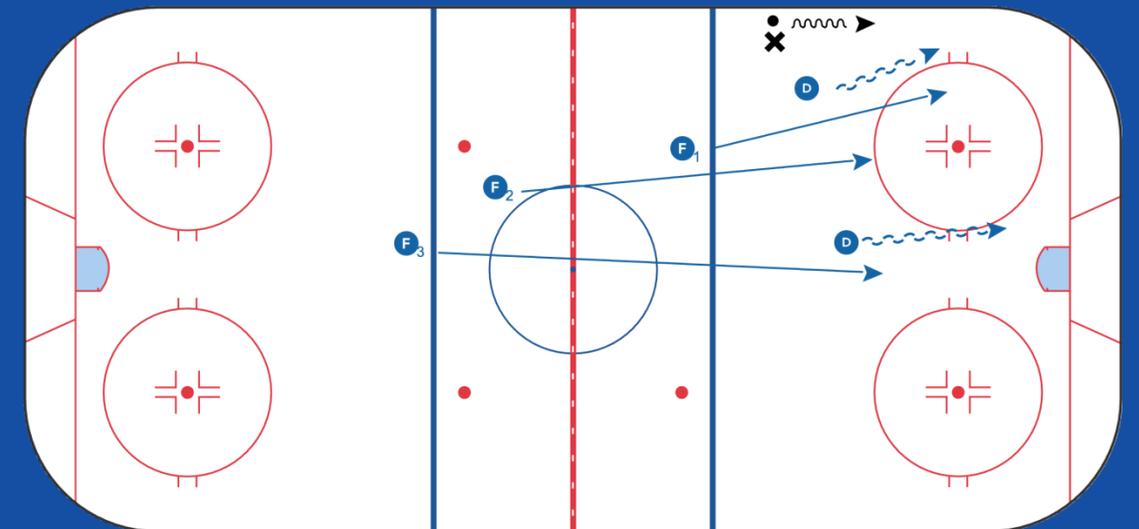
TRACKING FROM WEDGE  
PRESSURE & RECOVER



SORT OUT THE LINE  
ABC - ALWAYS BE COMMUNICATING



TRACKING TO DZC  
5 IN THE picture



# Defensive Zone Coverage

## TERMINOLOGY

### D-SIDE POSITIONING [DSP]

IF A LINE IS DRAWN FROM THE NET TO THE OPPONENT, YOU MUST BE INSIDE IT. MAKE THE OPPONENT GO AROUND OR THROUGH YOU TO GET TO THE NET.

### STICK ON PUCK

KEEP YOUR STICK ON THE PUCK. DON'T ALLOW A PASS OR A SHOT ON GOAL. TO MAINTAIN D-SIDE POSITIONING, THE DEFENDER MUST MAINTAIN THE SAME SPEED AS THE FORWARD. THE PLAYER DOES NOT CROSS OVER ON A CUTBACK AND SWITCHES STICKS TO MAINTAIN D-SIDE POSITIONING.

### PRESSURE VS. CONTAIN

PLAYERS MUST RECOGNIZE THE OPPOSITION'S "LEVEL OF POSSESSION" TO INSTINCTIVELY SELECT THE BEST COURSE OF DEFENSIVE ACTION.

1. THE OPPONENT HAS FULL CONTROL OF THE PUCK; HER HEAD IS UP, AND SHE IS LOOKING TO ATTACK THE MIDDLE OF THE ZONE OR NET. **CONTAIN**
2. THE OPPONENT HAS FULL CONTROL OF THE PUCK, FACING THE BOARDS, AND IS UNAWARE OF ALL OPTIONS. **PRESSURE WITH CONTAINMENT**
3. THE OPPONENT DOES NOT HAVE FULL CONTROL. **PRESSURE**

