



# TECHNICAL PACKAGE

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

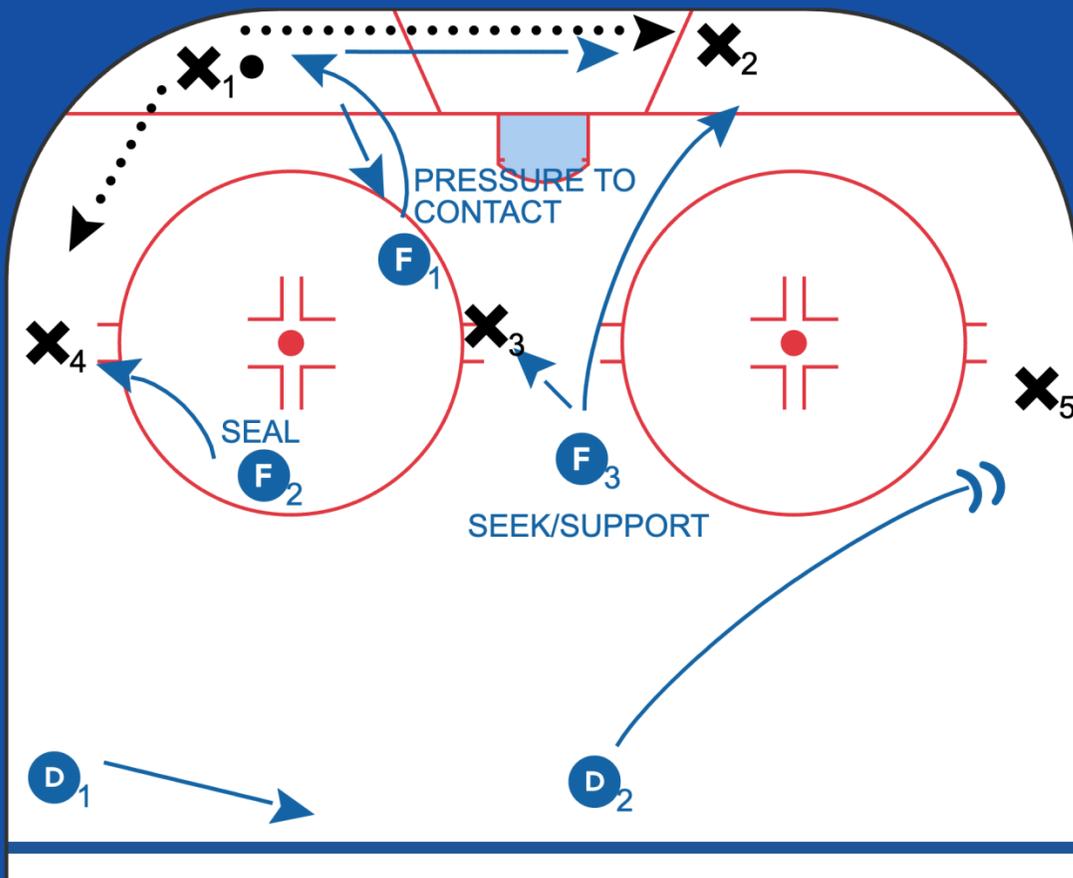
ELIMINATE OPTIONS AWAY FROM THE PUCK, WHICH CAN BE STICK OR BODY POSITIONING.

## 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

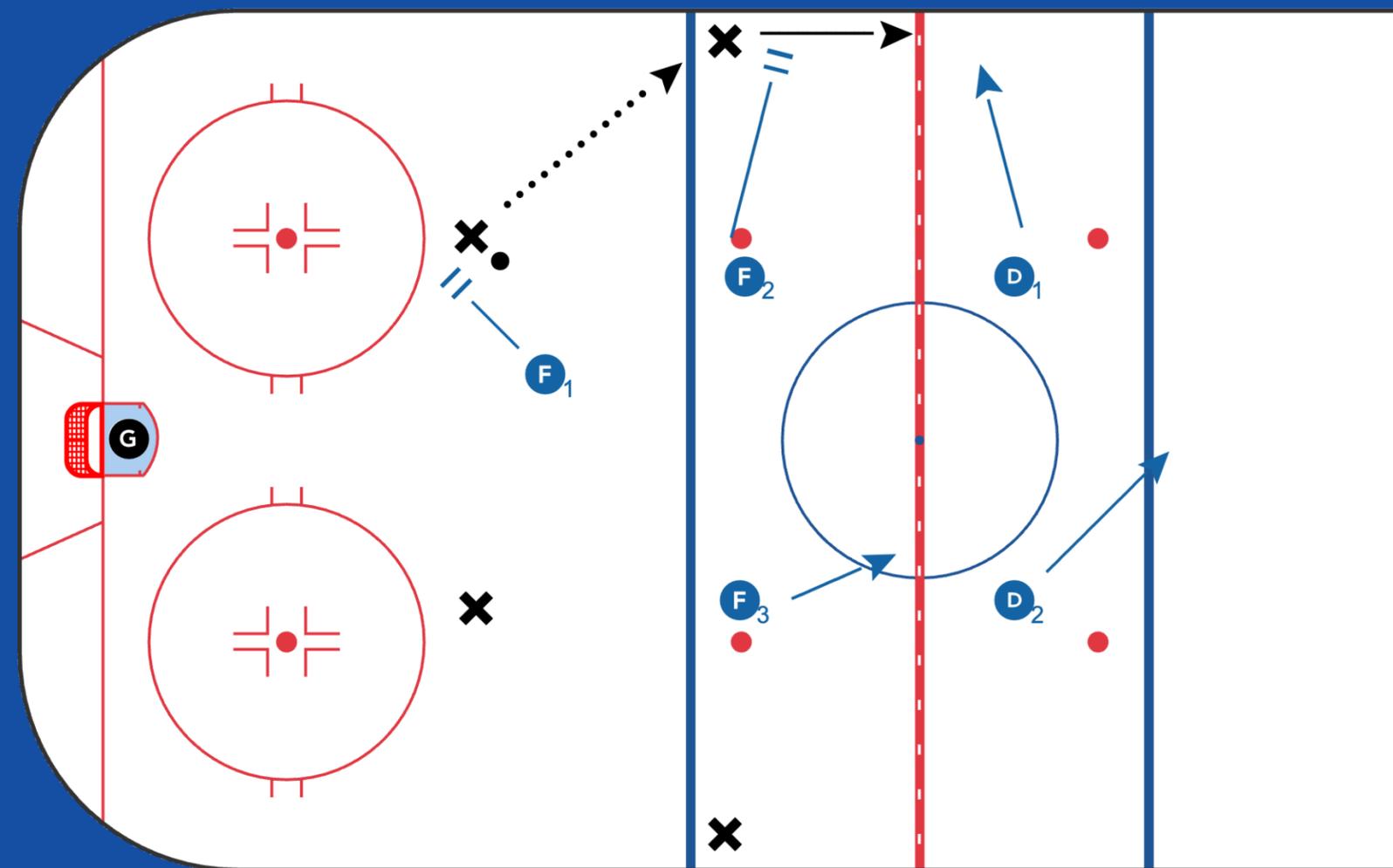
## FOOSBALL 1-2-2

### 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.

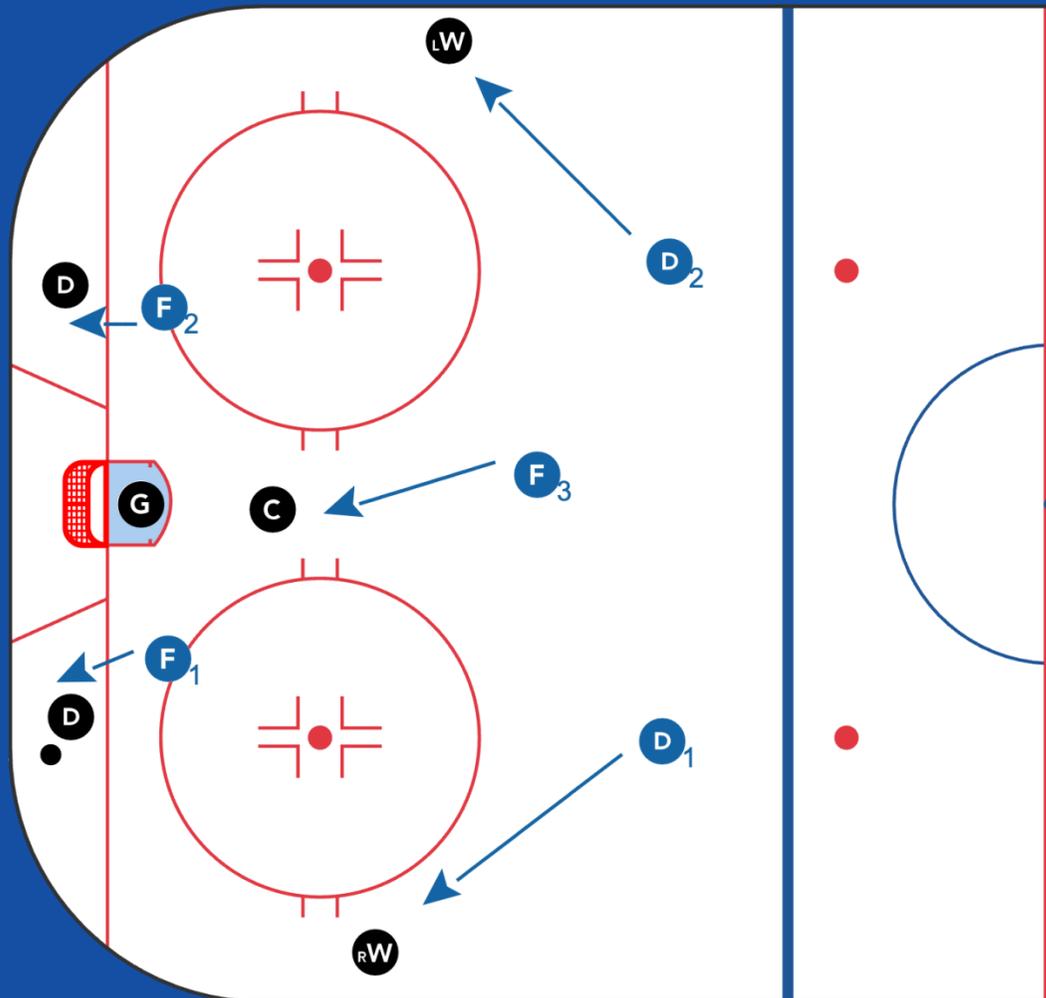
### KEY POINTS

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



# Offensive Zone Forecheck

## FULL PRESS 2-1-2 INTRO



### DESCRIPTION

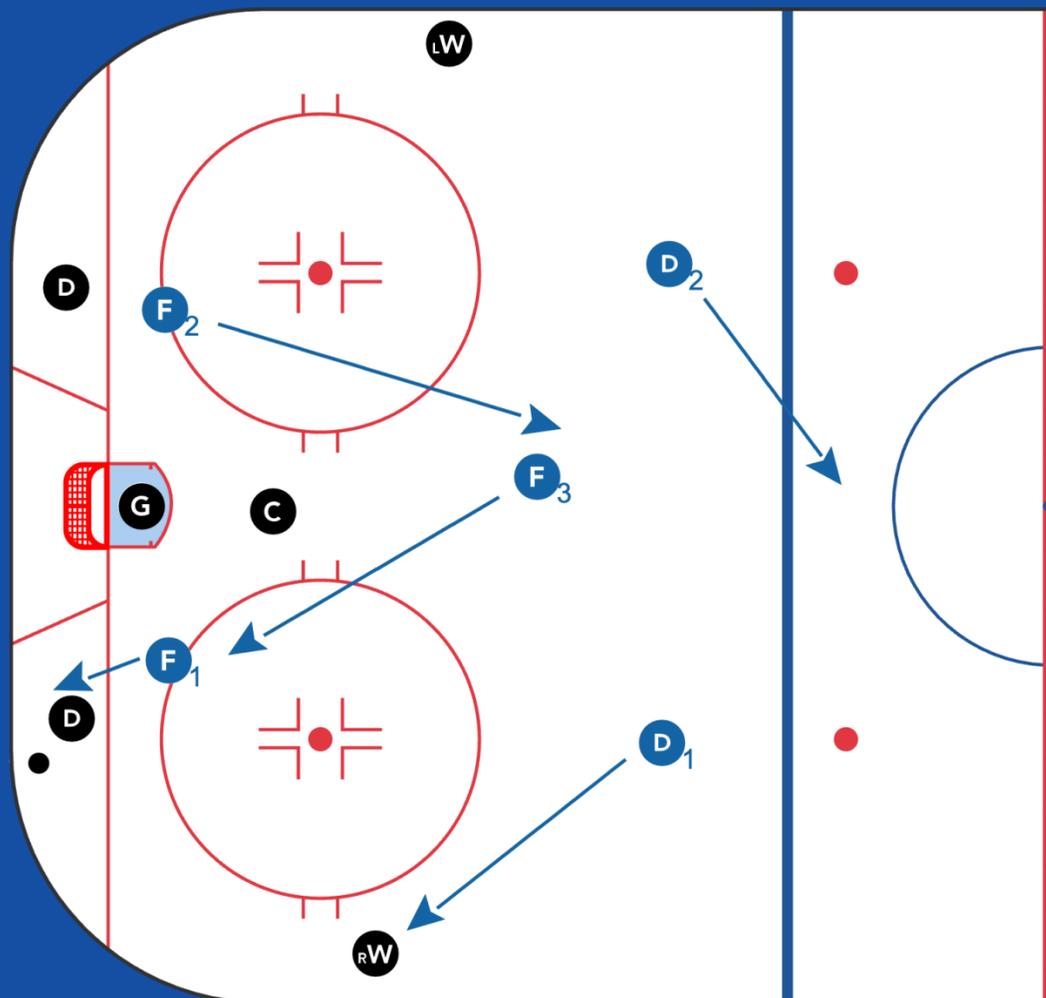
- **F1** HUNTS THE PUCK, TAKES AWAY THE D -> D PASS AND PRESSURES TO CONTACT
- **F2** CUTS OFF THE D -> D PASS AND IS READY TO RECOVER TO MIDDLE
- **F3** REMAINS OVER THE MIDDLE AND IS READY TO COVER FOR PINCHING D
- **D1/D2** ARE READY TO PINCH AND MUST MEET OR BEAT PUCK

### 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:

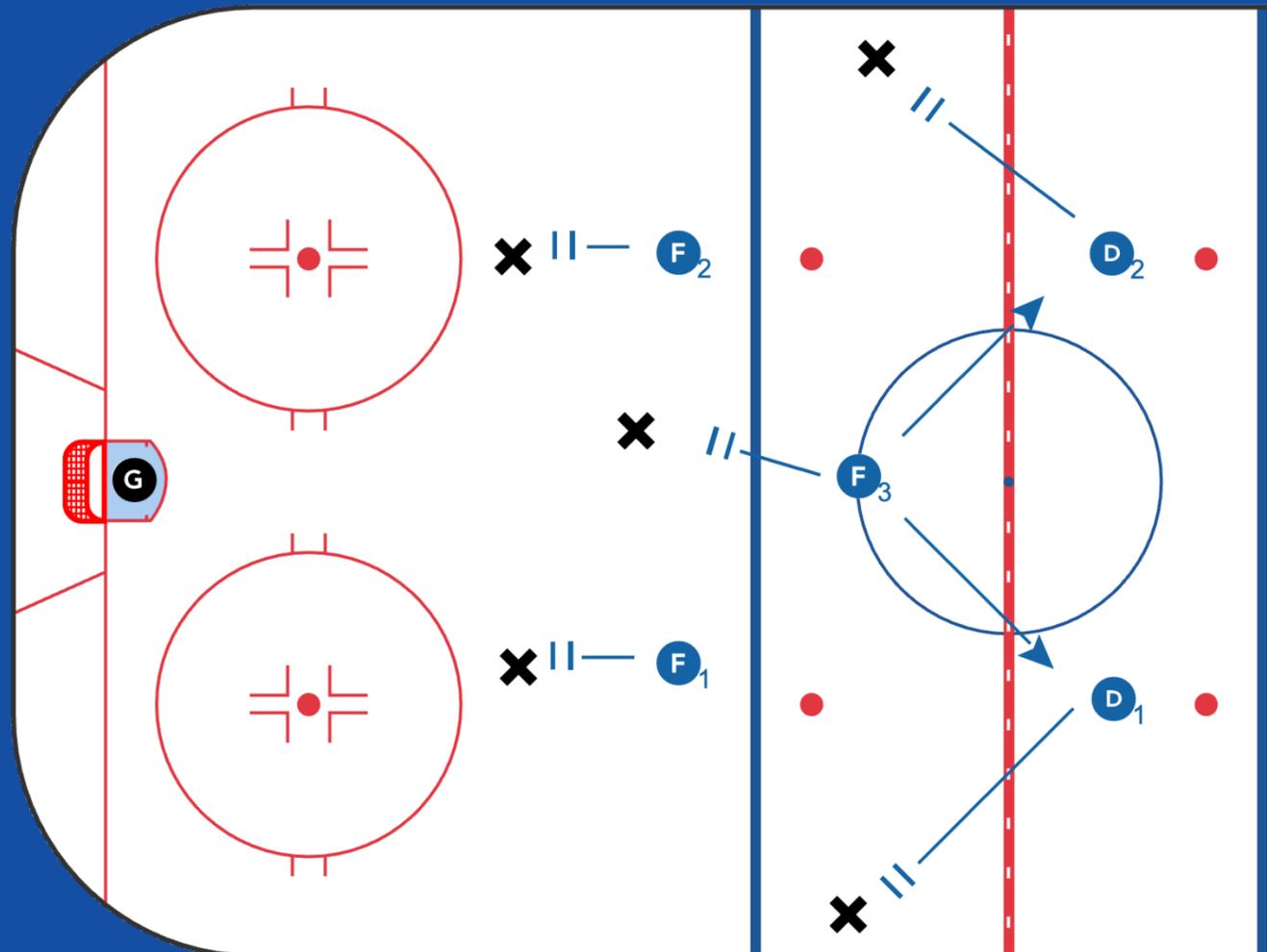
- **F3** SUPPORTS F1 AND LOOKS TO ATTACK QUICKLY
- **F2** RECOVERS HIGH QUICKLY ABOVE THE PUCK READY SUPPORT D PINCH
- **D1** PINCHES & MUST MEET OR BEAT THE PUCK
- **D2** STAGGERS IN THE MIDDLE WITH AN EYE ON THE OPPOSITION'S WEAK SIDE WINGER

### 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

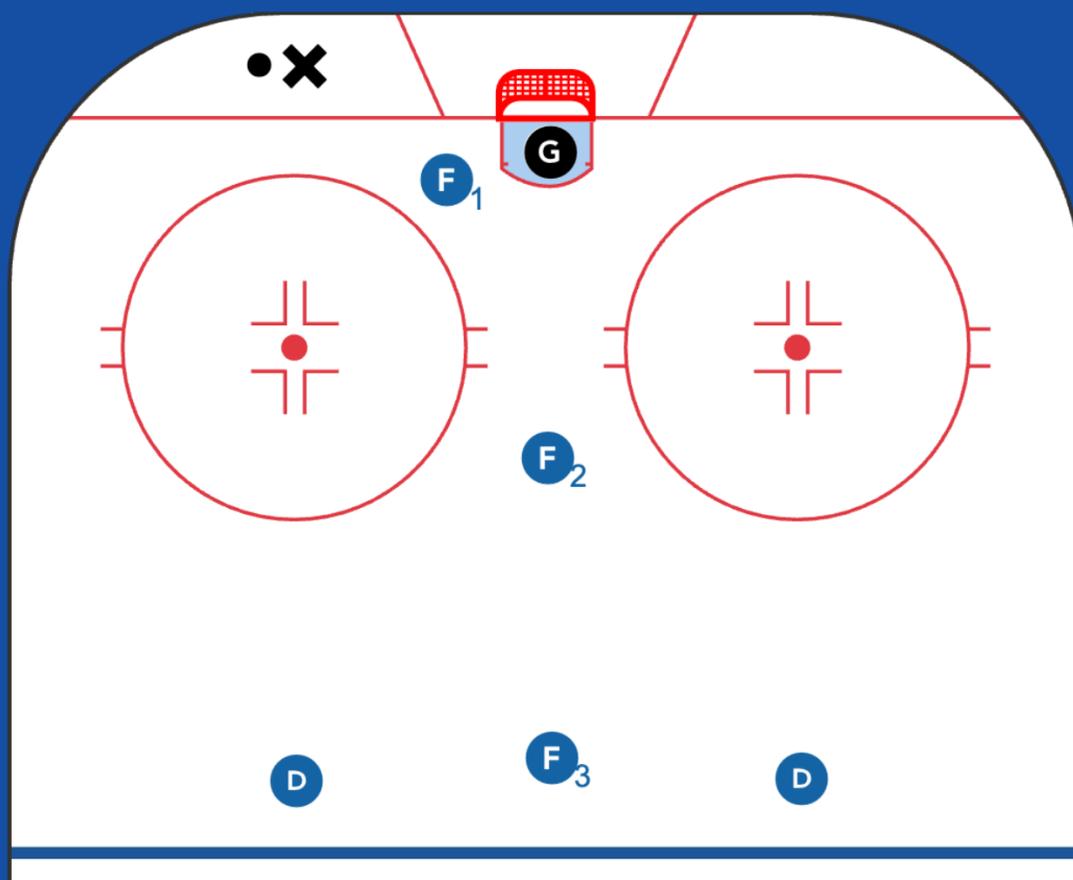
- **F1** HARD PRESSURE, STICK ON THE PUCK, BODY ON BODY. FOLLOWS D -> D PASS OR SUPPORTS D ON A PINCH.
- **F2** TAKES AWAY THE D -> D PASS. SHE SUPPORTS F1 IN BATTLE OR SUPPORTS D IN A PINCH.
- **F3** LOCKS THE MIDDLE AND COVERS FOR EITHER D ON A PINCH.
- **D1/D2** ARE BETWEEN THE DOTS, WITH A GOOD GAP,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