# Defensive Zone Coverage

## KEYS TO SUCCESS

**1**

**POSITION OVER POSSESSION**

**2**

**EVERYONE IS RESPONSIBLE FOR 1 ½ PLAYERS.**

**3**

**SECOND QUICK**

**USE YOUR STICK WITH PURPOSE:**

**1. DISRUPT THE PUCK: USE YOUR STICK TO DISRUPT THE IMMEDIATELY IF POSSIBLE**

**2. DICTATE DIRECTION:**

◦ **FORCE INTO BAD ICE WITH THE PROPER ANGLE (GET TO GOOD ICE FIRST)**

**3. PUNCH PUCKS:**

◦ **IN AND OUT OF THE THE PUCK**

**4**

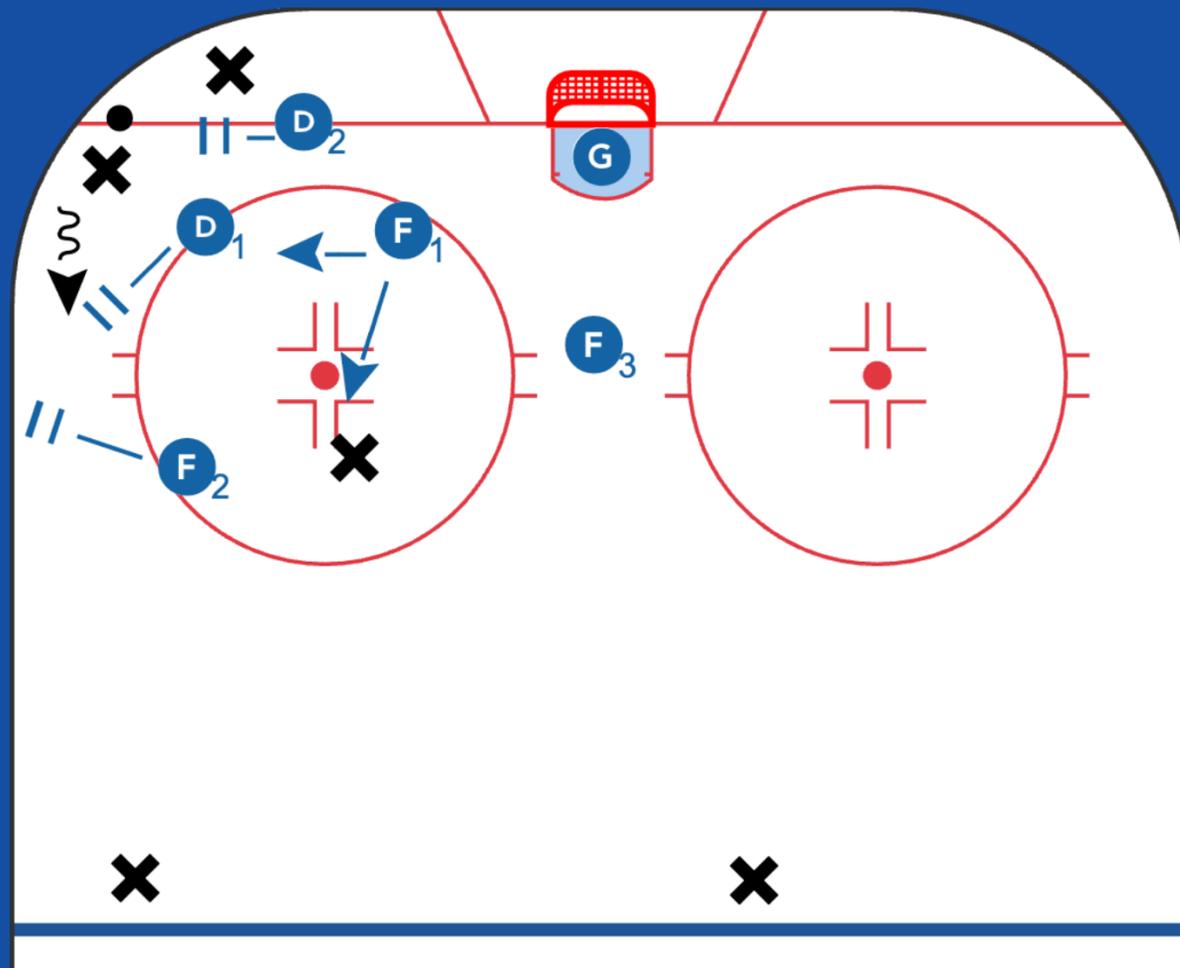


# Defensive Zone Coverage

## BOX + 1 LAYERS

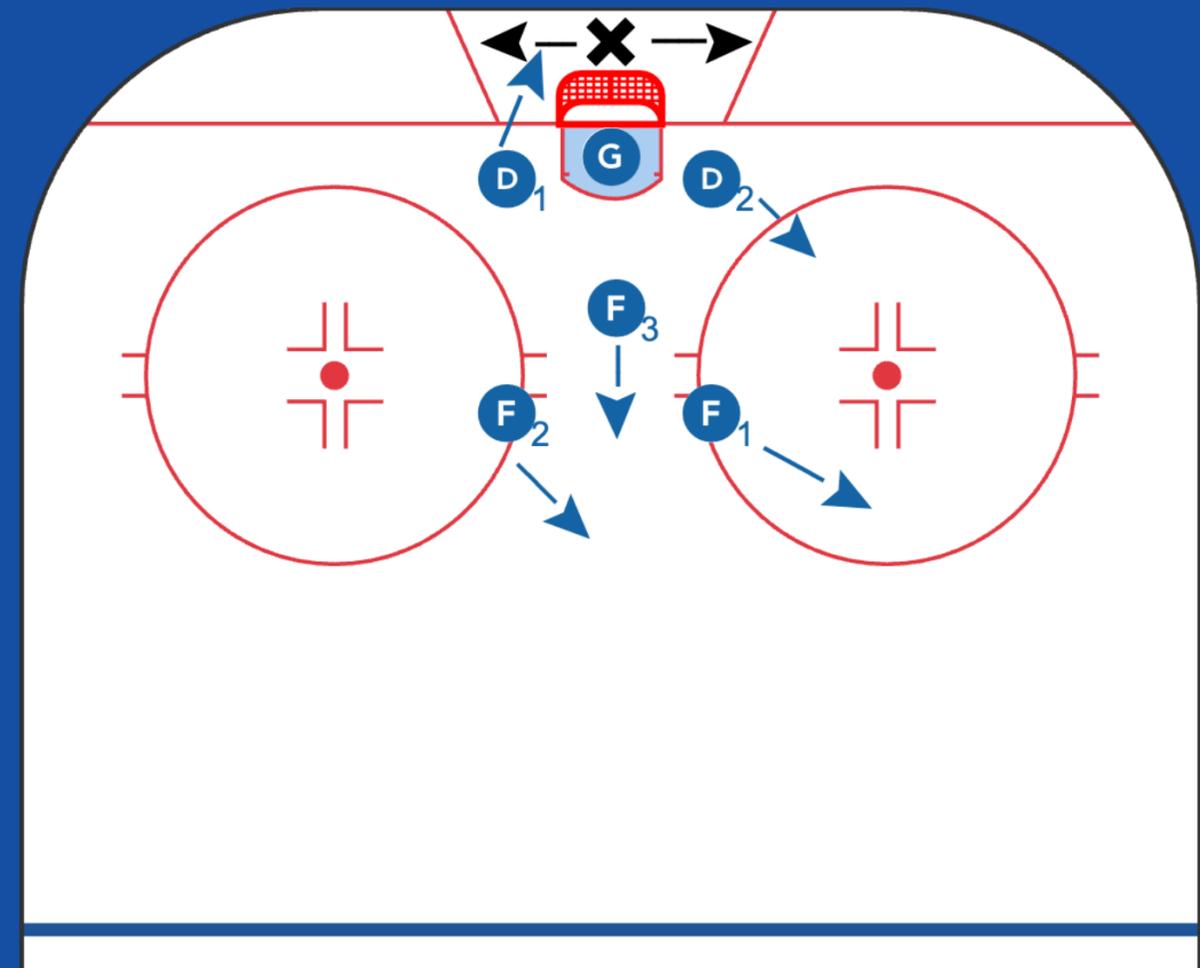
SHRINK / SWARM

ABC - ALWAYS BE COMMUNICATING



SAG - BEHIND THE NET

HEAD ON A SWIVEL

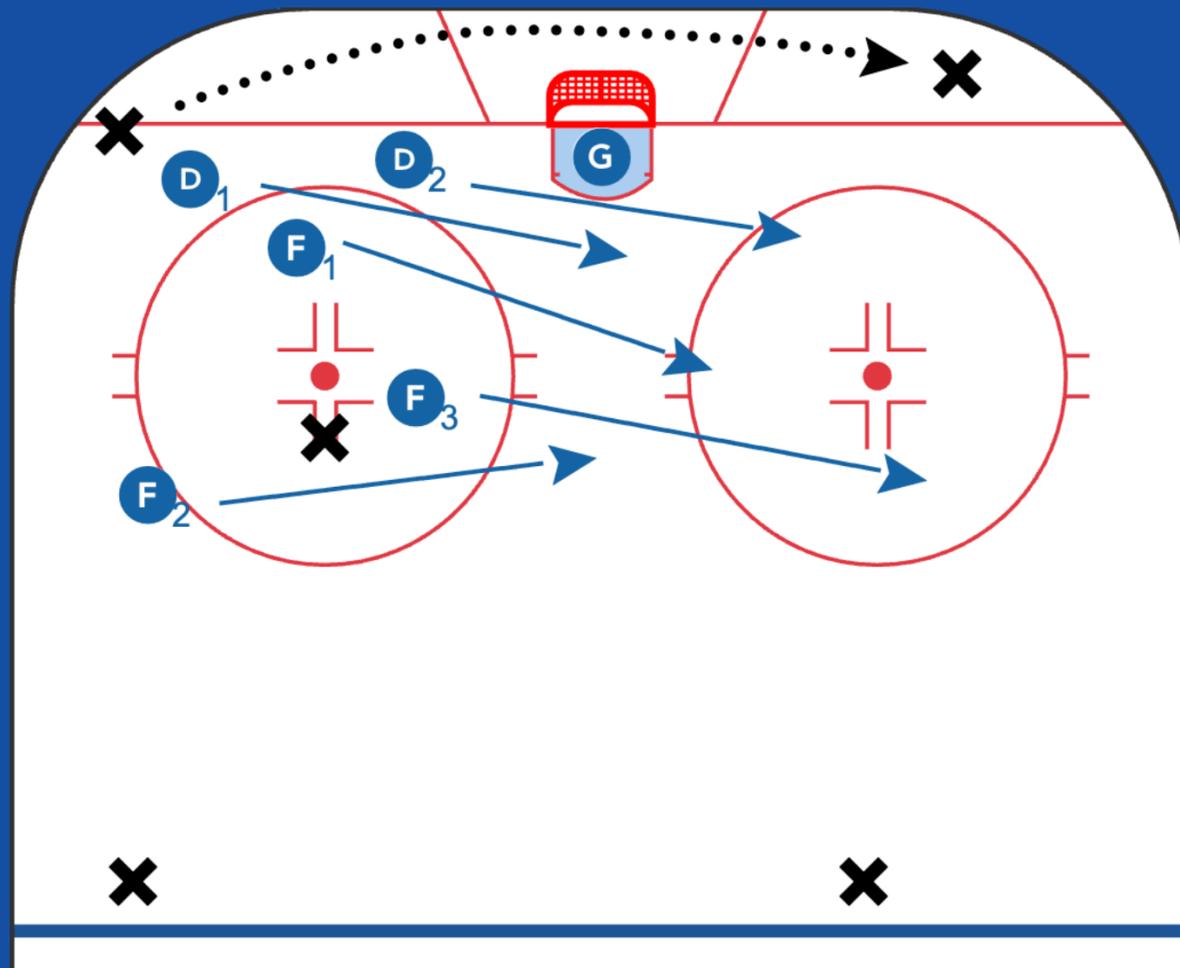


# Defensive Zone Coverage

## BOX + 1 LAYERS

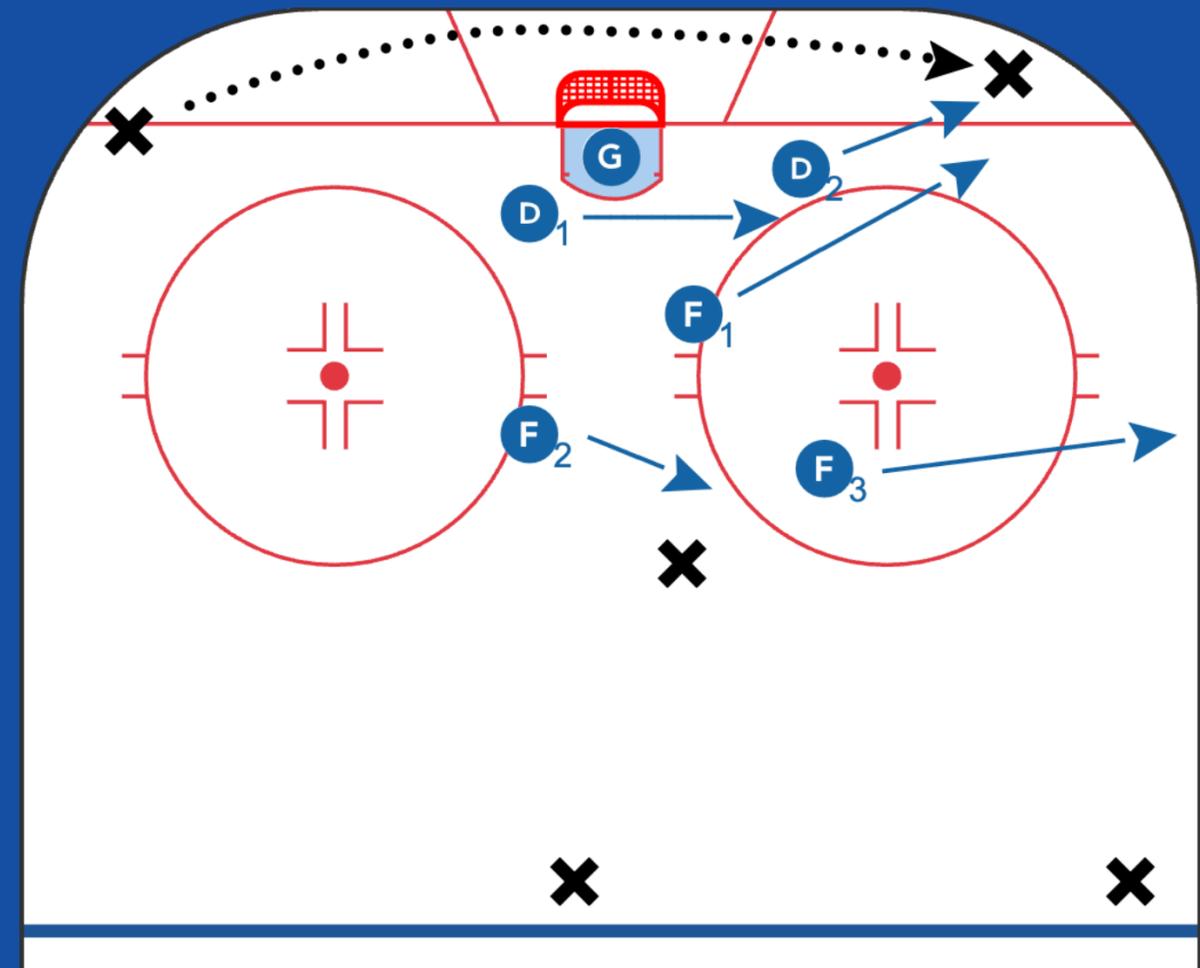
CHANGE OF SIDES

SPRINT TO NEXT ASSIGNMENT



CHANGE OF SIDES

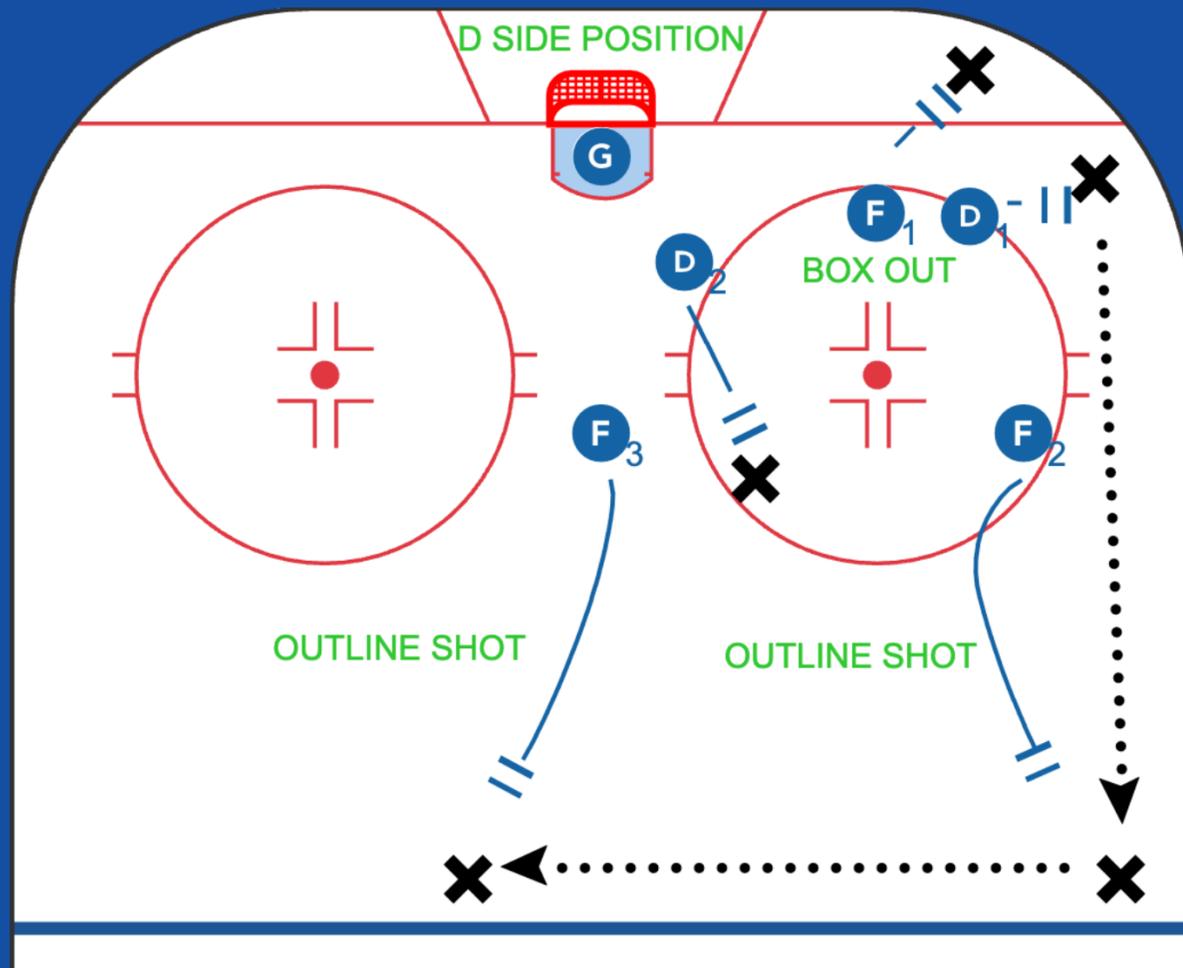
EVERYONE GETS A BUMP



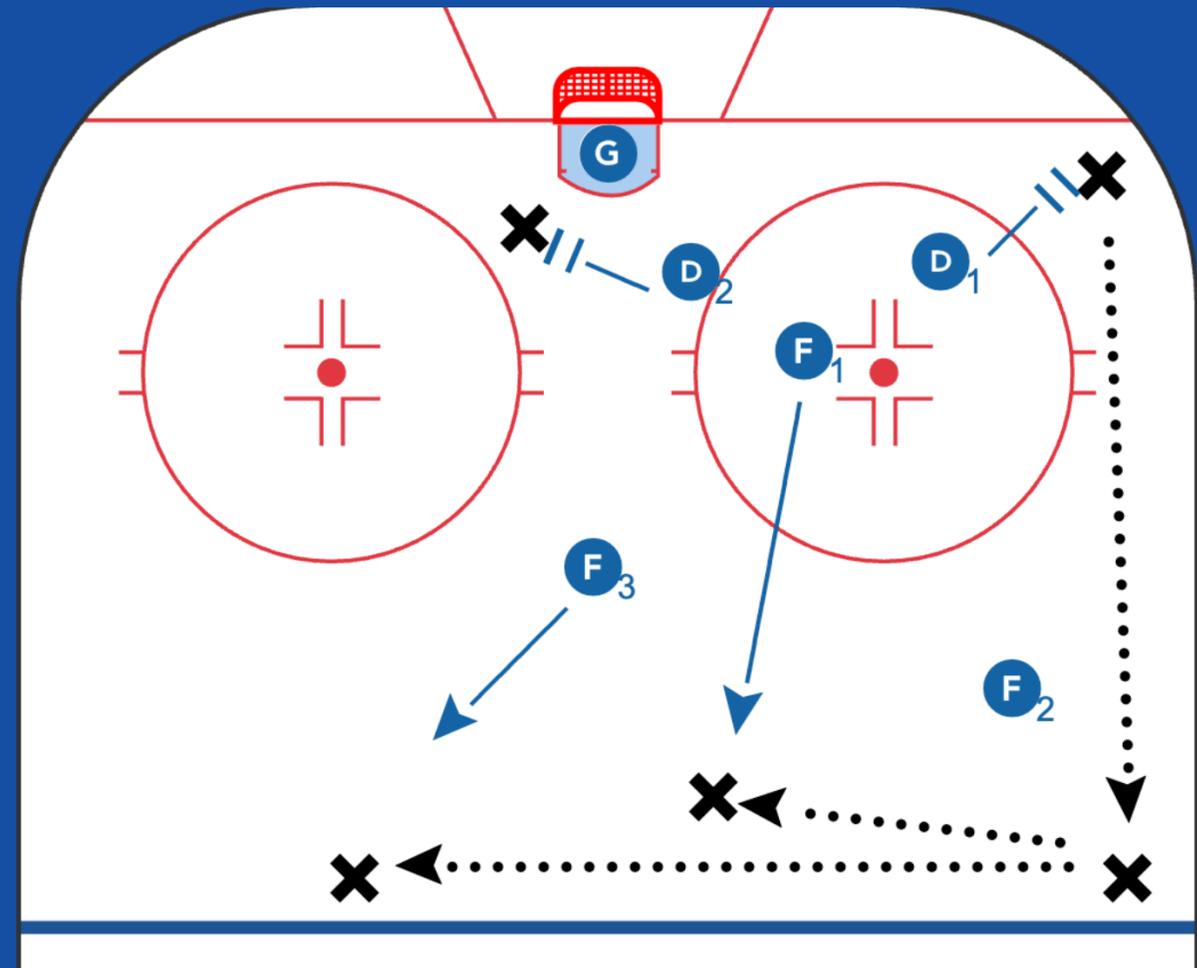
# Defensive Zone Coverage

## BOX + 1 LAYERS

LOW TO HIGH - BOX OUT  