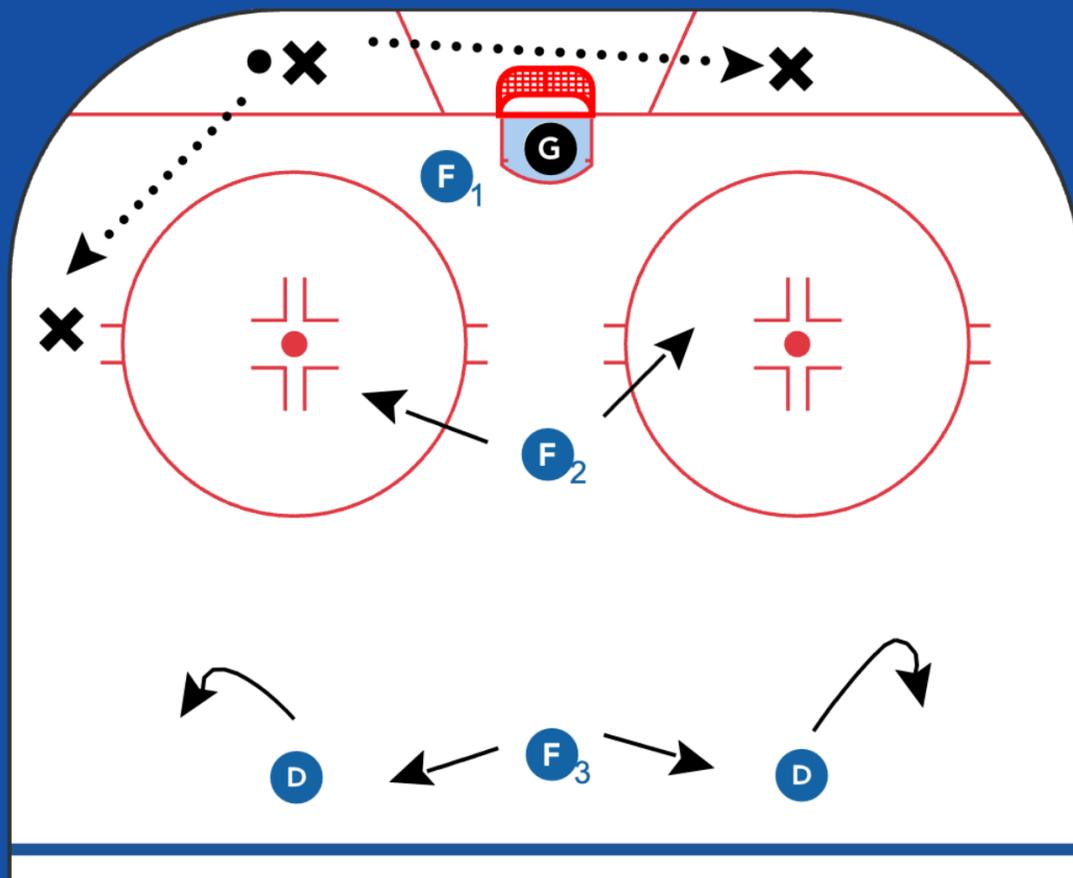
### DESCRIPTION

- **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

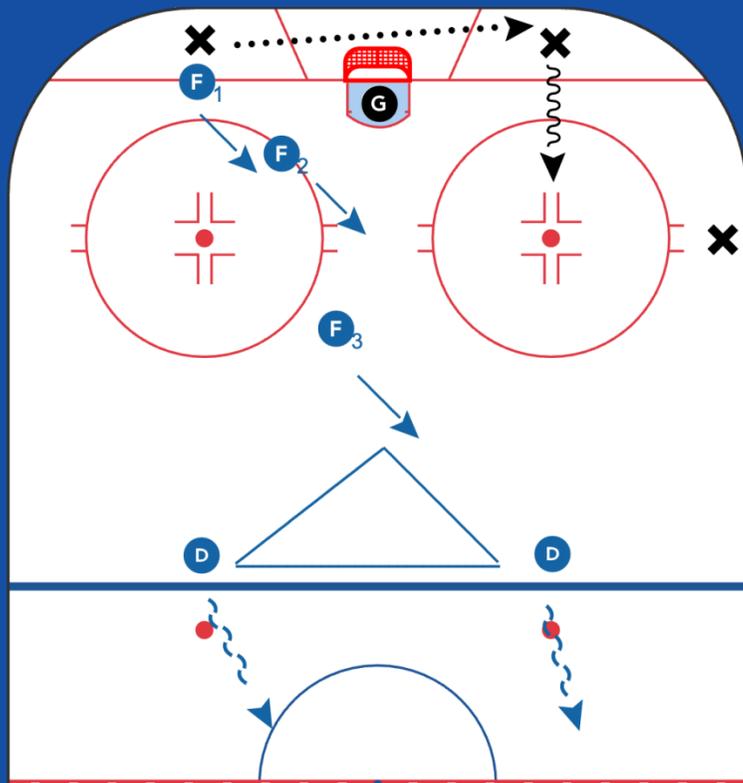
## THE BACKBONE OF A GOOD DEFENSIVE TEAM

- 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

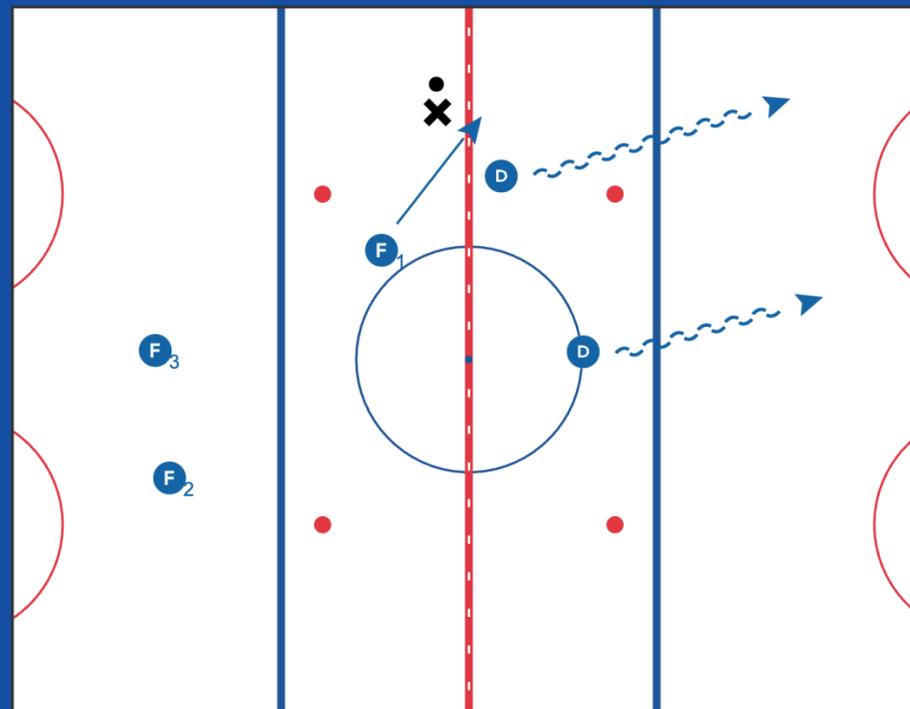
# Transitioning from Offence

## BACKCHECKING & TRACKING

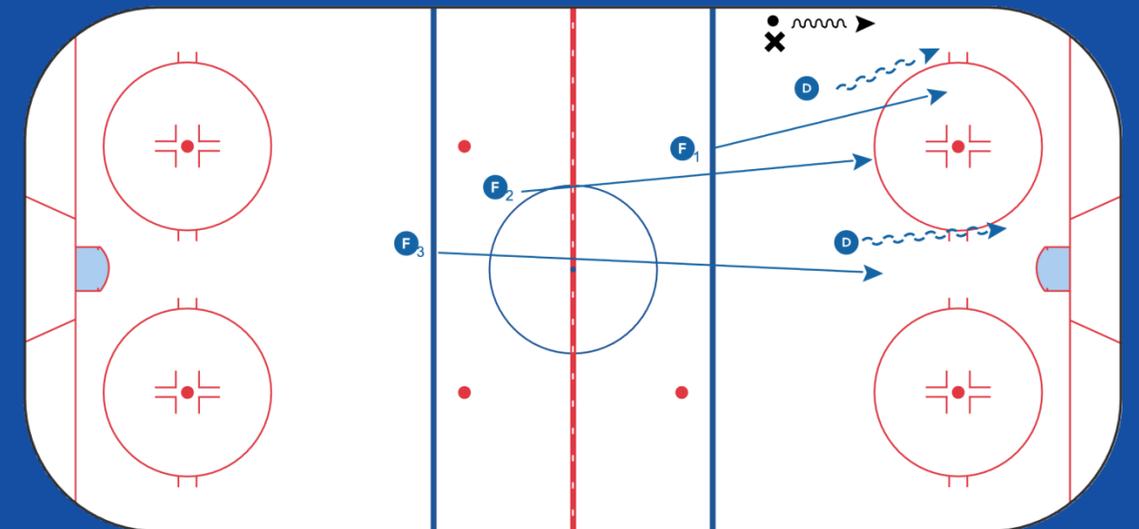
TRACKING FROM WEDGE  
PRESSURE & RECOVER



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)**

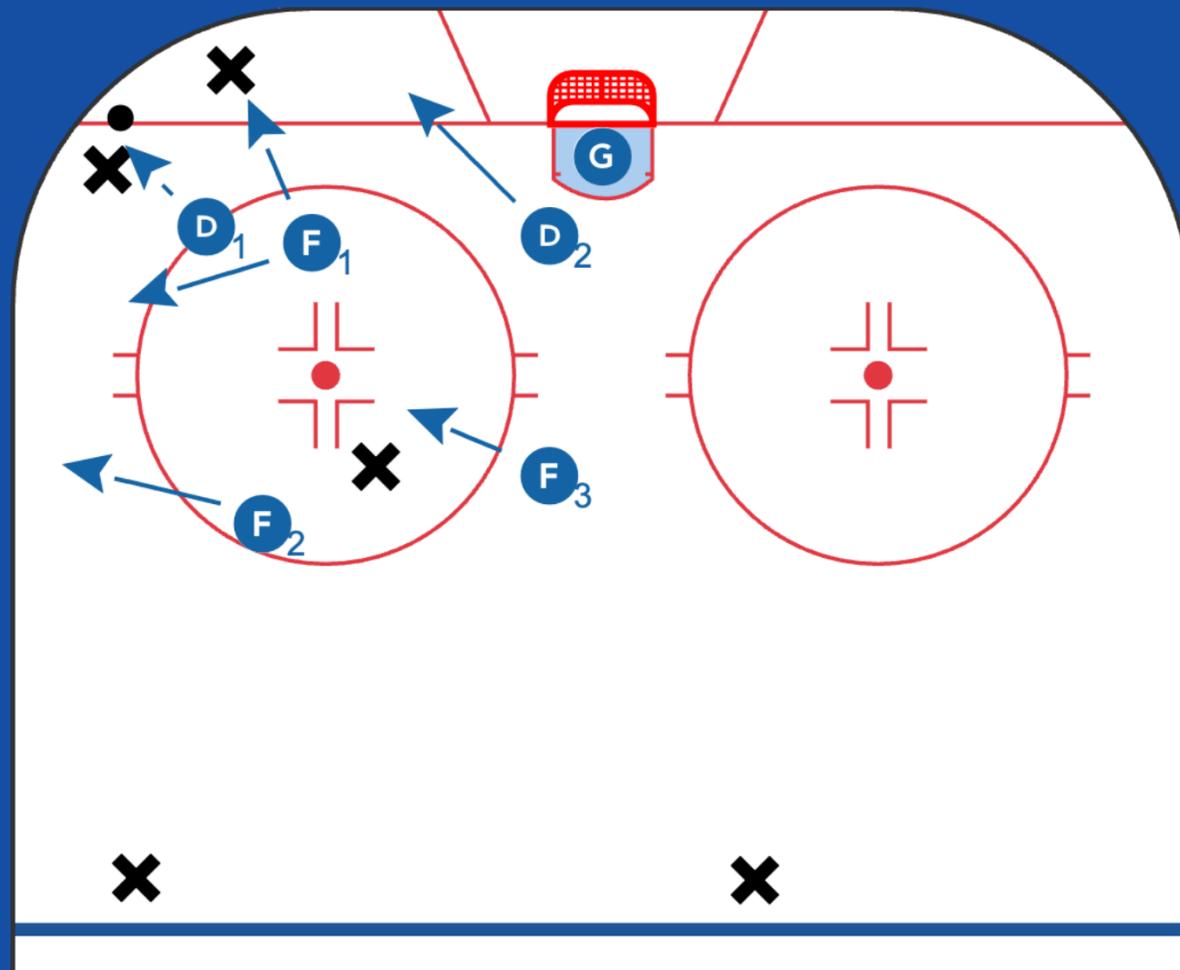
**3. PUNCH PUCKS:**

◦ **IN AND OUT OF THE THE PUCK**

**4**

# Defensive Zone Coverage

## BOX + 1 LAYERS



### DESCRIPTION

- **D1** READS PRESSURE VS. CONTAIN, CLOSES THE GAP AND TAKES TIME AND SPACE AWAY.
- **F1** SUPPORTS D2, "2ND QUICK," READY TO REACT TO ANY PASS OR JUMP TO CHECK X2.
- **D2** STARTS AT THE NET AND IS READY TO SUPPORT D1/F1 WITH SHRINK SUPPORT
- **F2** DENIES THE BOARD-SIDE D RELEASE OPTION AND IS READY TO DEFEND OPPONENTS WHO ATTACK FROM THE CORNER OFF THE HALF-WALL.
- **F3** OWNS THE SLOT, OWNS THE OPPONENT'S F3, AND IS READY TO SUPPORT THE BREAKOUT ON TRANSITION.

### KEY POINTS

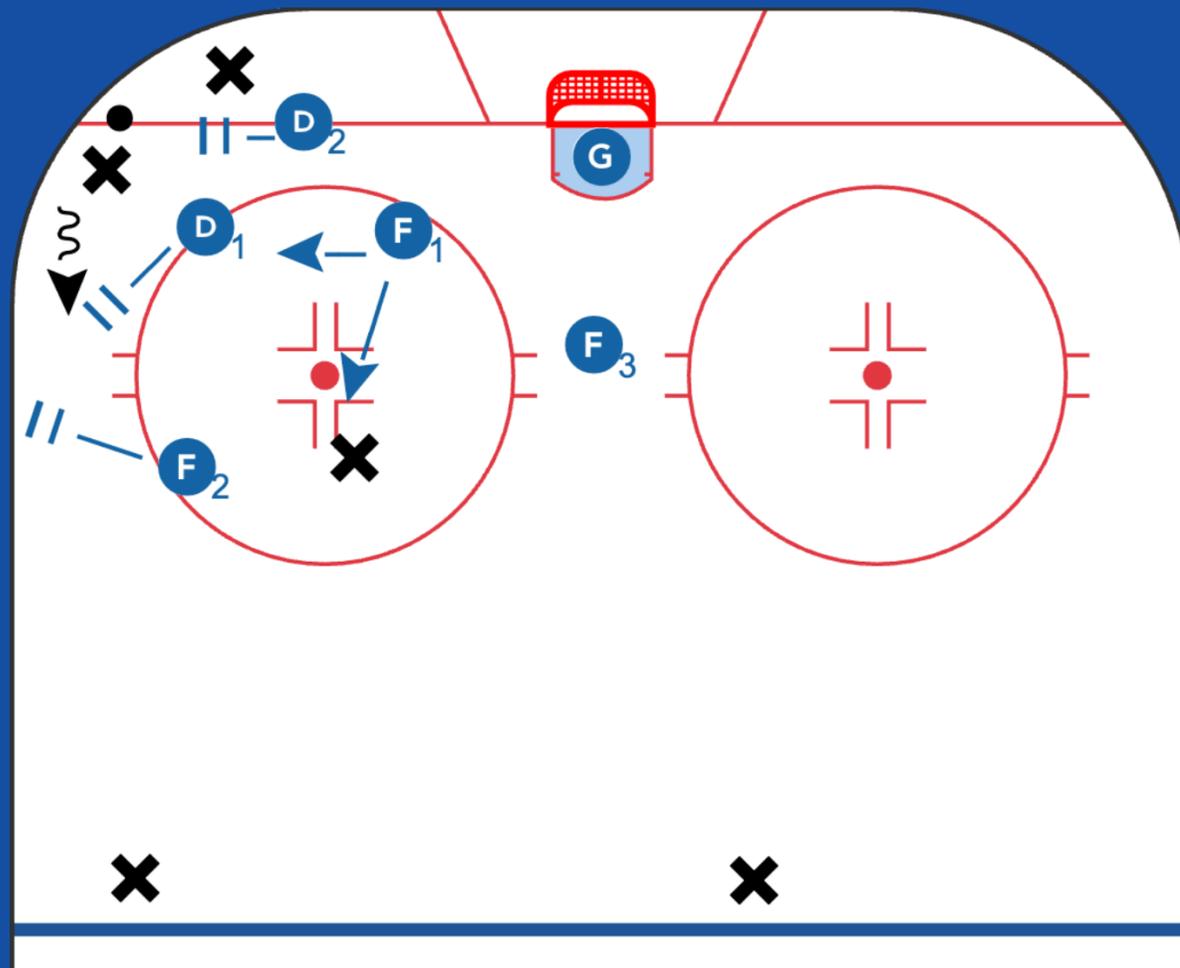
- ABC - ALWAYS BE COMMUNICATING
- DSP | STICK ON PUCK | PRESSURE VS. CONTAIN [1V1 CHECKING]
- FIND [PROBLEM], FIX [SUPPORT & COMMUNICATION], AND FINISH [TRANSITION]