PHYSICAL PLAY A MUST

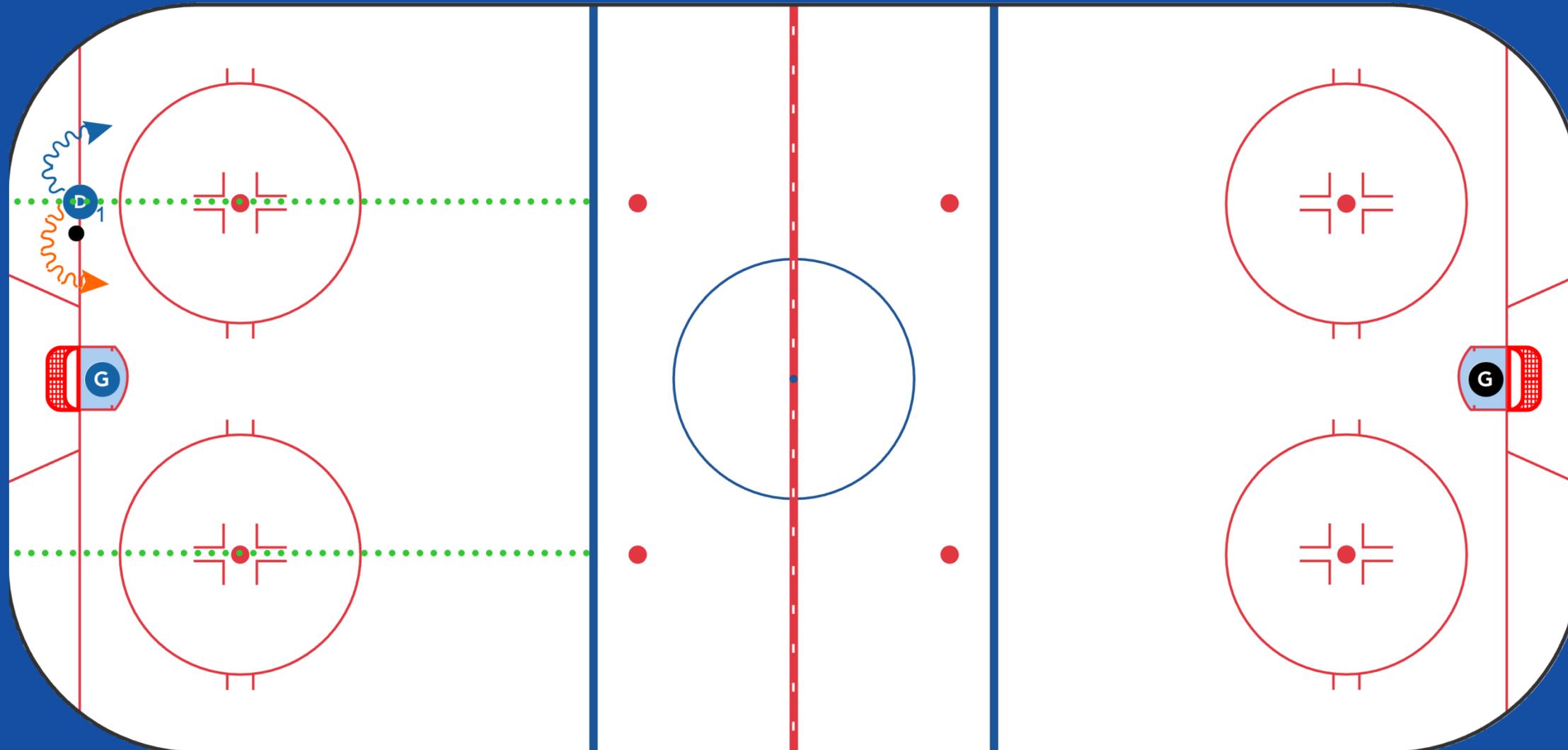


LOW TO HIGH - 3 UP TOP  
OWN STICKS & BODIES



# Defensive Zone Exits

## BE NEXT PLAY READY



1.

### READ THE D

- INSIDE THE DOTS
- OUTSIDE THE DOTS

2.

### DETERMINE THE ROUTE

- STAY IN LANE (INSIDE DOTS)
- PUSH OUT (OUTSIDE DOTS)