# Defensive Zone Coverage

## BOX + 1 LAYERS

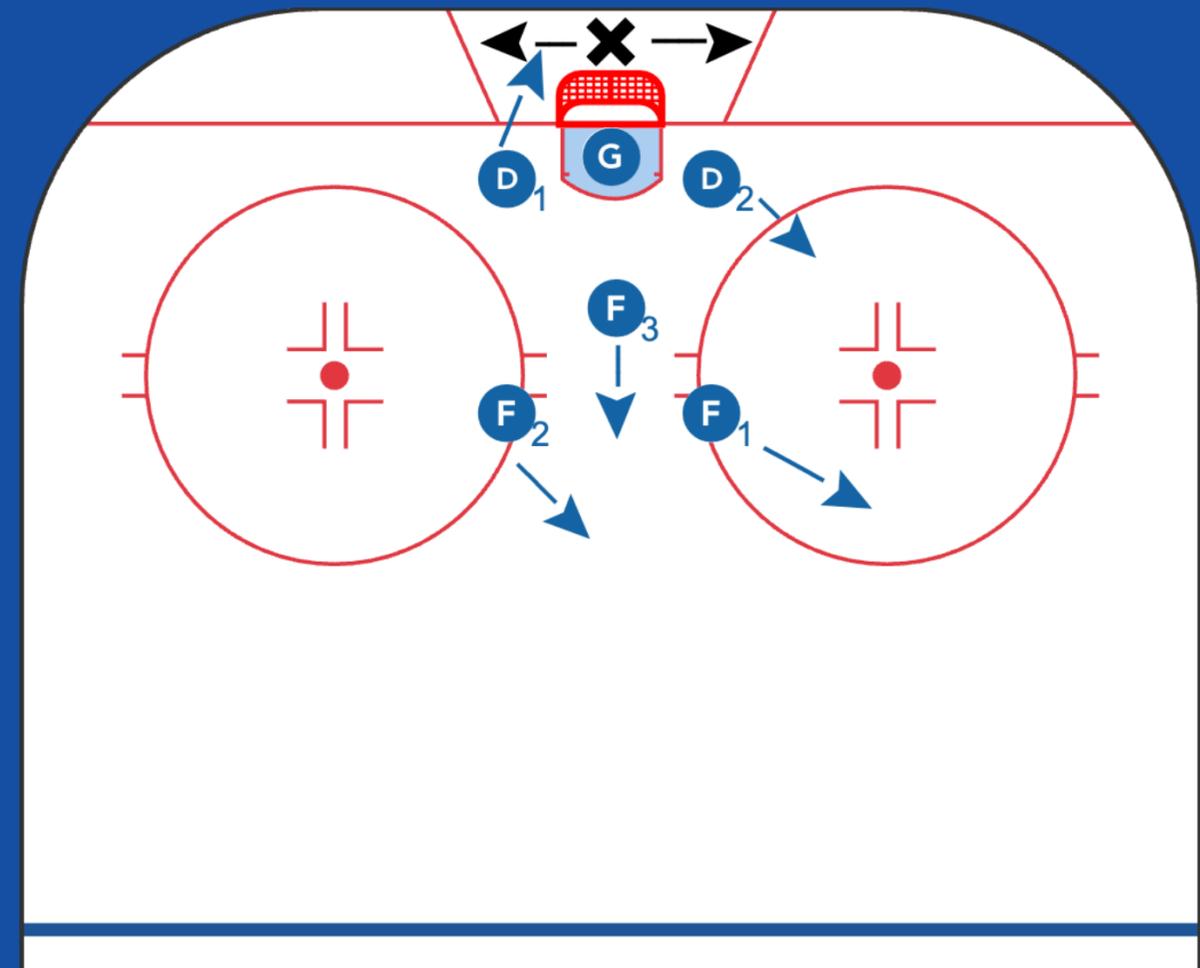
SHRINK / SWARM

ABC - ALWAYS BE COMMUNICATING



SAG - BEHIND THE NET

HEAD ON A SWIVEL

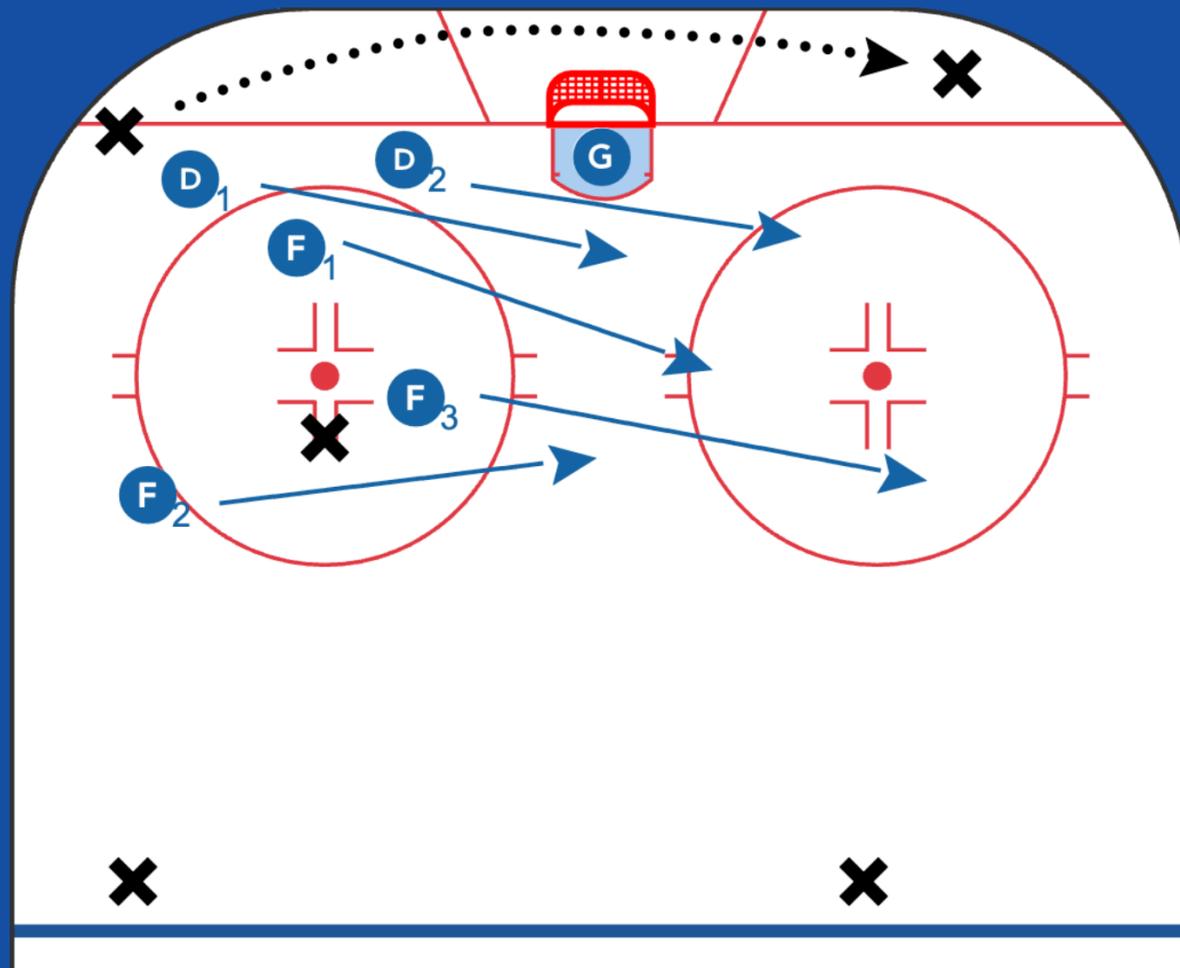


# Defensive Zone Coverage

## BOX + 1 LAYERS

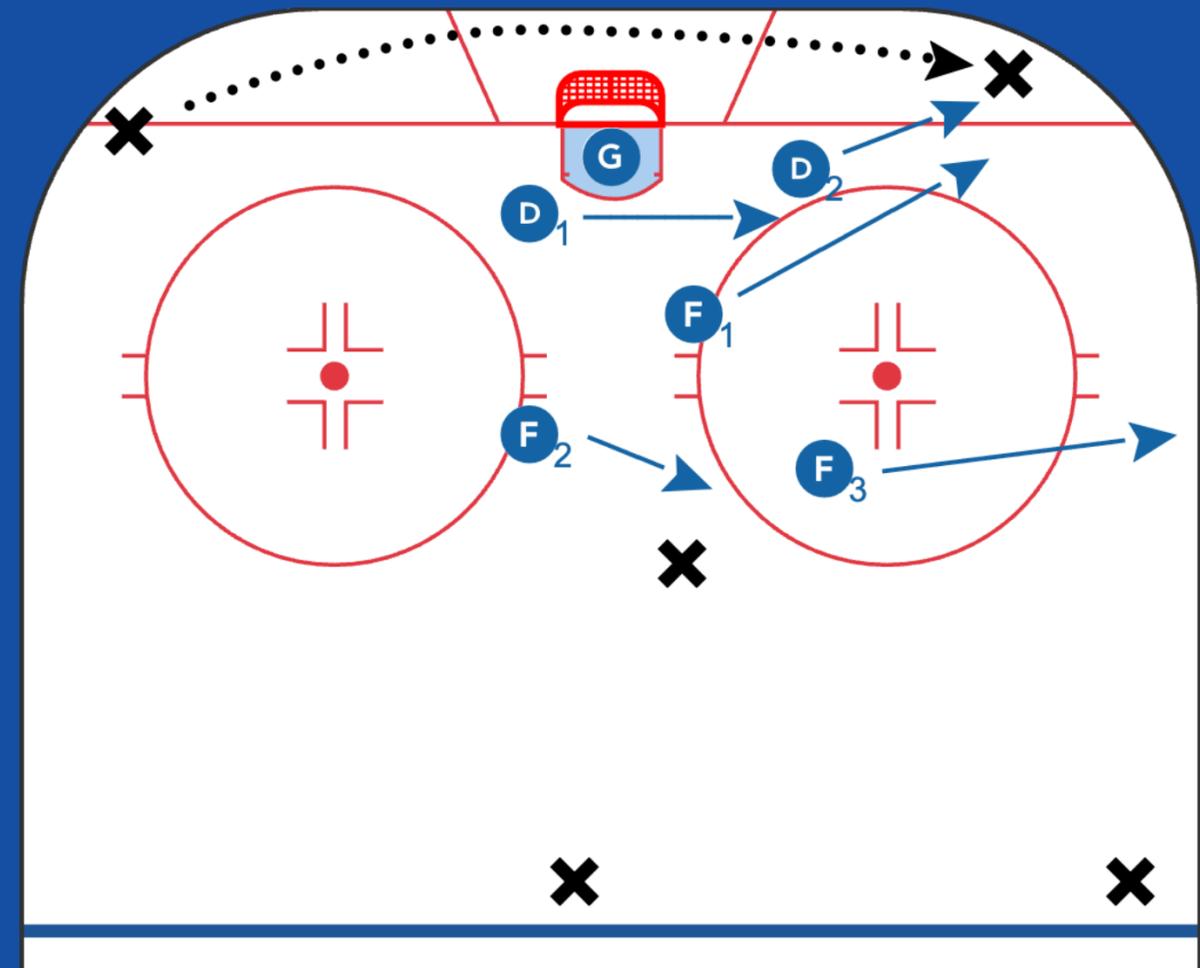
CHANGE OF SIDES

SPRINT TO NEXT ASSIGNMENT



CHANGE OF SIDES

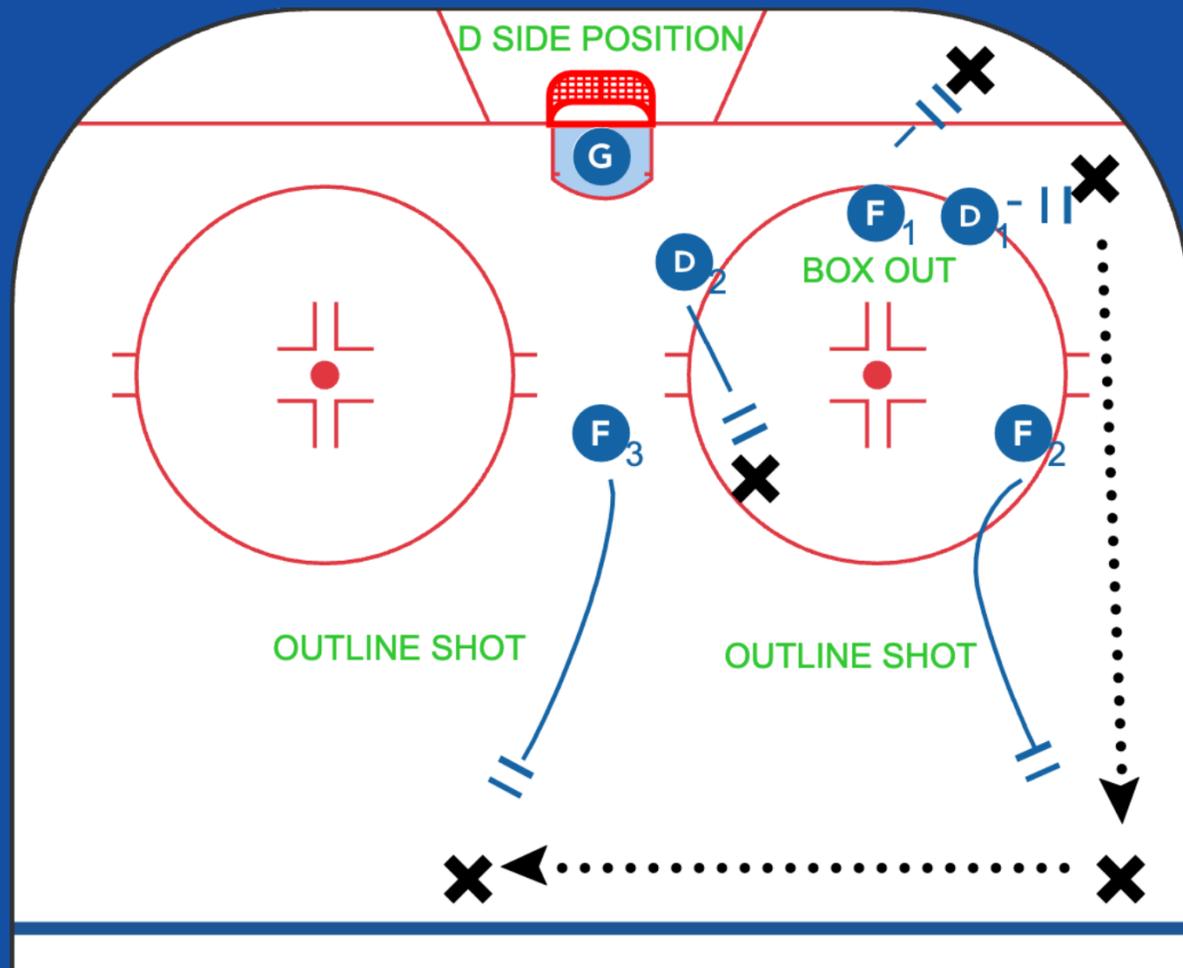
EVERYONE GETS A BUMP



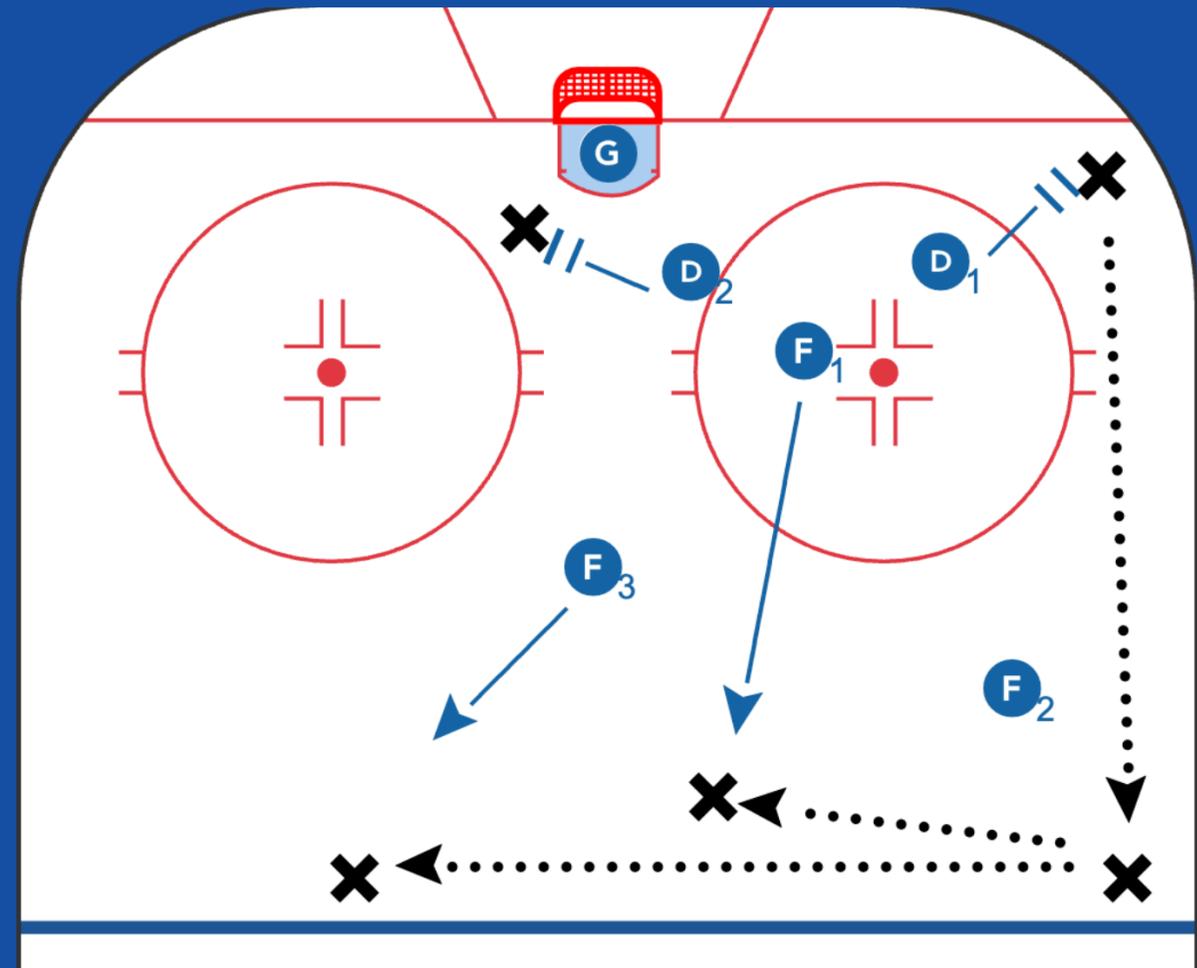
# Defensive Zone Coverage

## BOX + 1 LAYERS

LOW TO HIGH - BOX OUT  
PHYSICAL PLAY A MUST

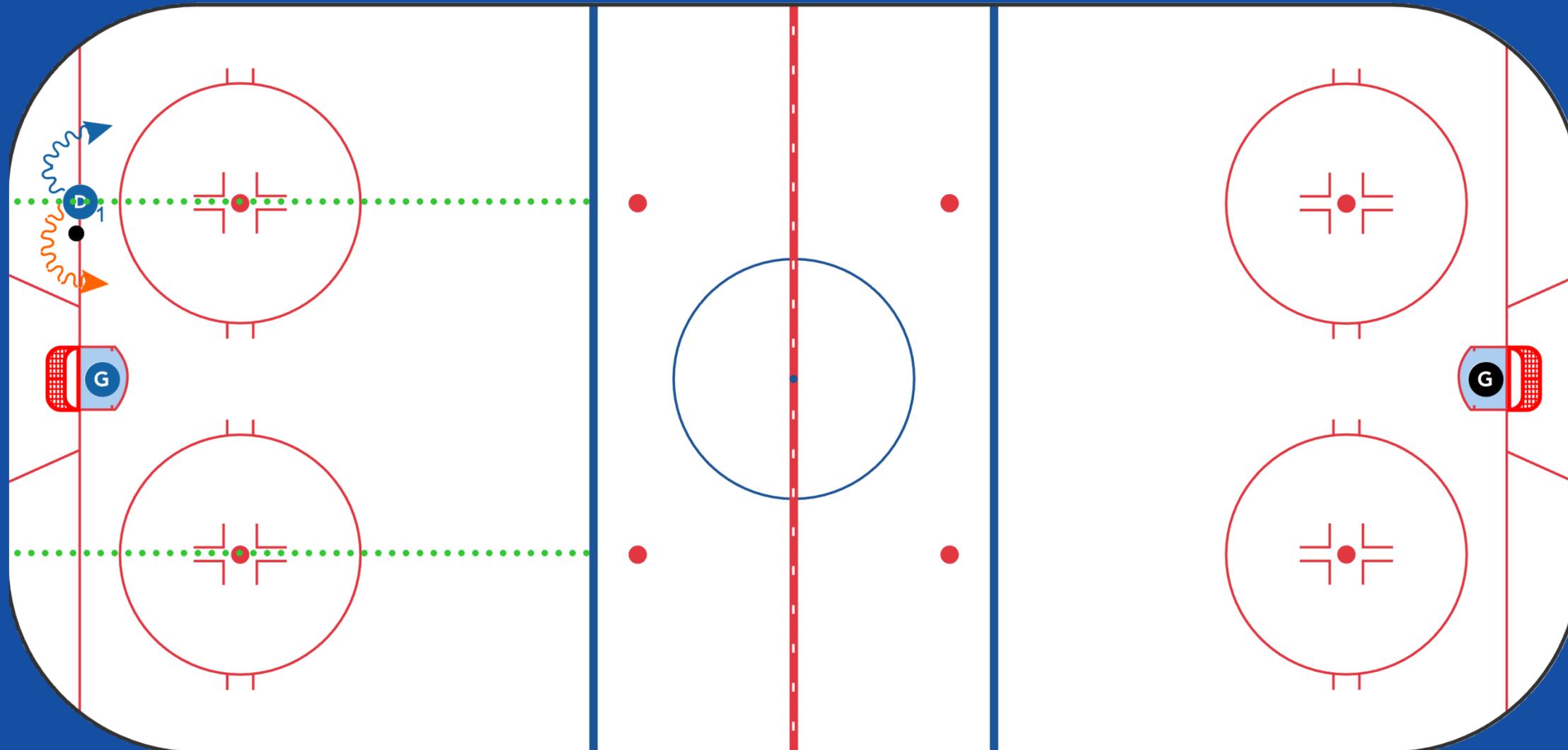


LOW TO HIGH - 3 UP TOP  
OWN STICKS & BODIES



# 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.

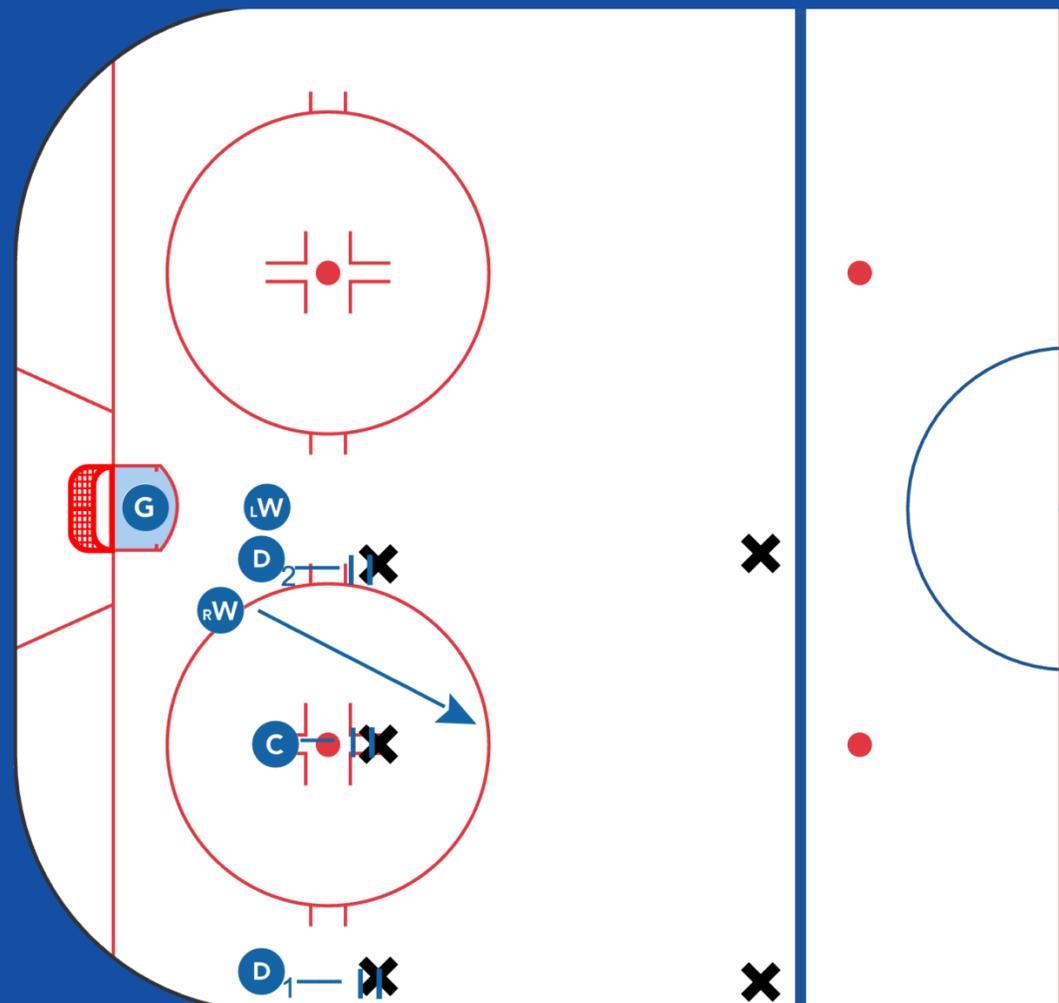
### STAY IN LANES

- HOLD TO SUPPORT
- GIVE D OPTIONS



# Defensive Zone Face-Offs

## LOSS



### DESCRIPTION

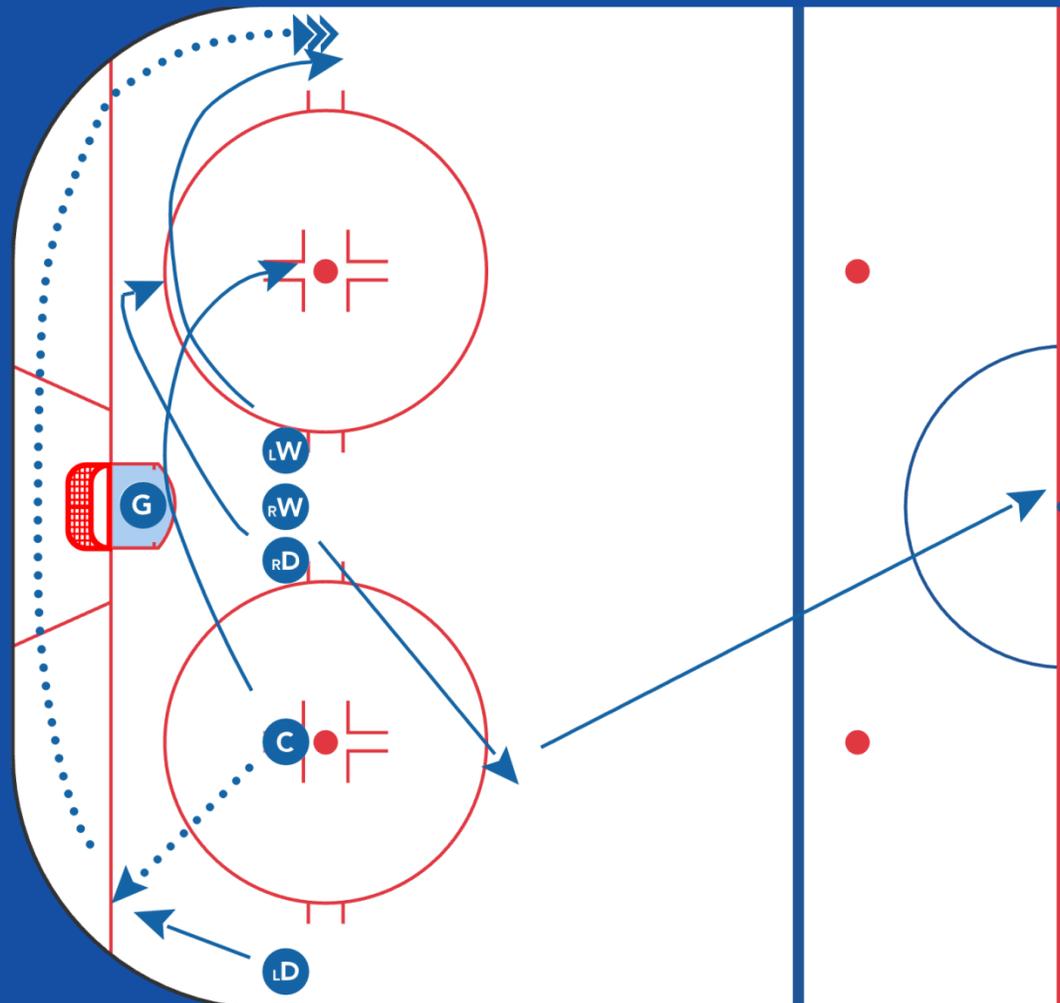
- **C** TIES UP THE OPPOSING CENTRE AND STAYS BETWEEN HER AND THE NET (BOX OUT)
- **D1** TIES UP THE BOARD SIDE FORWARD AND STAYS BETWEEN HER AND THE NET (BOX OUT)
- **D2** TIES UP THE NET FRONT FORWARD AND STAYS BETWEEN HER AND THE NET (BOX OUT)
- **RW** CLEANS UP THE PUCK, LOOKS FOR LOOSE PUCKS AND 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

## RiP



### DESCRIPTION

- **C** WINS THE DRAW TO THE LD, THEN PROVIDES LOW SUPPORT BELOW LW
- **LD** PICKS UP THE PUCK, SELLS FAKE AND RIMS THE PUCK TO THE FAR HASH MARKS
- **LW** ROLLS INTO THE RIM AND HAS OPTIONS: CHIP TO RW, BUMP TO C, TAP BACK TO RD
- **RD** PROVIDES TAP-BACK SUPPORT
- **RW** PROVIDES SLASH/STRETCH SUPPORT

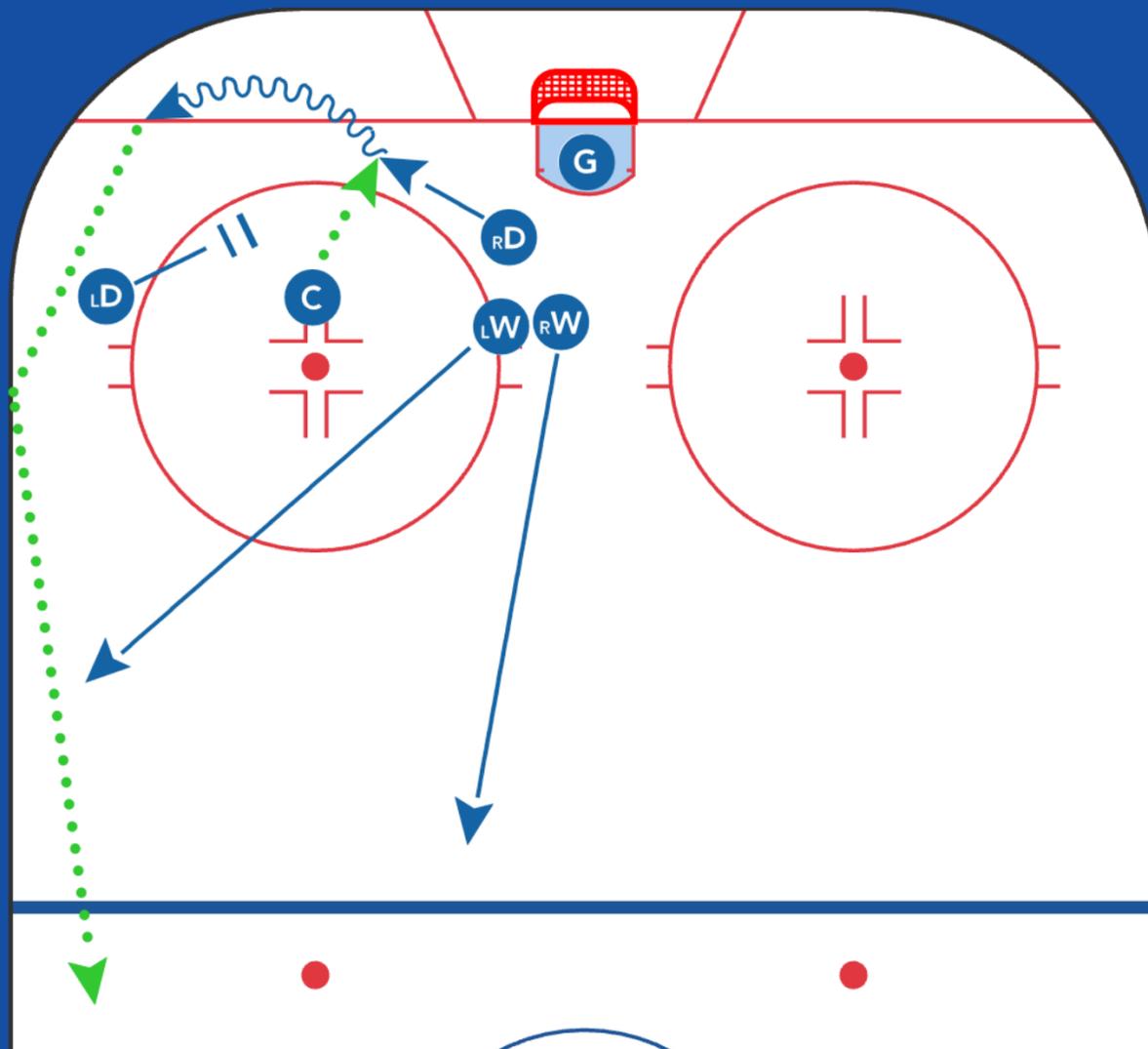
### KEY POINTS

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



# Defensive Zone Face-Offs

## SNEAK



### DESCRIPTION

- **C** WINS THE PUCK BACK
- **LD** MUST BOX OUT OPPOSITION PRESSURE.
- **RD** PICKS UP THE LOOSE PUCK.
- **RW/LW** GET OPEN AND UP ICE QUICKLY.
- YOU CAN GO **SS** (STRONG SIDE) OR **WS** (WEAK WIDE)

### KEY POINTS

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

Offensive  
**TEAM PLAY**



# Breakouts

## KEYS TO SUCCESS

**1**

**READ AND REACT**

**2**

**QUICK AND CLOSE PUCK SUPPORT**

**3**

**FAKES AND DECEPTION**

**4**

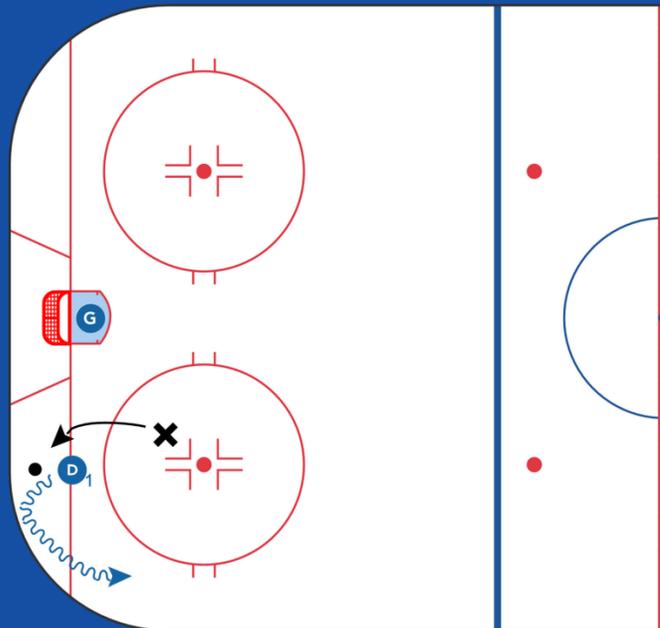
**SPREADING OUT THE OPPOSITION BY USING THE WIDTH AND DEPTH OF THE ENTIRE ICE SURFACE.**

# Breakouts

## PUCK RETRIEVALS

### QUICK UP

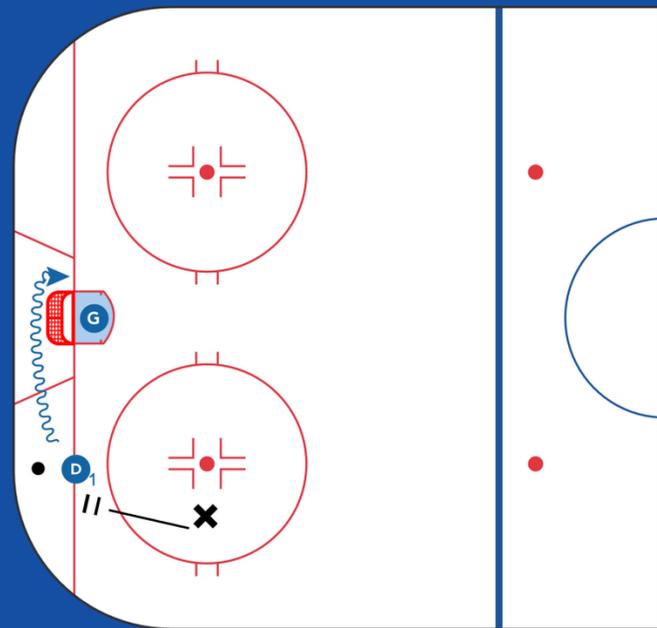
#### INSIDE PRESSURE



SHOULDER CHECK, READ PRESSURE FROM INSIDE, FAKE, PERFORM TIGHT TURN AWAY FROM PRESSURE.

### WHEEL

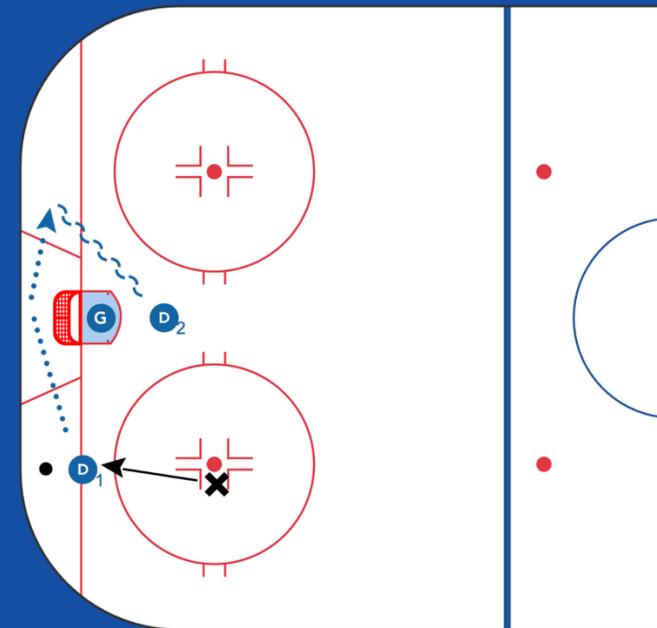
#### OUTSIDE PRESSURE



SHOULDER CHECK, READ THE PRESSURE FROM OUTSIDE, FAKE, USE THE NET TO EVADE AN OPPONENT.

### OVER

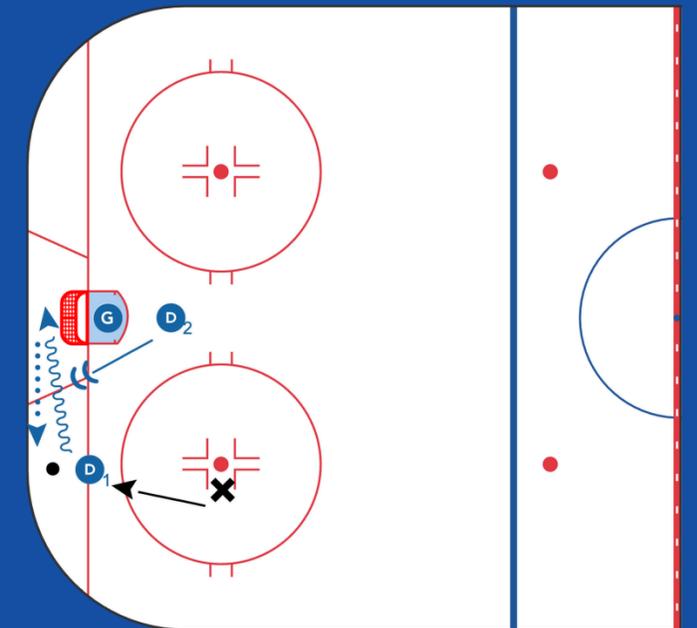
#### STRAIGHT ON PRESSURE



SHOULDER CHECK, READ PRESSURE STRAIGHT ON, FAKE, WEAK SIDE DMAN PROVIDES SUPPORT AND COMMUNICATES.

### REVERSE

#### OUTSIDE PRESSURE / OVER PURSUIT



SHOULDER CHECK, READ PRESSURE IS FROM OUTSIDE AND CHASING BEHIND NET, FAKE, WEAK SIDE DMAN OR CENTER PROVIDES SUPPORT AND COMMUNICATES.



# Breakouts

## D/G BREAKOUT CONCEPTS

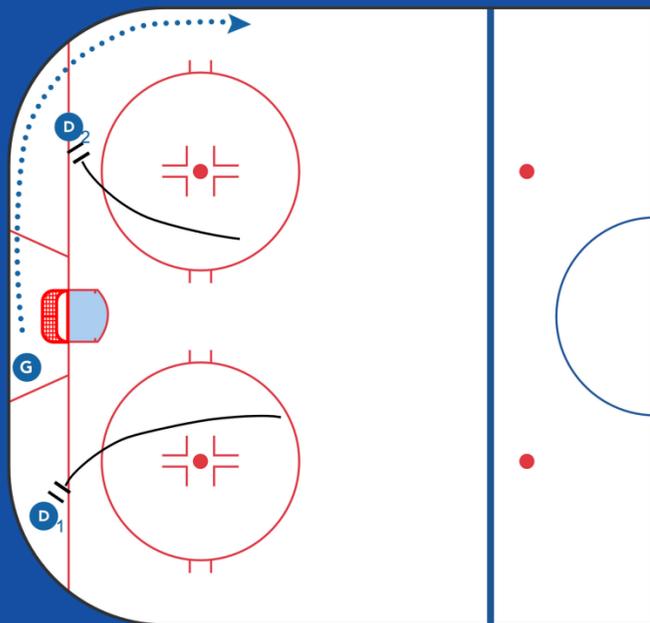
- 1** IF G IS COMING OUT TO PLAY A PUCK BEHIND THE NET, D'S REPORT TO EACH CORNER AS PASS OPTIONS.
- 2** D'S SHOULDER CHECK AND OPEN UP TO FACE UP ICE WHERE POSSIBLE.
- 3** W/S D MAKES THE CALL... EARLY & LOUD
- 4** G CAN "VETO" ANY CALL AND MAKE THE FINAL DECISION

# Breakouts

## D/G BREAKOUT CALLS

"PLAY IT"

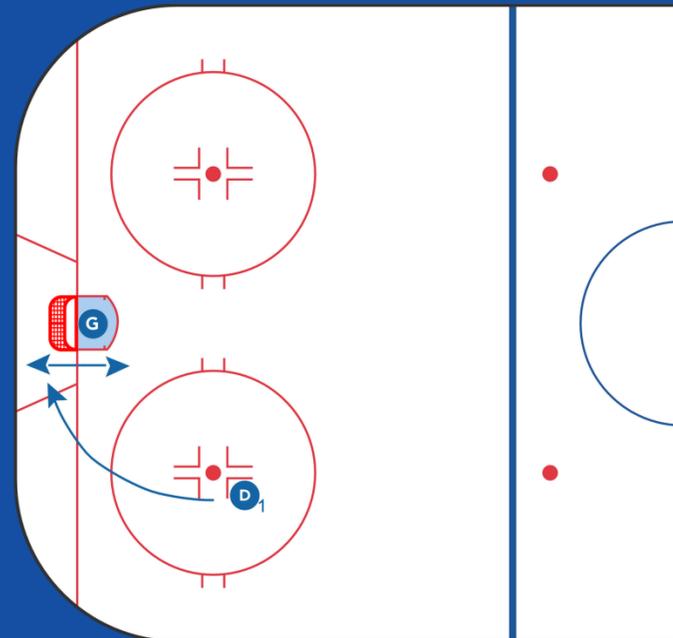
HARD FC PRESSURE



- HARD F/C PRESSURE COMING
- G TO HARD RIM THE PUCK OUT OF TROUBLE

"SET IT"

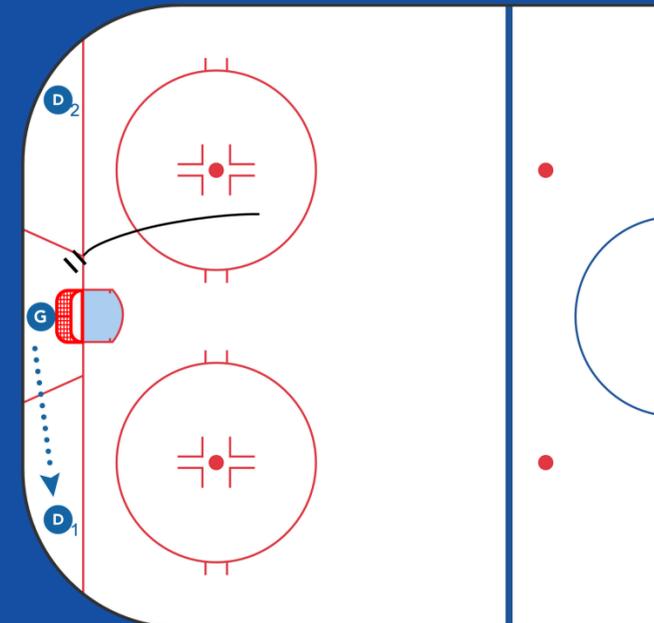
NO PRESSURE



- NO PRESSURE COMING
- G SETS THE PUCK BELOW THE GOAL LINE FOR D'S
- G BACK TO CREASE FAST

"BACK"