3.

### PUSH OUT

- MAKE ROOM FOR D
- SLASH ACROSS TO SUPPORT

4.

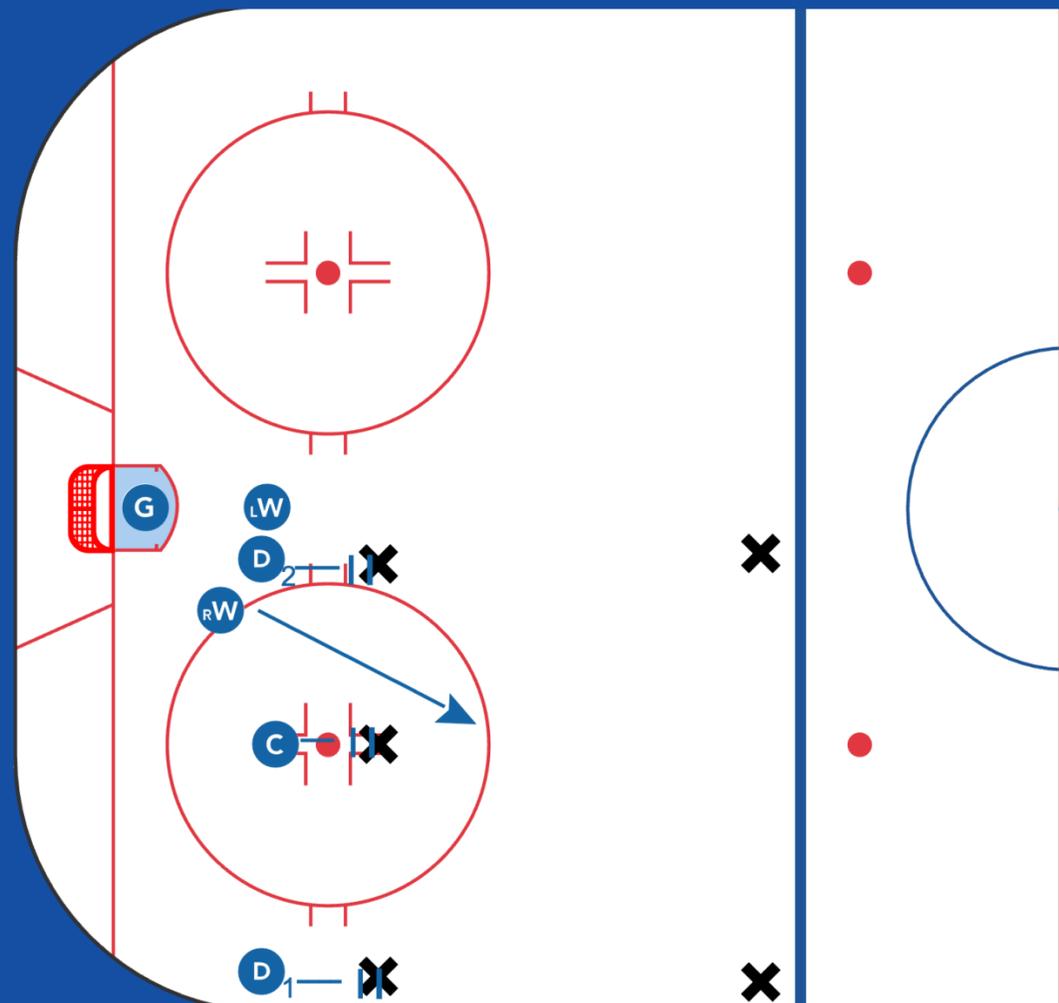
### STAY IN LANES

- HOLD TO SUPPORT
- GIVE D OPTIONS



# Defensive Zone Face-Offs

## LOSS



### DESCRIPTION

- **C** TIES UP THE OPPOSING CENTRE AND STAYS BETWEEN HER AND THE NET (BOX OUT)
- **D1** TIES UP THE BOARD SIDE FORWARD AND STAYS BETWEEN HER AND THE NET (BOX OUT)
- **D2** TIES UP THE NET FRONT FORWARD AND STAYS BETWEEN HER AND THE NET (BOX OUT)
- **RW** CLEANS UP THE PUCK, LOOKS FOR LOOSE PUCKS AND BATTLES FOR CONTESTED PUCKS EN ROUTE TO THE OPPONENT BOARD SIDE D
- **LW** LOCKS THE SLOT AND IS PREPARED TO PRESSURE A D TO D PAS