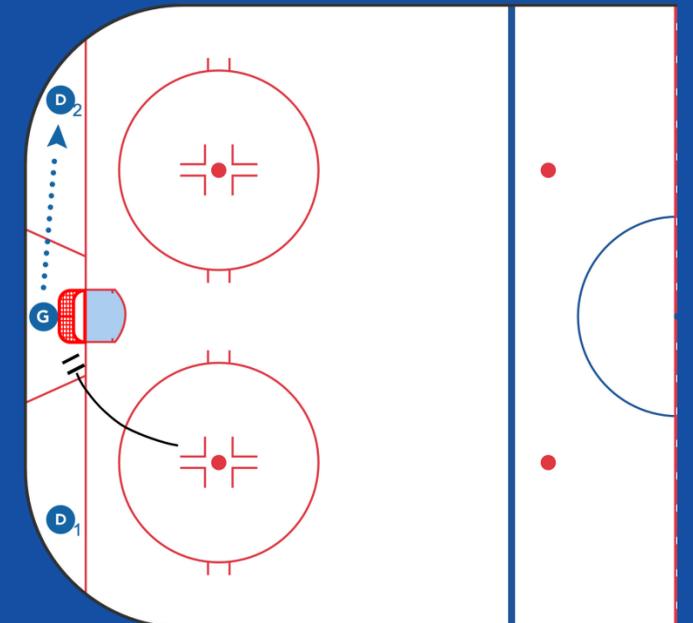
WEAK SIDE PRESSURE



- PRESS COMING FROM THE WEAK SIDE
- G TO PASS "BACK" TO D1

"OVER"

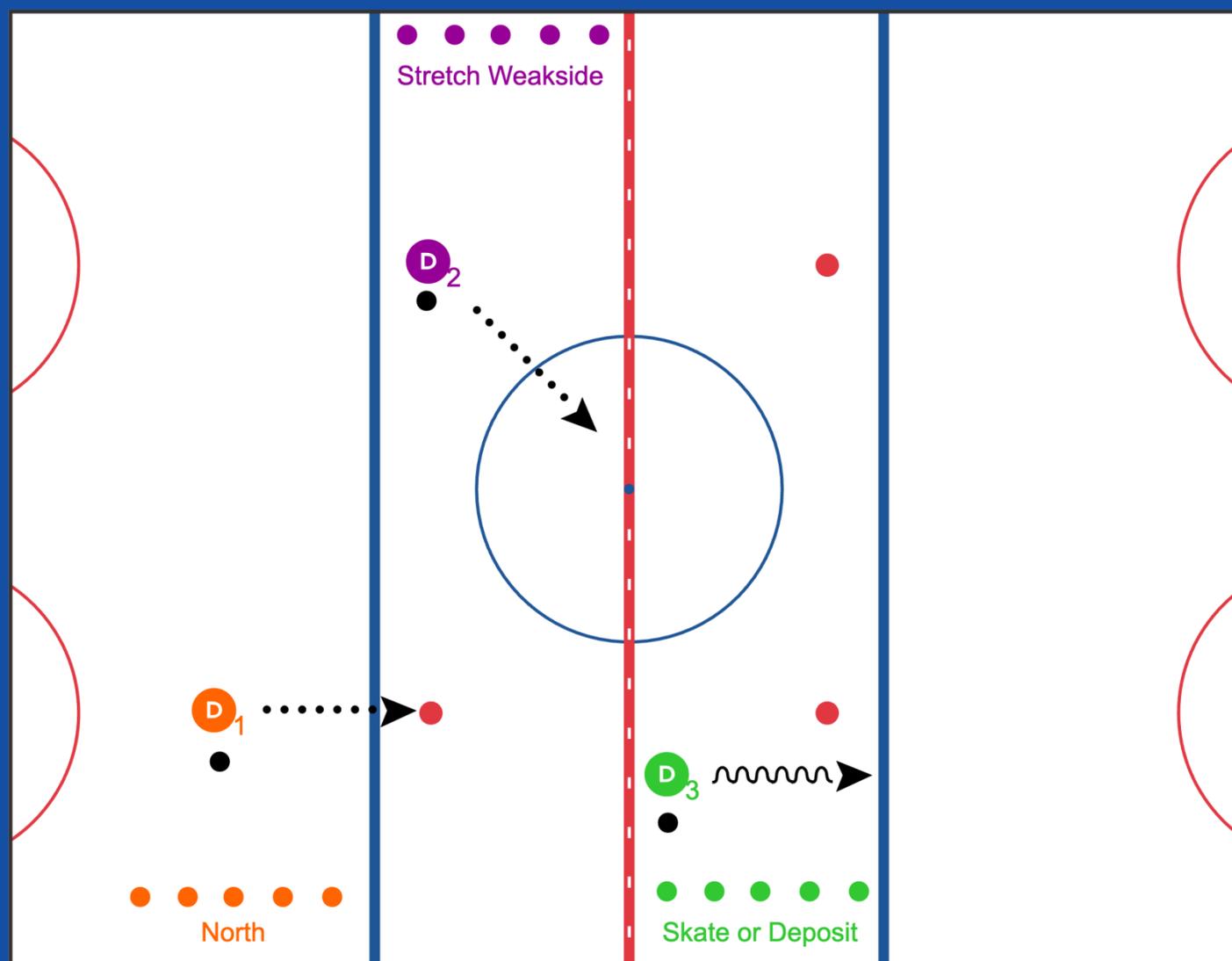
STRONG SIDE PRESSURE



- PRESSURE COMING FROM THE STRONG SIDE
- G TO PASS "OVER" TO D2

# Neutral Zone Puck Movement

## PREDICTABLE TO EACH OTHER



### D1

**GO NORTH QUICKLY**  
CATCH THE OPPONENT BEFORE  
THEY SET UP IN THEIR FC.  
PROVIDE INSIDE SUPPORT.

### D2

**STRETCH TO WEAKSIDE**  
WITH MOMENTUM BEHIND  
YOU, LOOK TO GO AGAINST THE  
GRAIN. DISRUPT ANGLES

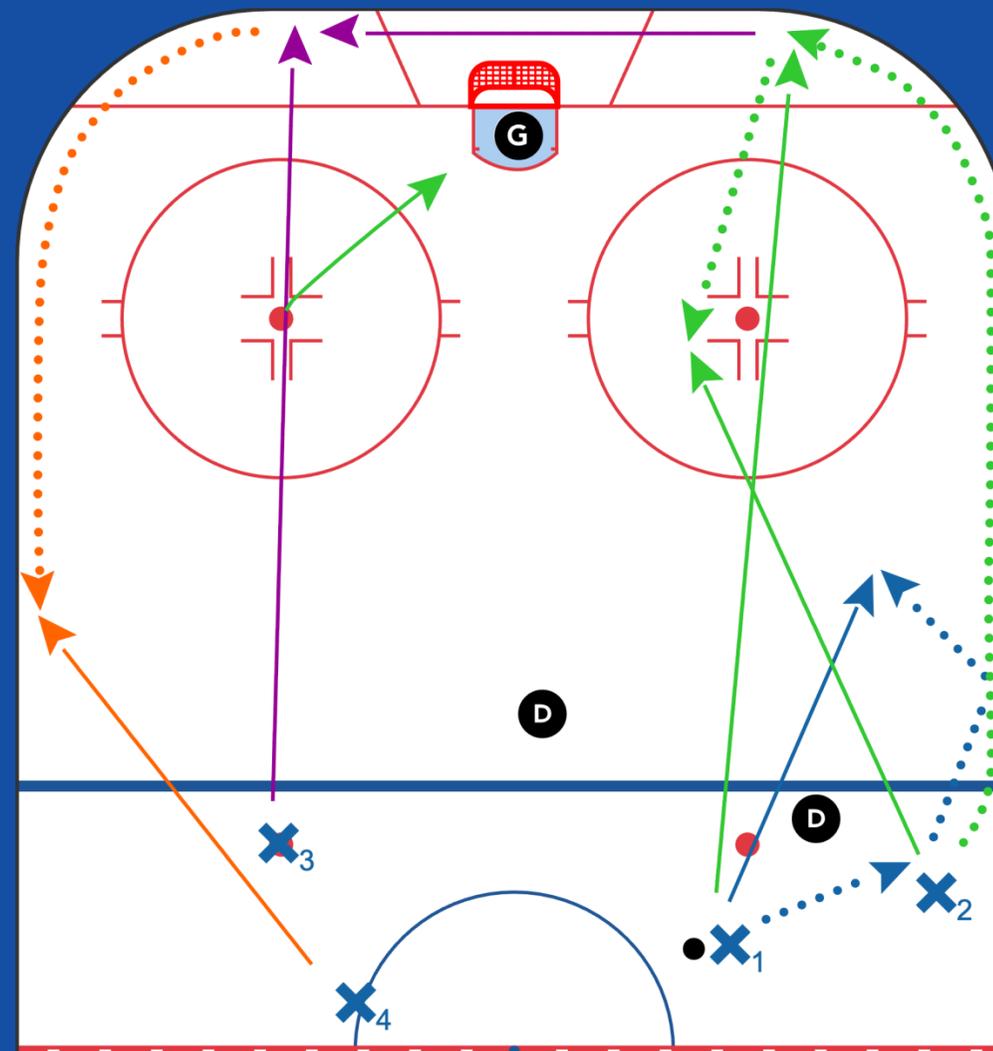
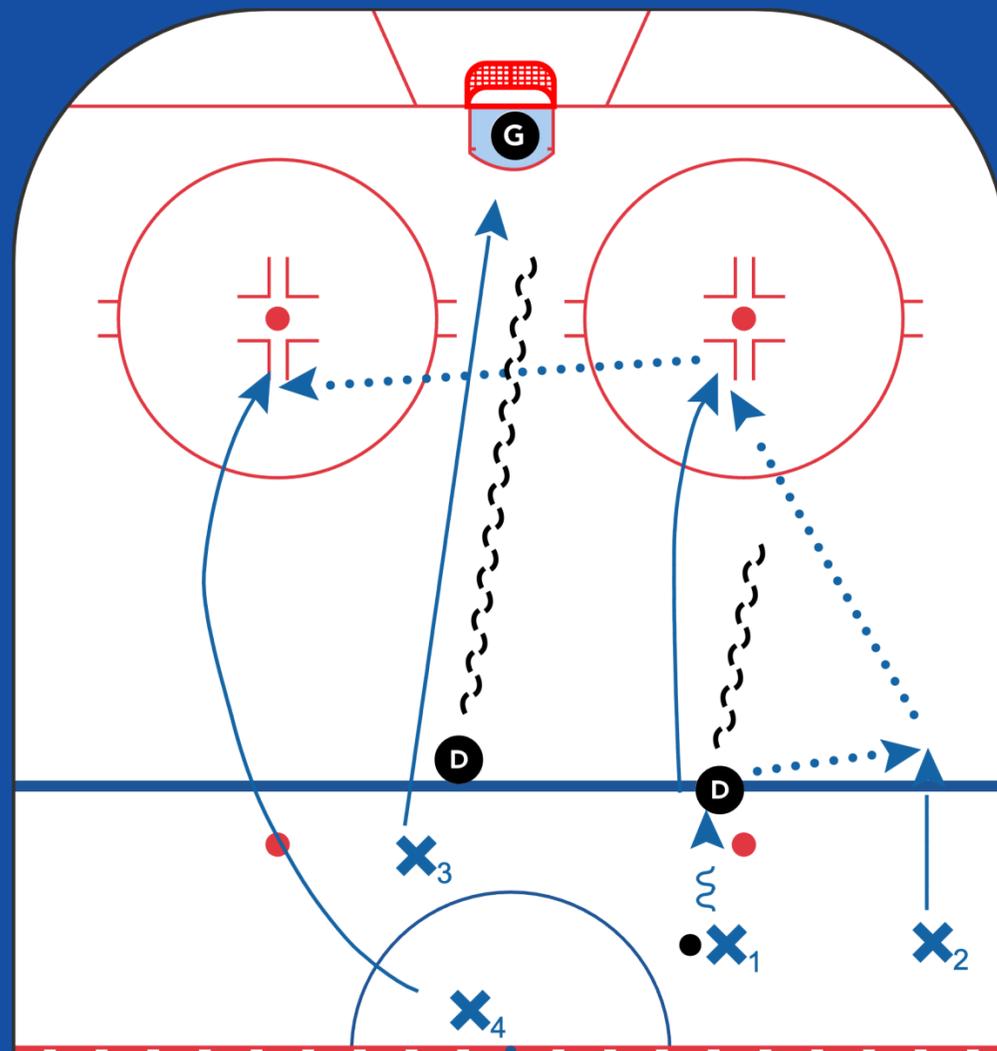
### D3

**SKATE OR DEPOSIT**  
ONCE THE RED LINE IS GAINED  
POSSESS OR PLACE. USE SPEED  
TO PUSH BACK D.



# Indirect Zone Entries

## MAINTAIN POSSESSION



### IMPROVE THE CONDITIONS OF THE PUCK

#### 1. WITH POSSESSION

- INSIDE DOTS
- OUTSIDE DOTS

#### 2. PLACE IN SPACE

- CHIP / NEAR CORNER
- RIM

#### 3. CREATE SLOT CHANCES

- LAYER THE ATTACK
- BACKSIDE OPTIONS

#### 4. SPEED DIFFERENTIAL

- ELEVATE OR DECELERATE
- ATTACK SPACE

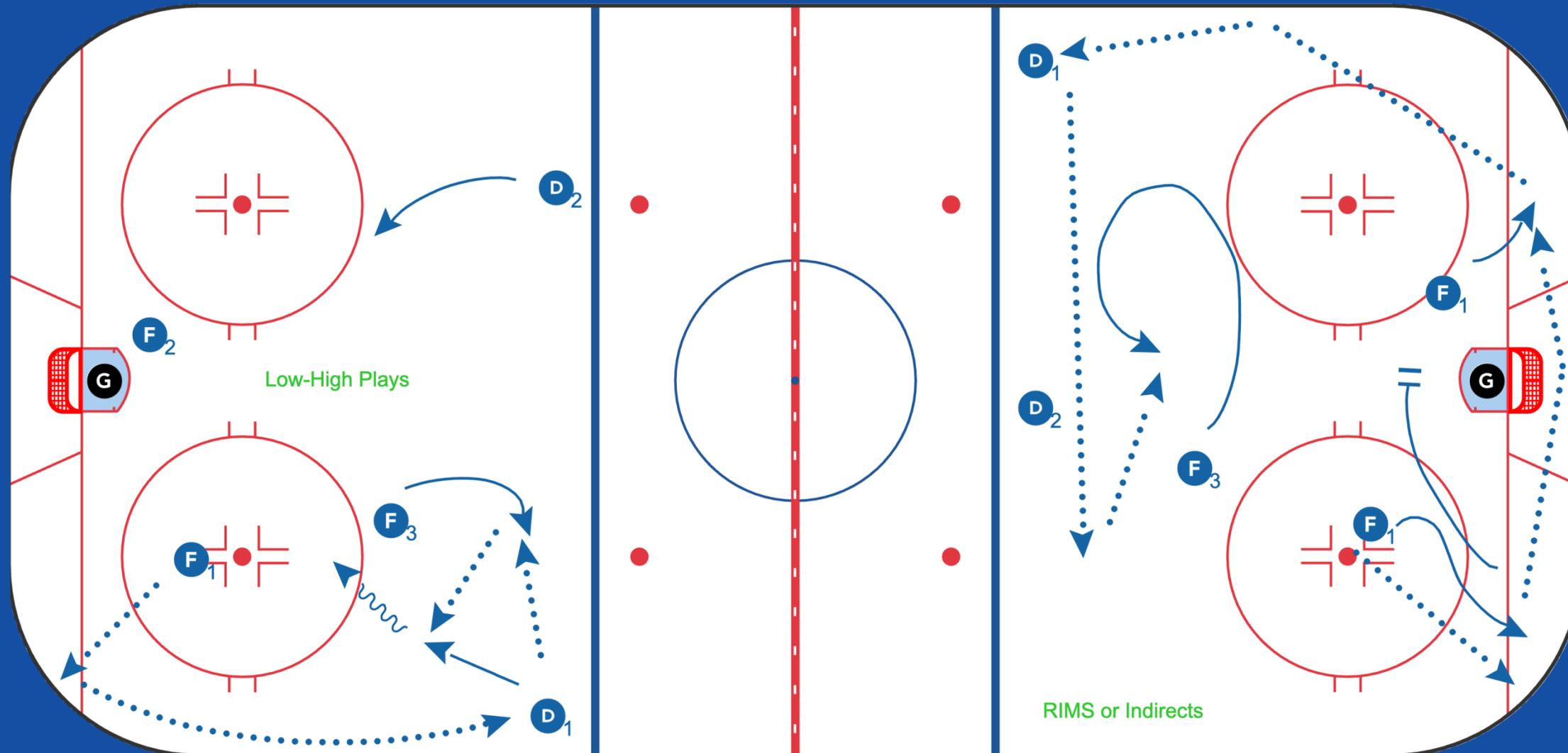
# Offensive Team Play

## OFFENSIVE ZONE CONCEPTS

- 1** NEED HUNT PUCK MENTALITY - STICK ON PUCK, UNDER STICKS - TWO ON PUCK
- 2** 2ND QUICK MENTALITY - IDENTIFY BATTLES, LOOSE PUCKS - MAKE THEM 60/40 BATTLES
- 3** F3 BUMPER SUPPORT - FIND THE SOFT AREA OF THE ZONE - OWN THE PILE
- 4** SPREAD THE ZONE - USE THE WIDTH AND LENGTH OF THE OFFENSIVE ZONE
  - LOW - HIGH, HIGH - LOW, EAST-WEST, THREE HIGH
- 5** RELOAD MENTALITY - ALLOWS FOR ACTIVE D, MOVEMENT, AND ADVANTAGE ON TRACK

# F3 High Activation

## RIMS & INDIRECTS

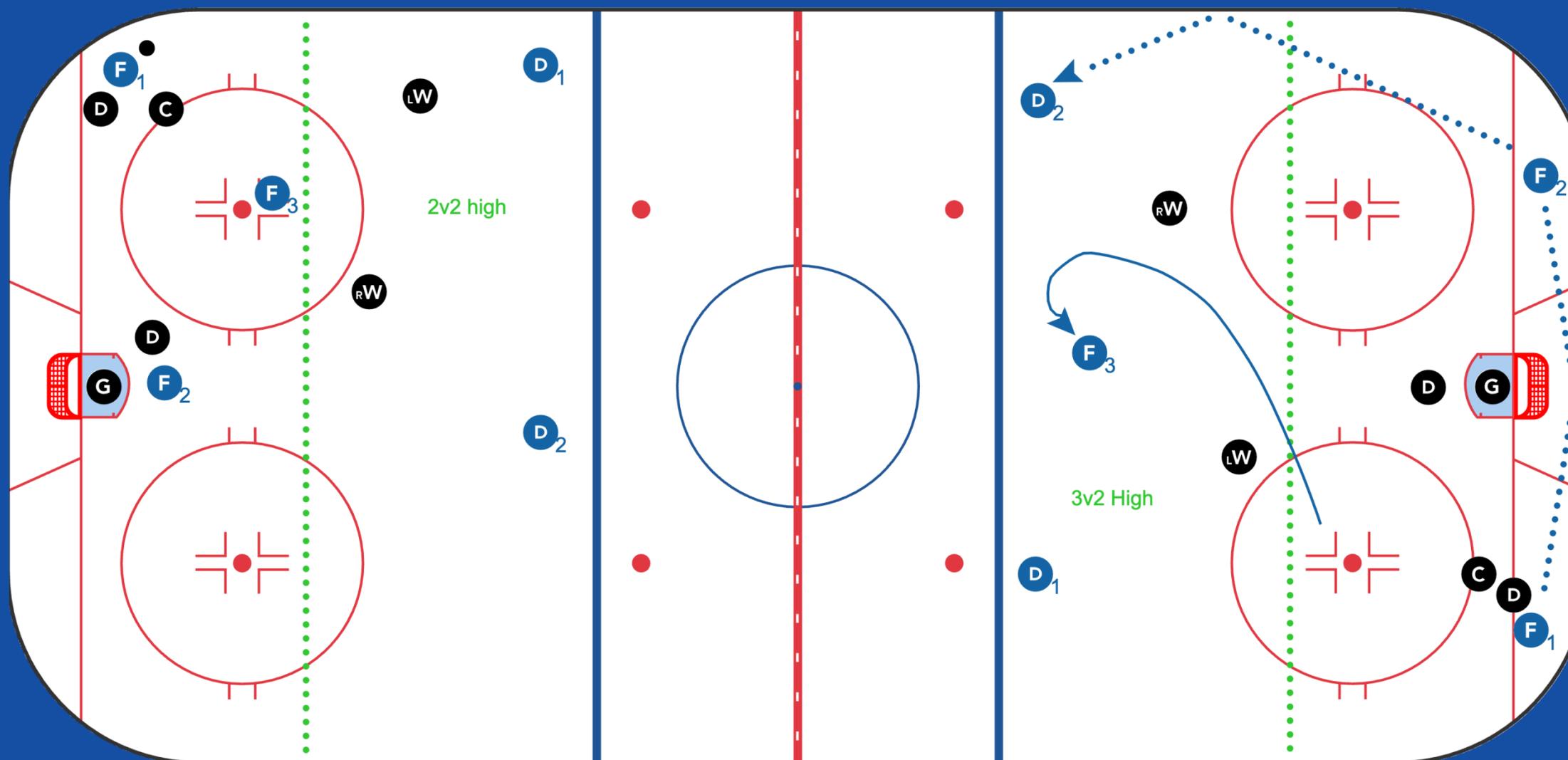


### DESCRIPTION

**F3 - ACTIVATION ON RIMS, ON INDIRECT (LOW - HIGH PLAYS), OUR F3 ROLLS HIGH TO SUPPORT OUR D. IF WE SUCCESSFULLY SUPPORT, WE WOULD LIKE TO ATTACK DOWNHILL (F3, D1, & D2).**

# Offensive Zone Play

## OWN THE MIDDLE



### 5 INTERCHANGEABLE

1.