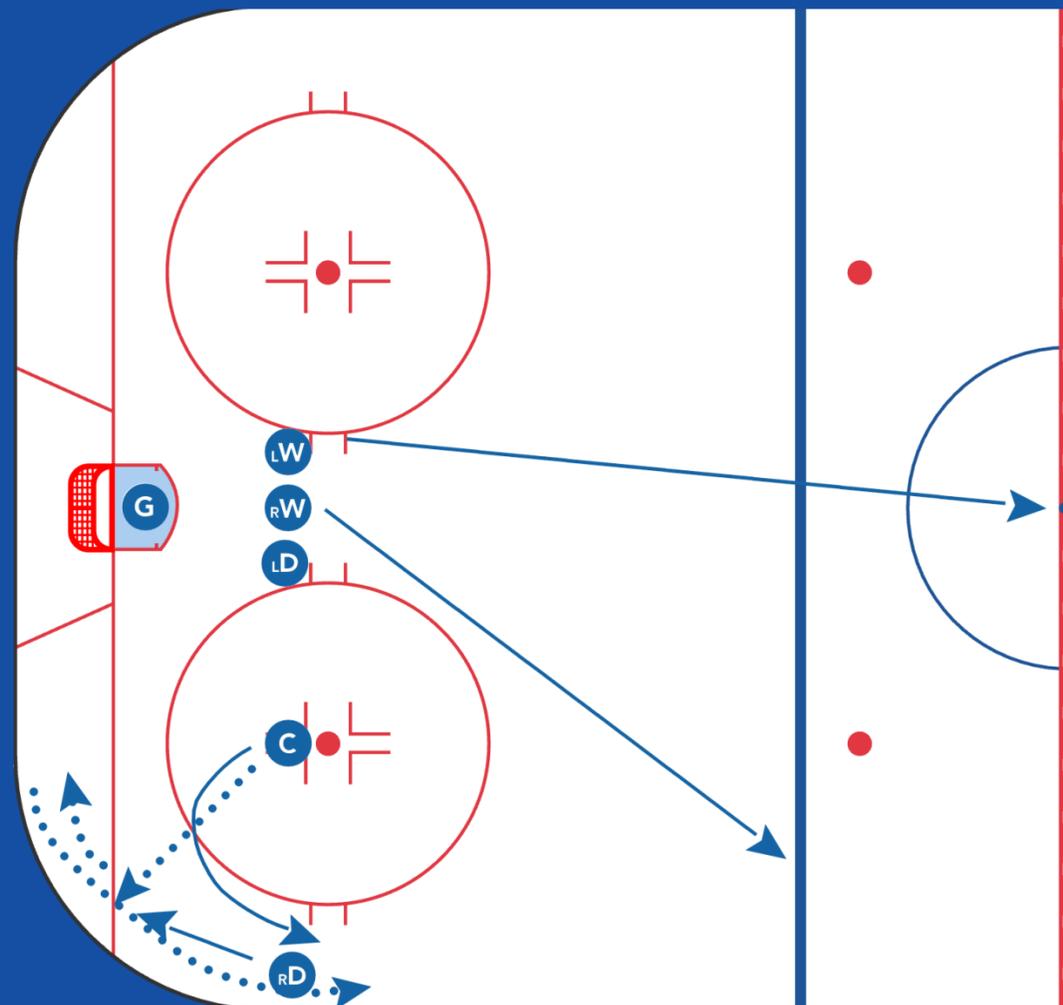
### KEY POINTS

- BUMP AND JUMP
- WIN THE POCKET
- ASSUME A LOSS AND ADJUST TO A WIN



# Defensive Zone Face-Offs

## REVERSE



### DESCRIPTION

- **C** WINS THE DRAW TO THE RD, THEN PROVIDES SUPPORT ON THE HASH MARKS
- **RD** PICKS UP THE PUCK, SELLS THE RIM AND THEN REVERSES IT TO C (MUST GET TO THE HASH MARKS)
- **RW** CLEANS UP THE POCKET AND THEN MUST PUSH BACK OPPOSING D
- **LW** PROVIDES STRETCH SUPPORT BETWEEN OPPOSING D
- **LD** HOLDS THE NET FRONT AND THEN GETS INVOLVED IN THE RUSH

### KEY POINTS

- BUMP AND JUMP
- WIN THE POCKET
- ASSUME A LOSS AND ADJUST TO A WIN