- LOW TO HIGH = 3V2 HIGH
- HIGH TO LOW = 3V2 LOW
- SHAPE MOVES AS ONE

### CREATE EARLY (& LATE)

2.

- POSSESS LESS EARLY - CREATE
- RECOVERABLE PUCKS
- RELEASE & REPLACE MIDDLE

### 5 BACKSIDE PRESENCE

3.

- GET LOST
- ARRIVE ON TIME
- EAST/WEST

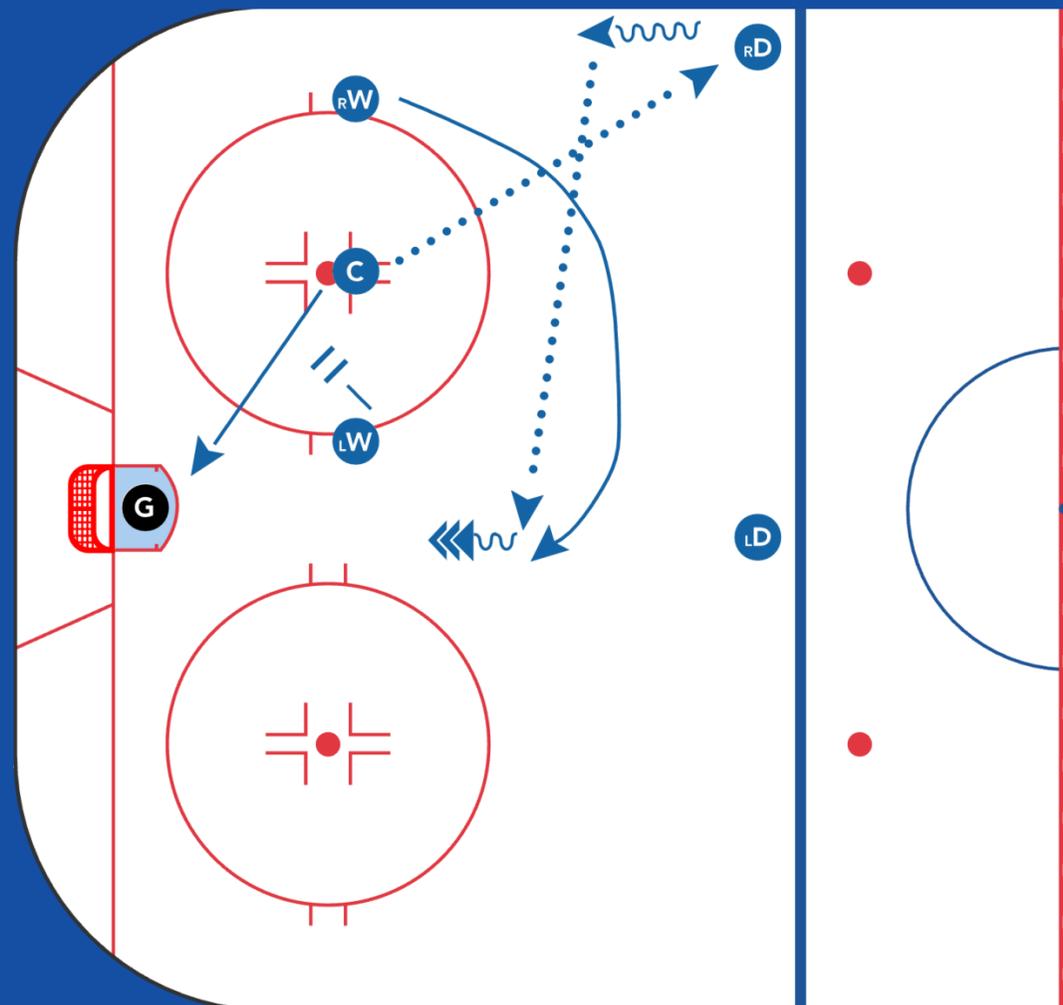
### CUMULATIVE SHIFT EFFECT

4.

- STACK SHIFTS & IMPROVE CONDITIONS FOR THE NEXT LINE
- NET POSITIVE SHIFT MENTALITY

# Offensive Zone Face-Offs

## VEGAS



### DESCRIPTION

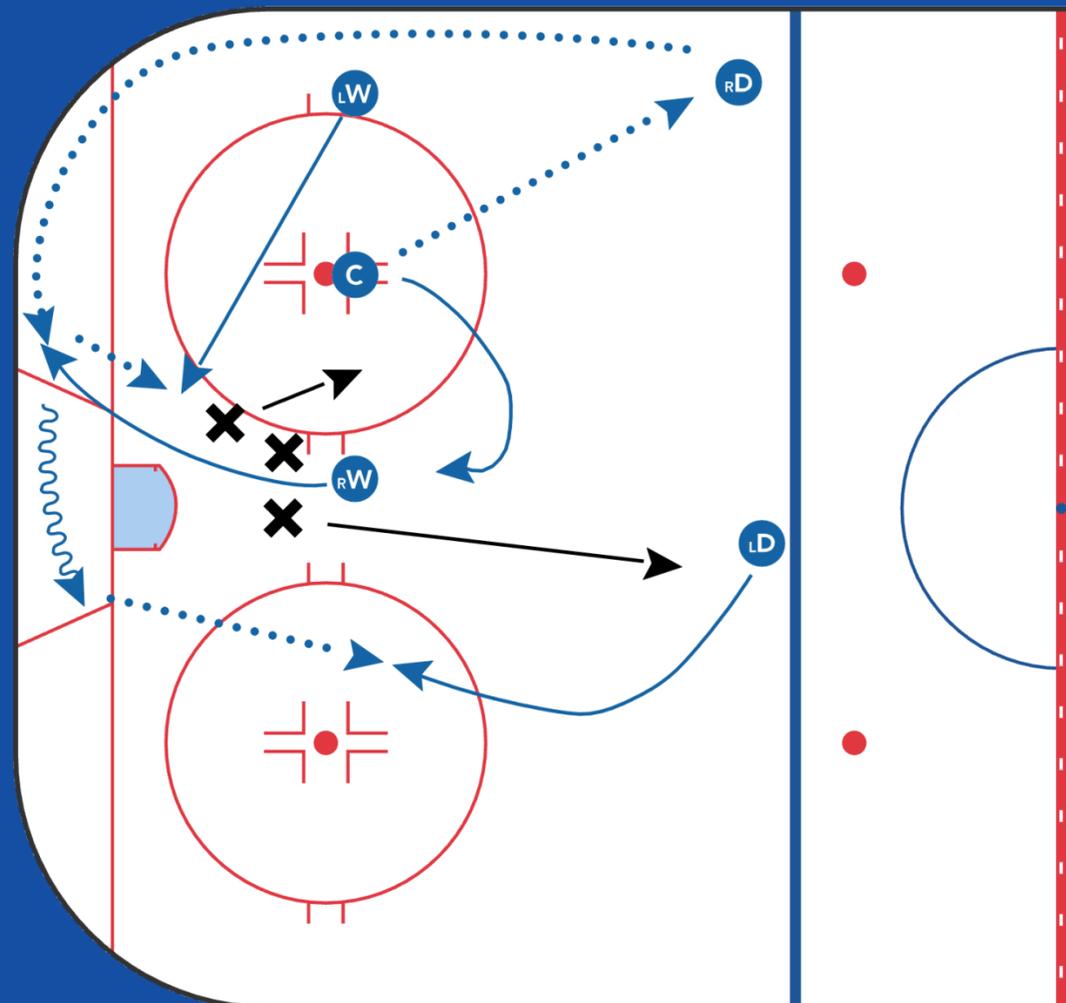
- **C** WINS THE DRAW TO THE RD
- **RW** SPRINTS ACROSS TO W/S & OPENS UP FOR A SHOT ON THE GOAL
- **LW** BUMPS & JUMPS OPPOSING FORWARD, TRYING TO COME THROUGH
- **C** TIES UP AND THEN GETS TO THE NET FRONT
- **RD** SPRINTS DOWN THE WALL TO CREATE A PASSING LANE BEHIND RW, WHO IS SPRINTING TO THE SLOT

### KEY POINTS

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

# Offensive Zone Face-Offs

## WARRIOR



### DESCRIPTION

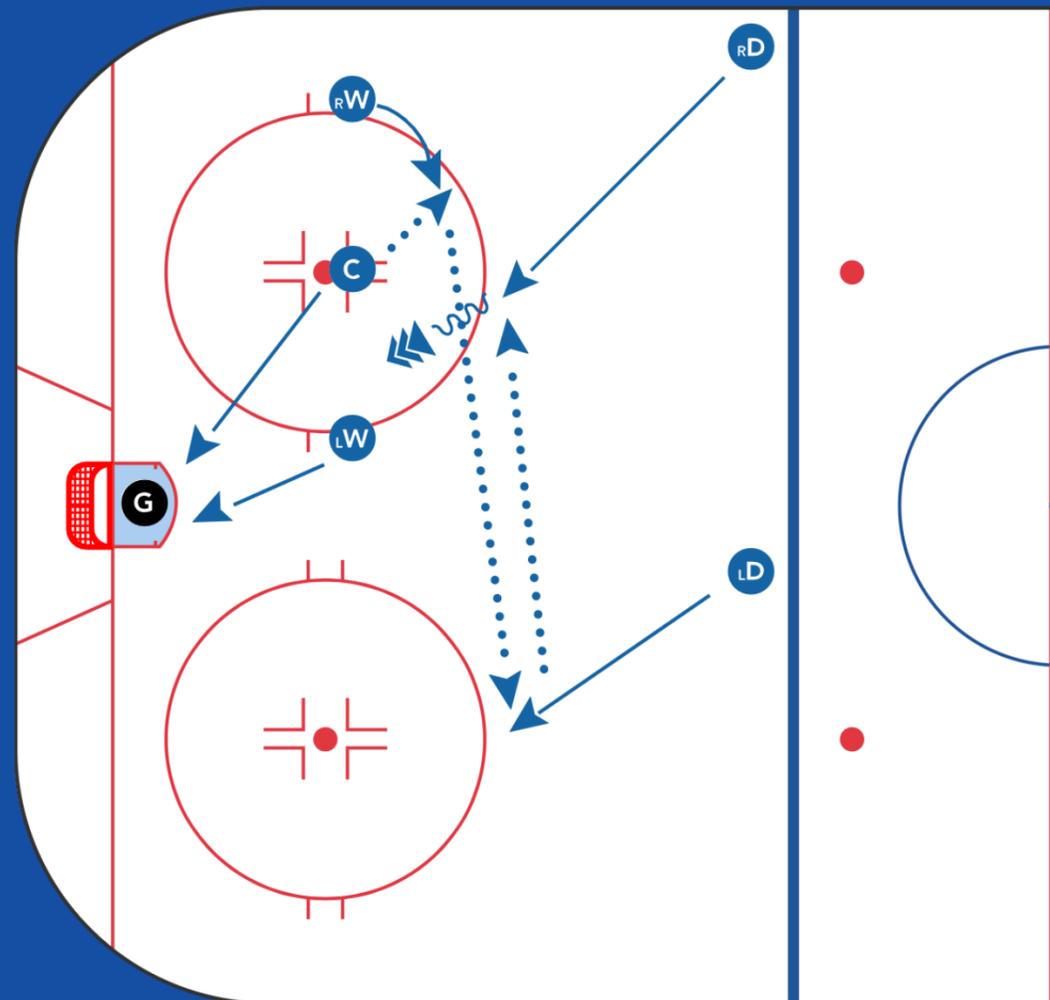
- **C** WINS THE DRAW TO **RD**.
- **RD** DELAYS COMMITTING THEIR FWD AND INDIRECTLY DEPOSITS BELOW THE GOAL LINE.
- **RW** JUMPS "BEHIND" GL TO COLLECT THE DEPOSIT BY **RD**. **RW** CAN COME OUT ON EITHER SIDE OF THE NET, PREFERRED THE FAR SIDE.
- **LW** DRIVES LOW POST.
- **C** FINDS THE HIGH SLOT.
- **LD** DRIVES HIGH POST.

### KEY POINTS

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

# Offensive Zone Face-Offs

## ST. LOUIS



### DESCRIPTION

- **C** WINS THE DRAW TO THE POCKET
- **RW** WINS THE POCKET AND QUICKLY MOVES THE PUCK TO THE **LD**
- **LD** RECEIVES PASS, FAKES AND RETURNS PASS TO THE **RD**
- **RD** RECEIVES PASS AND QUICKLY SHOOTS THROUGH TRAFFIC
- **C & LW** PROVIDE GOALIE PRESENCE AND NET FRONT TRAFFIC

### KEY POINTS

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

Special Teams  
**POWER PLAY**



# Power Play Face-Off

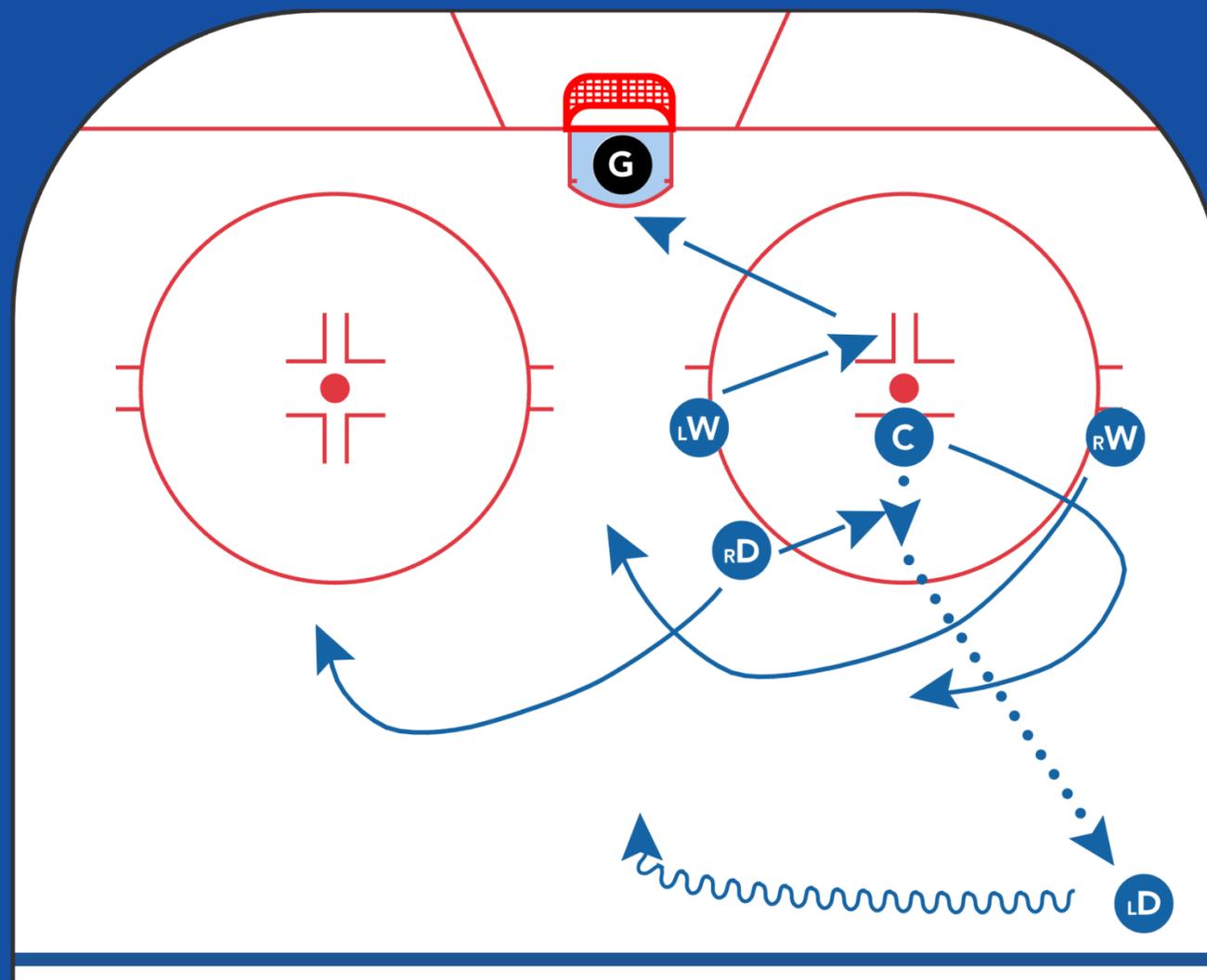
## SPOTTED WIN - ATTACK

### DESCRIPTION

**RD & RW** - RECOVER THE PUCK AND MOVE IT TO THE LD, THEN SPREAD THE ZONE, GETTING A NET PRESENCE IN FRONT FOR A QUICK SHOT OPTION.

**LW** - JUMPS IMMEDIATELY BEHIND THEIR CENTRE ON PUCK DROP BUT HEADS TO THE FRONT OF THE NET ON A CLEAN FACE-OFF WIN TO PROVIDE A SCREEN OR TIP ON A QUICK ATTACK. YOU MUST BE READY TO DROP BELOW THE GOAL LINE IF THERE IS NO SHOT.

**RW** - MOVES TOWARD THE FACE-OFF DOT AND THEN PROVIDES A HIGH SCREEN/TIP OPTION ON A QUICK D SHOT OR SLOT PASS OPTION.



### KEY POINTS

- BUMP & JUMP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK
- SHOT MENTALITY - SHOT WITHIN 7 SECONDS OF PUCK DROP





# Face-Off Loss

## 5V5

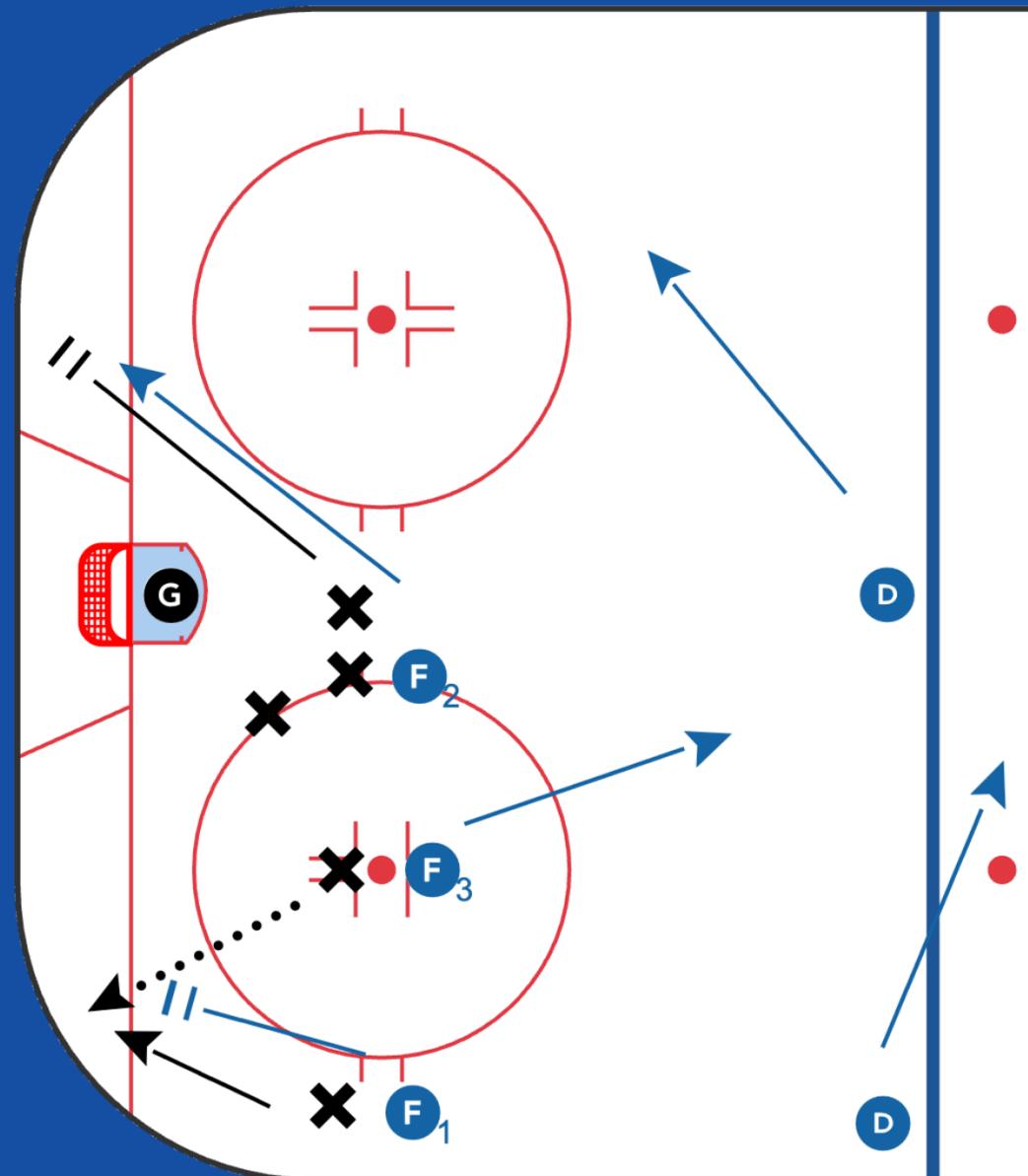
### DESCRIPTION

**F1** - PRESSURES OPPOSITION D TRYING TO TAKE AWAY D-TO-D PASS.

**F2** - READS OFF F1 AND EITHER PRESSURES THE D-TO-D PASS OR SUPPORTS F1.

**F3** - TIES UP OPPOSITION CENTRE, PROVIDE HIGH SUPPORT FOR PINCHING D ON WEAKSIDE.

**RD** - PINCHES ON ANY D-TO-D PASSES

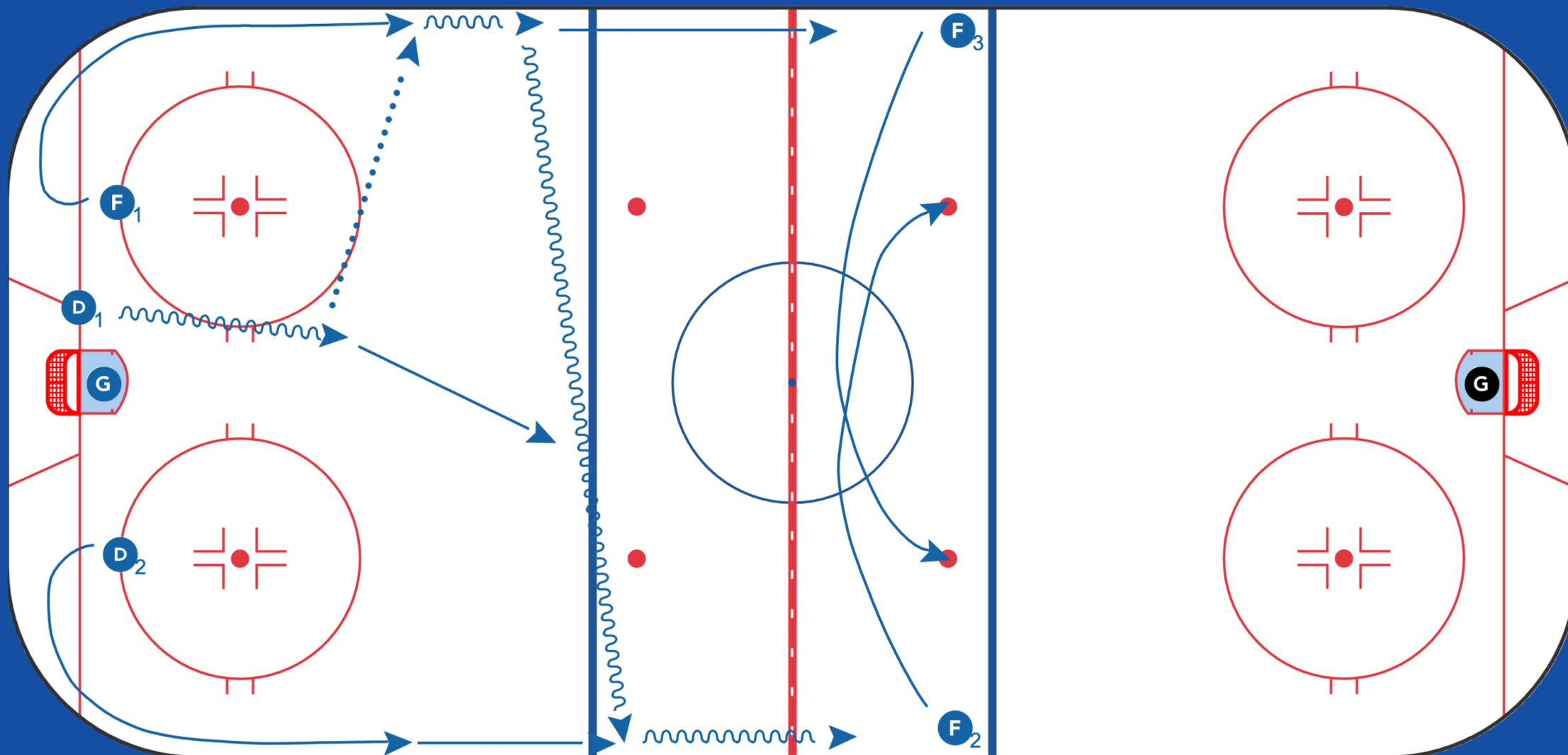


### KEY POINTS

- BUMP & JUMP
- RELENTLESS PRESSURE WITH CONTACT
- RECOVER QUICKLY BACK ABOVE THE PUCK

# Power Play Breakout

## SWING & POST



### DESCRIPTION

**D1** - RETRIEVES THE PUCK AND ATTACKS THE OPPOSITION'S FIRST FORECHECKER IMMEDIATELY.

**D2 & F1** - SWING LOW AND PROVIDE LATERAL SUPPORT FOR D1.

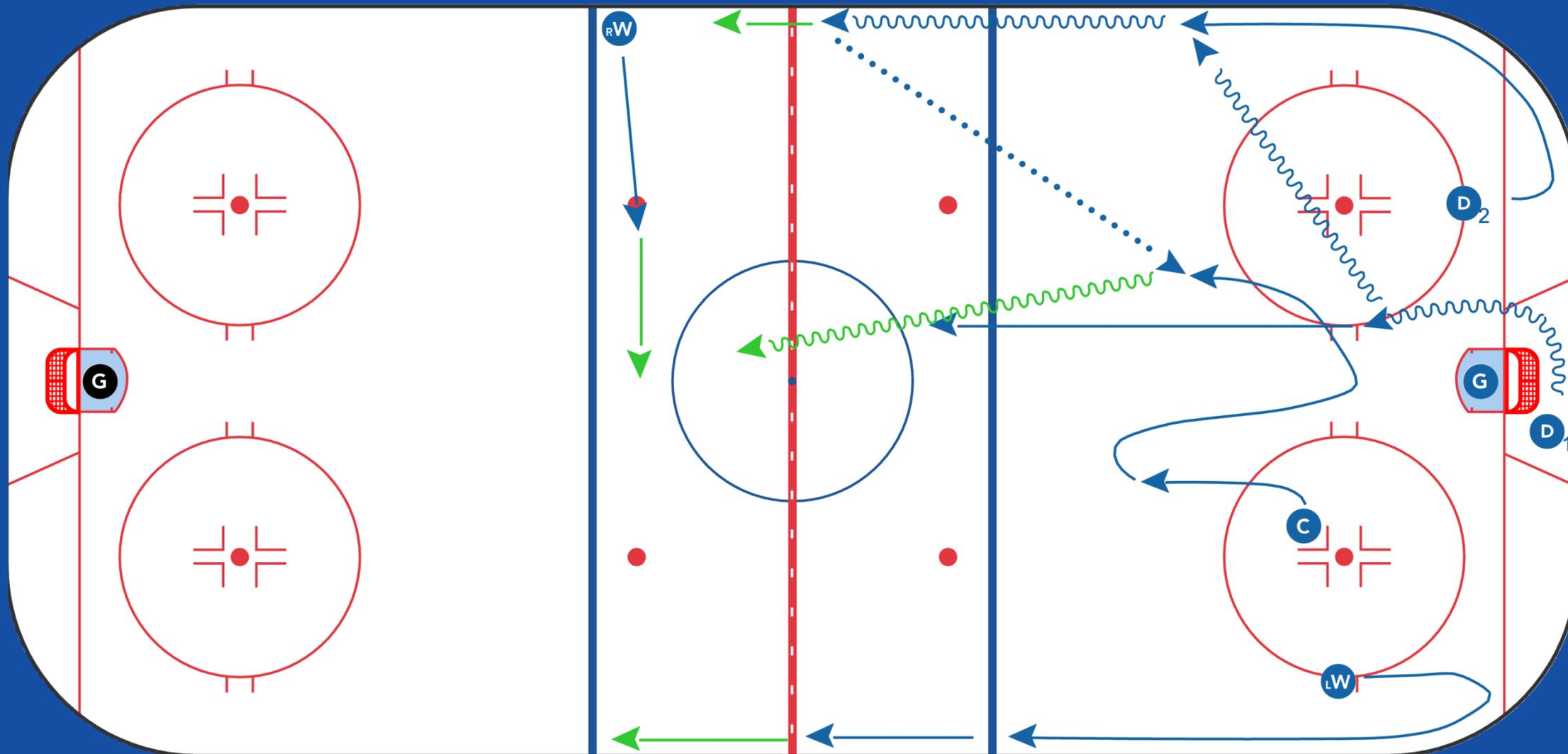
**F2 & F3** - POST UP AT THE FAR BLUE LINE. AFTER 1ST PASS, THEY SWING THROUGH THE MIDDLE AND PROVIDE DOT SUPPORT FOR THE PUCK CARRIER.

### KEY POINTS

- GOOD TIMING AND SUPPORT
- THE SECOND FLAT PASS HELPS US AVOID THE FORCING OF OUR PUCK CARRIER
- F2/F3 HOLD OPPOSITION D BACK AND CLEAR SPACE OUTSIDE FOR CLEAN ENTRIES

# Power Play Breakout

## FAKE SLASH & DROP



### DESCRIPTION

**D1** - RETRIEVES PUCK AND COMES OUT WITH GOOD TIMING AND SUPPORT FROM D2 & LW.

**D2 & LW** - PROVIDE LOW AND WIDE SUPPORT FOR D1.

**C** - SUPPORTS THE MIDDLE. AFTER THE FIRST PASS, CUT BACK TO CREATE THE DELAY OPTION.

**RW** - POSTS UP AT THE FAR BLUE LINE AND THEN SLASH SUPPORTS AFTER THE FIRST PASS.

### KEY POINTS

- THE OUTSIDE OPTION IS TO RE-SET AND RETAKE SOME ICE ON THE DROP OR DELAY TO PROVIDE WIDE OPTIONS FOR THE PUCK CARRIER.
- STRETCH PLAYER TIMES CUT ACROSS TO PROVIDE A MIDDLE PASS OPTION AT THE BLUE LINE.
- KICK IT OUT OR DRIVE IT DEEP FOR A GOOD ENTRY.

# Power Play

## KEYS TO SUCCESS

- 1** SHOOTING MENTALITY
- 2** LOOSE PUCK RETRIEVAL
- 3** BUMPER SUPPORT
- 4** GET THE BOX MOVING

# 5v4 Offensive Zone Setup

## 1-2-2 UMBRELLA

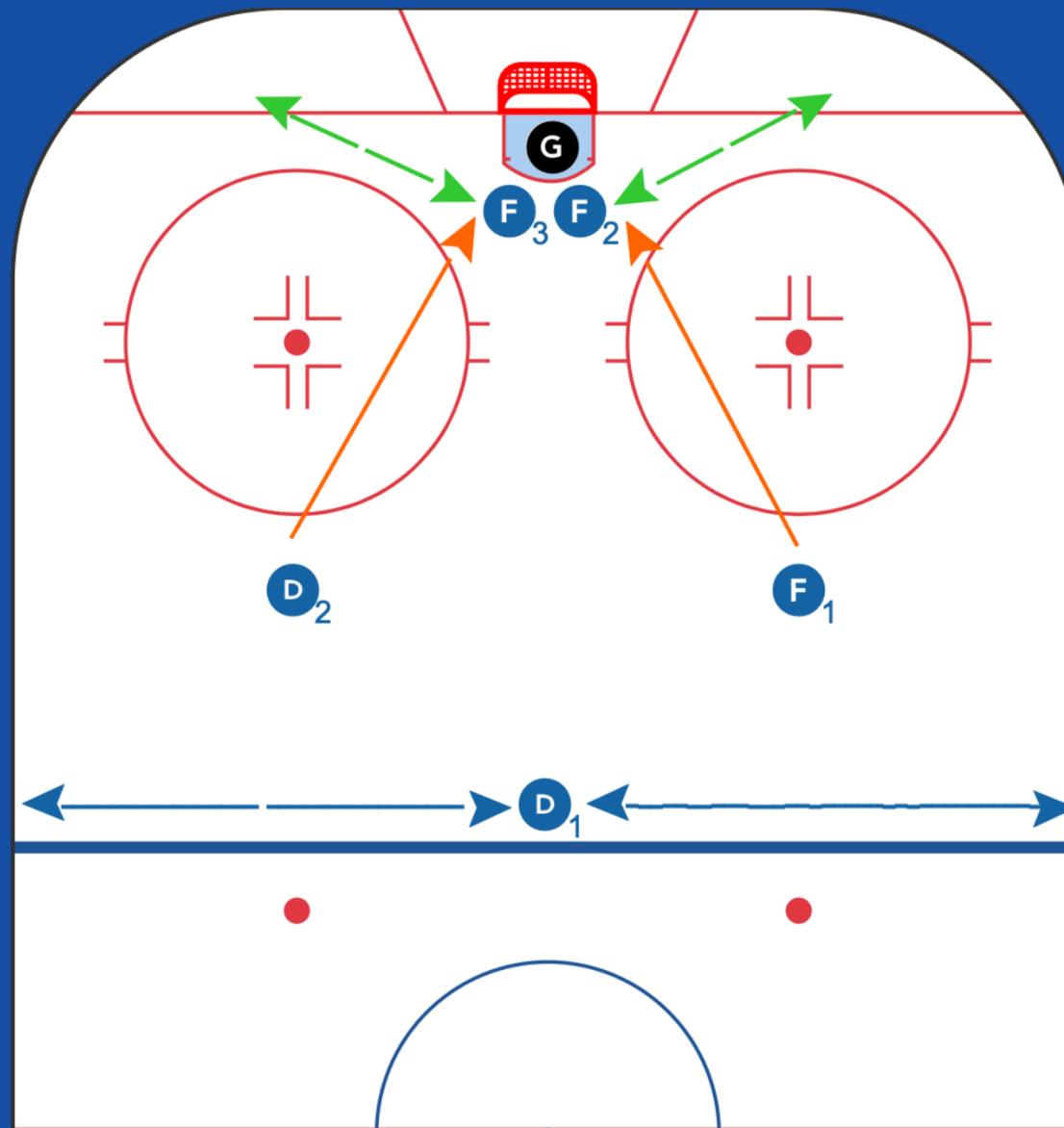
### DESCRIPTION

**D1 [QB]** – FEET OUTSIDE THE LINE, DIRECTLY SUPPORTING THE FLANKERS AND BUMPER.

**D2 & F1 [FLANKERS]** – STICKS INSIDE THE DOT LINE, DIRECTLY SUPPORTING THE QUARTERBACK, BUMPER, AND NET FRONT.

**F2 [BUMPER]** – NO LIMITS ON POSITIONING. PROVIDES SUPPORT FOR EVERYONE BASED ON WHERE THE PUCK IS.

**F2 & F3 [NET FRONT]** – READ PRESSURE AND PROVIDE A NET PRESENCE FOR SHOTS AND GOAL-LINE SUPPORT FOR EVERYONE.



### KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK

# 5v4 Offensive Zone Setup

## 1-3-1 UMBRELLA

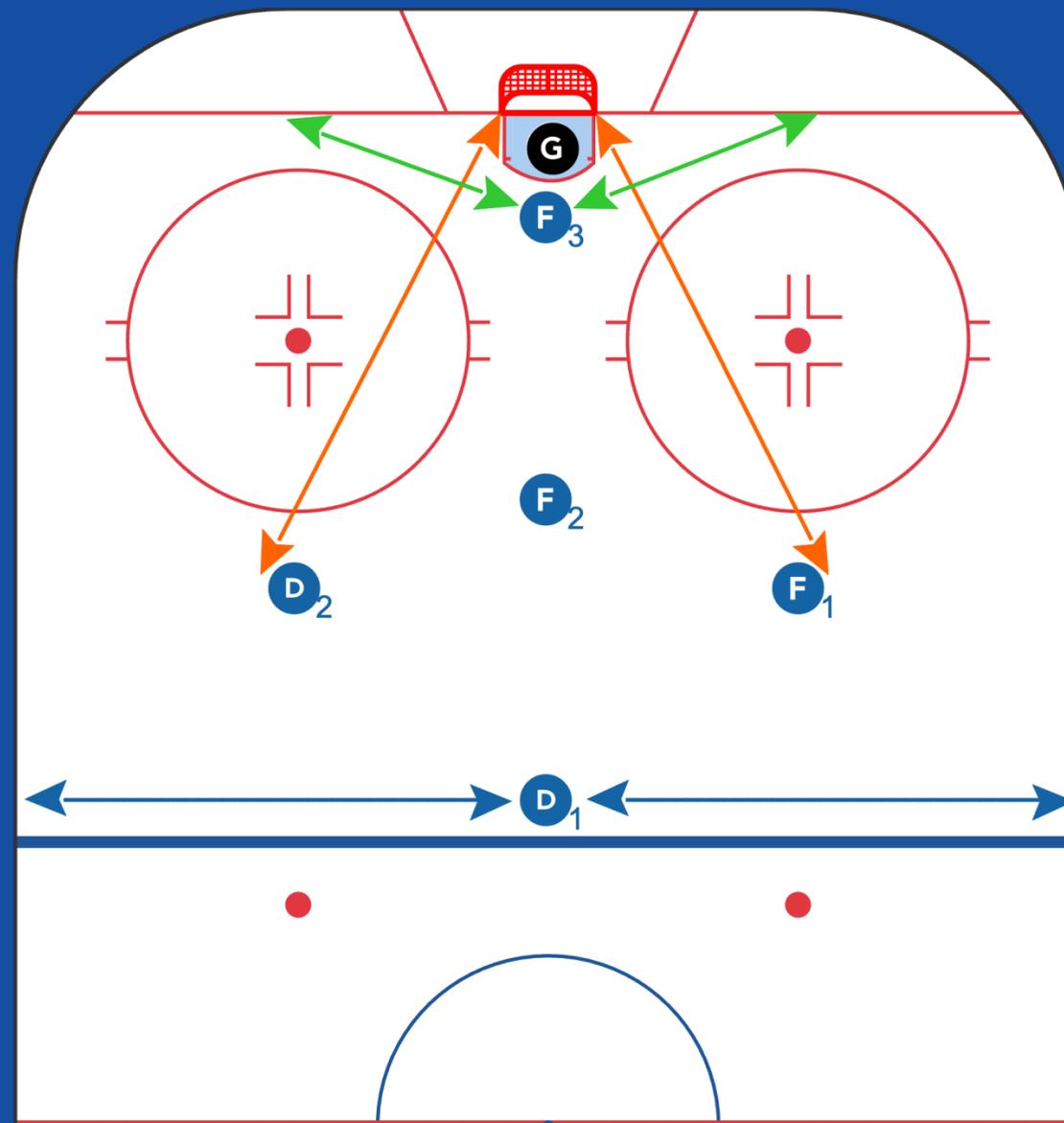
### DESCRIPTION

**D1 [QB]** – FEET OUTSIDE THE LINE, DIRECTLY SUPPORTING THE FLANKERS AND BUMPER.

**D2 & F1 [FLANKERS]** – STICKS INSIDE THE DOT LINE, DIRECTLY SUPPORTING THE QUARTERBACK, BUMPER, AND NET FRONT.

**F2 [BUMPER]** – NO LIMITS ON POSITIONING. PROVIDES SUPPORT FOR EVERYONE BASED ON WHERE THE PUCK IS.

**F3 [NET FRONT]** – READ PRESSURE AND PROVIDE A NET PRESENCE FOR SHOTS AND GOAL-LINE SUPPORT FOR EVERYONE.



### KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK

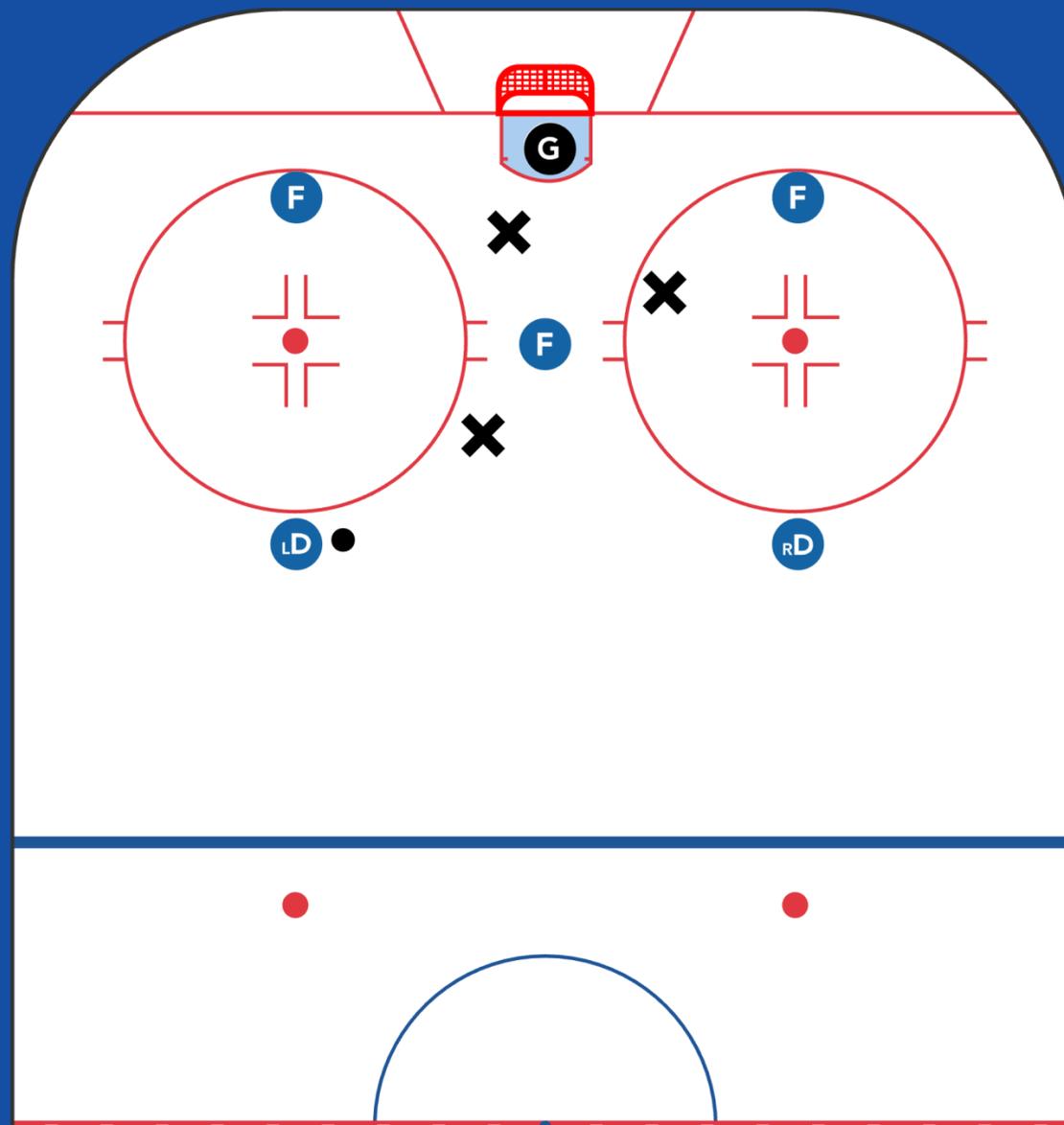
# 5v3 Offensive Zone Setup

## JACK IN THE BOX

### DESCRIPTION

**FWDS** – THE POSITIONS ARE INTERCHANGEABLE. THE FORWARDS LEVERAGE OPPORTUNITIES AND SCORE FROM DANGEROUS POSITIONS IN THE BOX PLUS ONE FORMATION.

**DMAN** – THE DEFENSEMAN'S PRIMARY RESPONSIBILITY IS TO "SQUEEZE THE SPACE" FROM WHEREVER THEY'RE POSITIONED. THIS MEANS THEY'RE RESPONSIBLE FOR BRINGING THE PUCK CLOSER TO THE NET AND TIGHTENING THE BOX TO FORCE THE PKERS TO CONFRONT THEM, LEAVING ANOTHER PLAYER WIDE OPEN. THE CLOSER THE PUCK IS TO THE NET, THE HARDER IT WILL BE FOR THE GOALIE TO READ THE NEXT PLAY AND MAKE A SAVE.



### KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK

# 4v3 Offensive Zone Setup

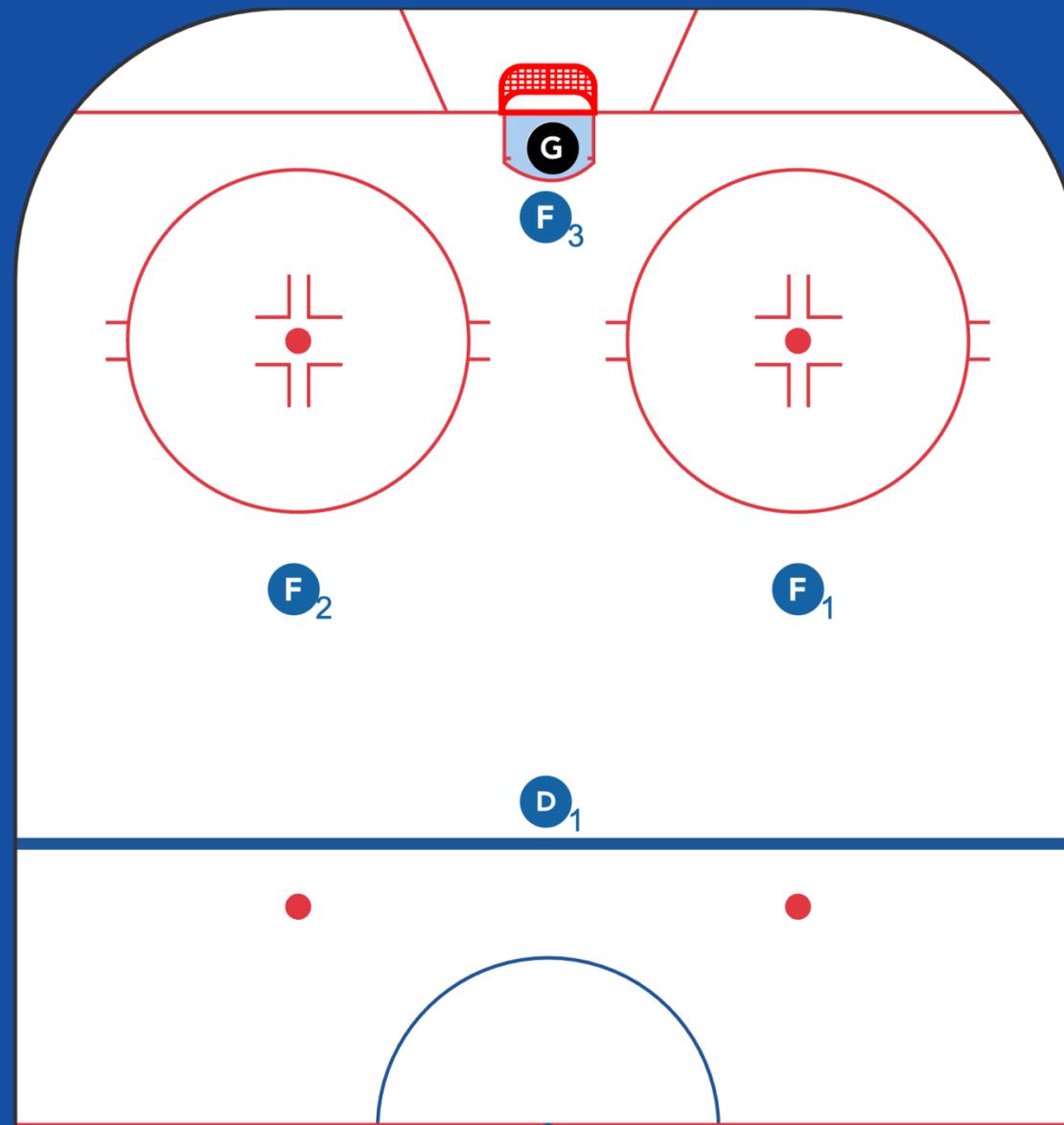
## DIAMOND

### DESCRIPTION

SHIFT INTO A **DIAMOND** FROM JACK IN BOX (2-1-2).

#### OPTIONS:

- GOAL LINE OPTIONS TO BACKDOOR
- FLOP/ONE-TIMER
- SEAM/ONE-TIMER
- BEHIND THE NET, CHANGE SIDES, ONE-TIMER



### KEY POINTS

- SPREAD THE ZONE - PUCK AND PLAYERS HAVE TO MOVE
- NORTH, SOUTH, EAST, WEST PASSING
- SHOOT, SHOOT, SHOOT - 5X SHOTS-PER PP
- COMPETE, COMPETE, COMPETE - OUTWORK THE PK

Special Teams  
**PENALTY KILL**



# Penalty Kill

## KEYS TO SUCCESS

- 1** BE FACE-OFF READY
- 2** DENY ENTRY INTO THE DEFENSIVE ZONE
- 3** DENY PUCK POSSESSION
- 4** PREVENT SHOTS FROM THE SCORING AREA

# Penalty Kill

## RODEO MENTALITY



- **HARD PRESSURE FOR  $\geq$  8 SECONDS**
- **FULL PRESSURE**
  - **FACE-OFFS**
  - **ENTRIES**
  - **SHOTS**
  - **RIMS**
  - **MOVEMENT ALONG THE WALL OR CORNER TO CORNER**
  - **CHANGE OF POSSESSION**
- **CHANGE AS QUICKLY AS POSSIBLE - AS MANY CHANGES IN THE 2 MINS AS POSSIBLE (10-20S SHIFTS)**

# 4v5 Penalty Kill Face-Off

## LOSS

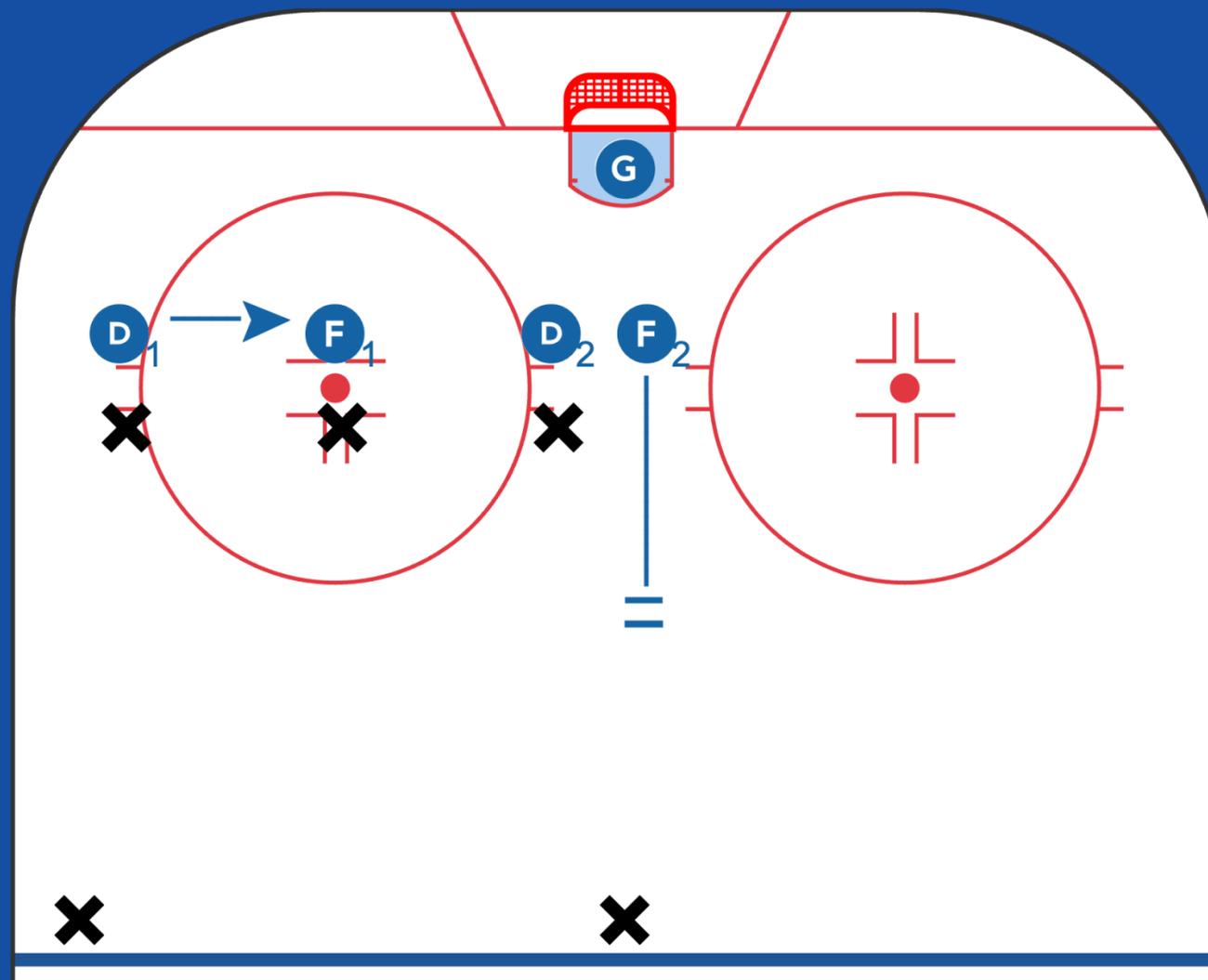
### DESCRIPTION

**F1** - TIES UP OPPOSITION C, COMMUNICATES SWITCH WITH F2

**D1** - TIES UP OPPOSITION BOARD SIDE F, READY TO JUMP ON LOOSE PUCKS

**F2** - SPRINTS TO TAKE AWAY MIDDLE WALK & PASS OPTION

**D2** - TIES UP OPPOSITION NET FRONT FWD & HOLDS NET FRONT



### KEY POINTS

- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS

# 4v5 Penalty Kill Face-Off

## CHiP

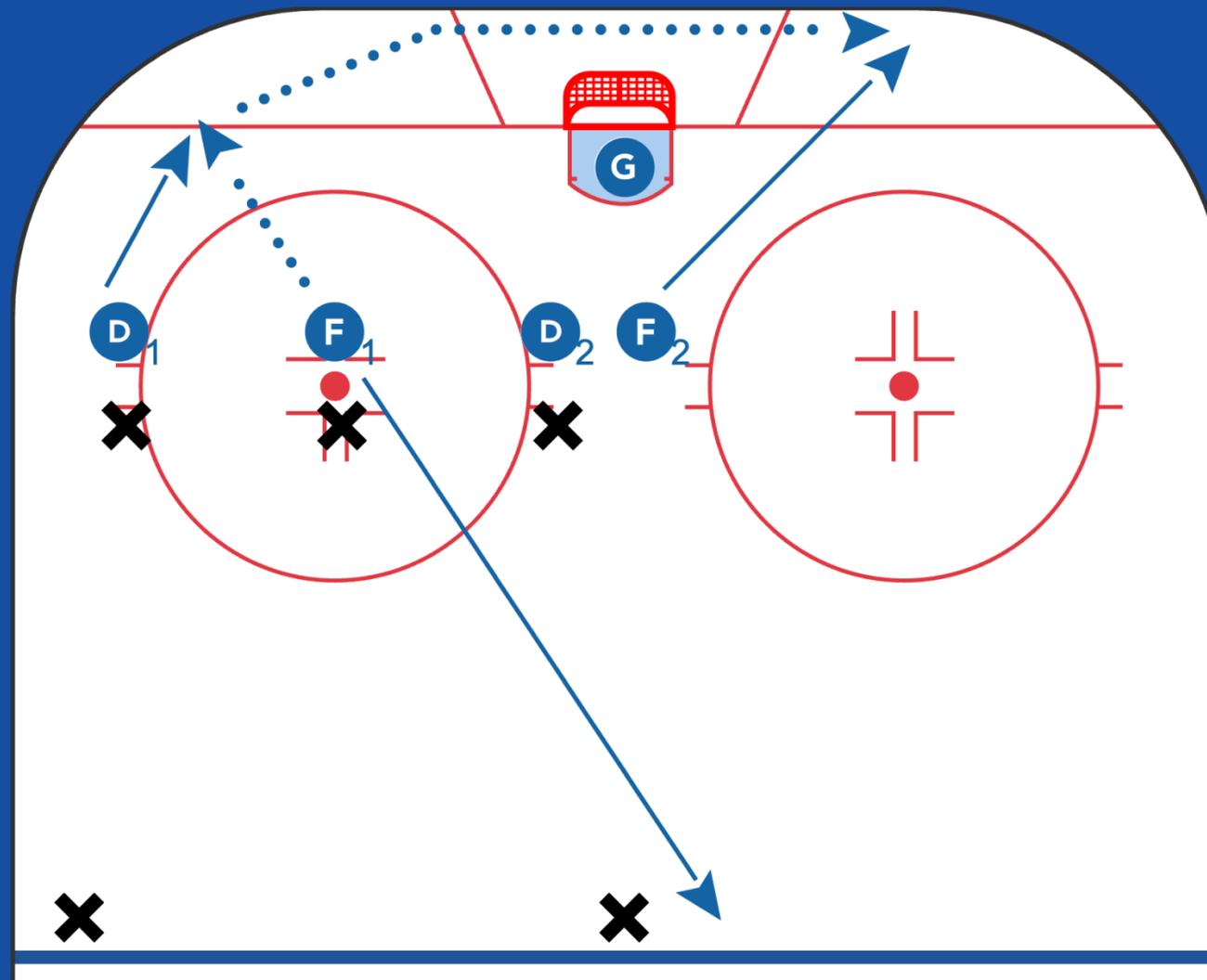
### DESCRIPTION

**F1** - DRAWS PUCK BACK TO D1, TIES UP OPPOSING CENTRE

**D1** - OWNS LANE, CHIPS PUCK TO RW

**F2** - SUPPORTS D1, QUICKLY SHOOTS DOWN ICE OR FINDS C FOR STRETCH PASS

**D2** - TIES UP OPPOSITION TRYING TO GET THROUGH



### KEY POINTS

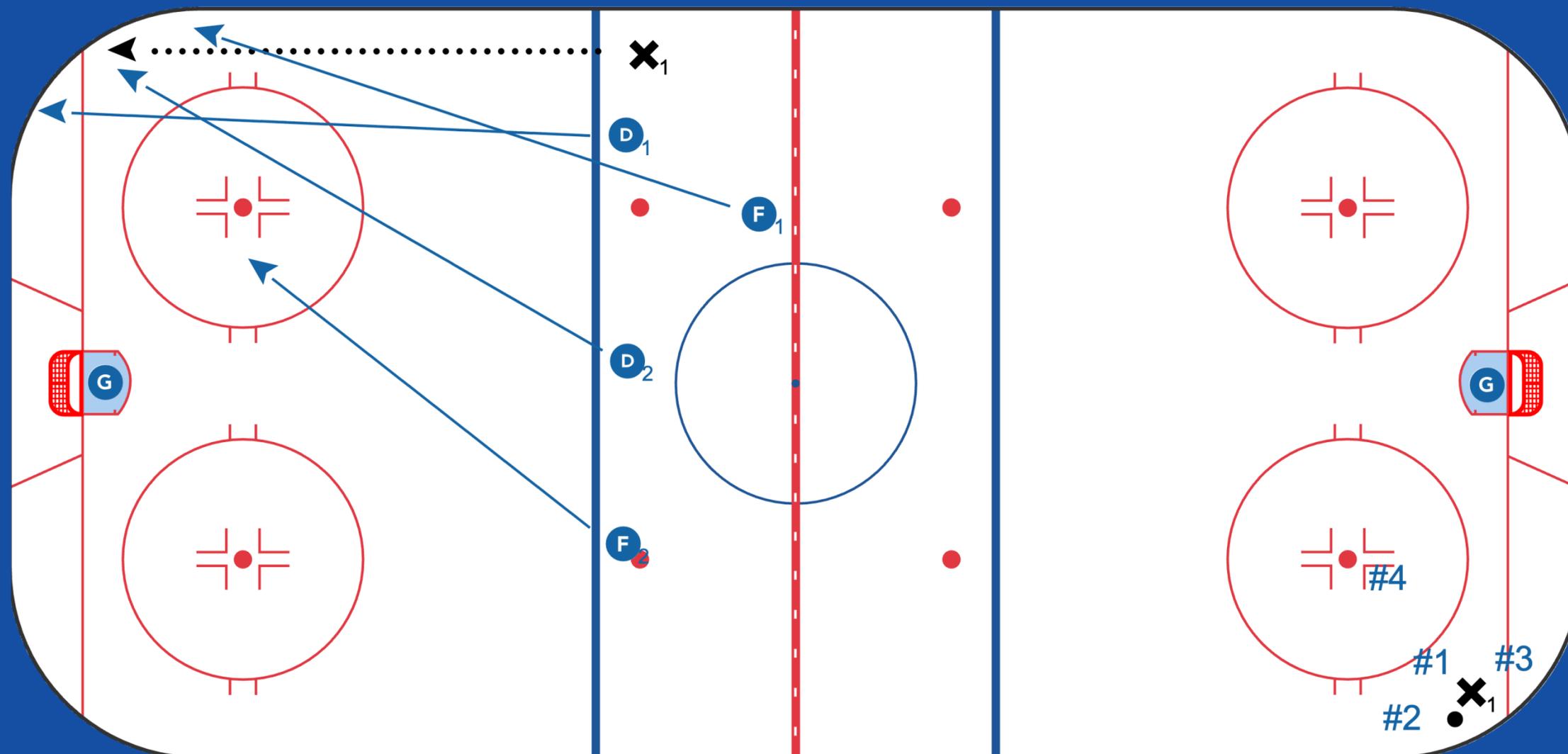
- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS





# 4v5 Penalty Kill

## 4 GO SCRUM



### DESCRIPTION

**PRESSURE THE PUCK & DENY POSSESSION**

**4 GO RODEO ON ANY:**

- DUMP
- RIM
- SHOT / RECOVERY (LOOSE PUCK)

**#1 - HARD INTO THE BATTLE. SACRIFICE YOUR BODY**

**#2 - DENY THE TOP**

**#3 - DENY THE BOTTOM**

**#4 - DOT / RELEASE VALVE**

### KEY POINTS

- OWN THE MIDDLE - FORCE PUCK WIDE
- FORCE DUMP - GAP CONTROL (DENY THE ENTRY)
- ATTACK ON TURNOVERS

# 4v5 Penalty Kill

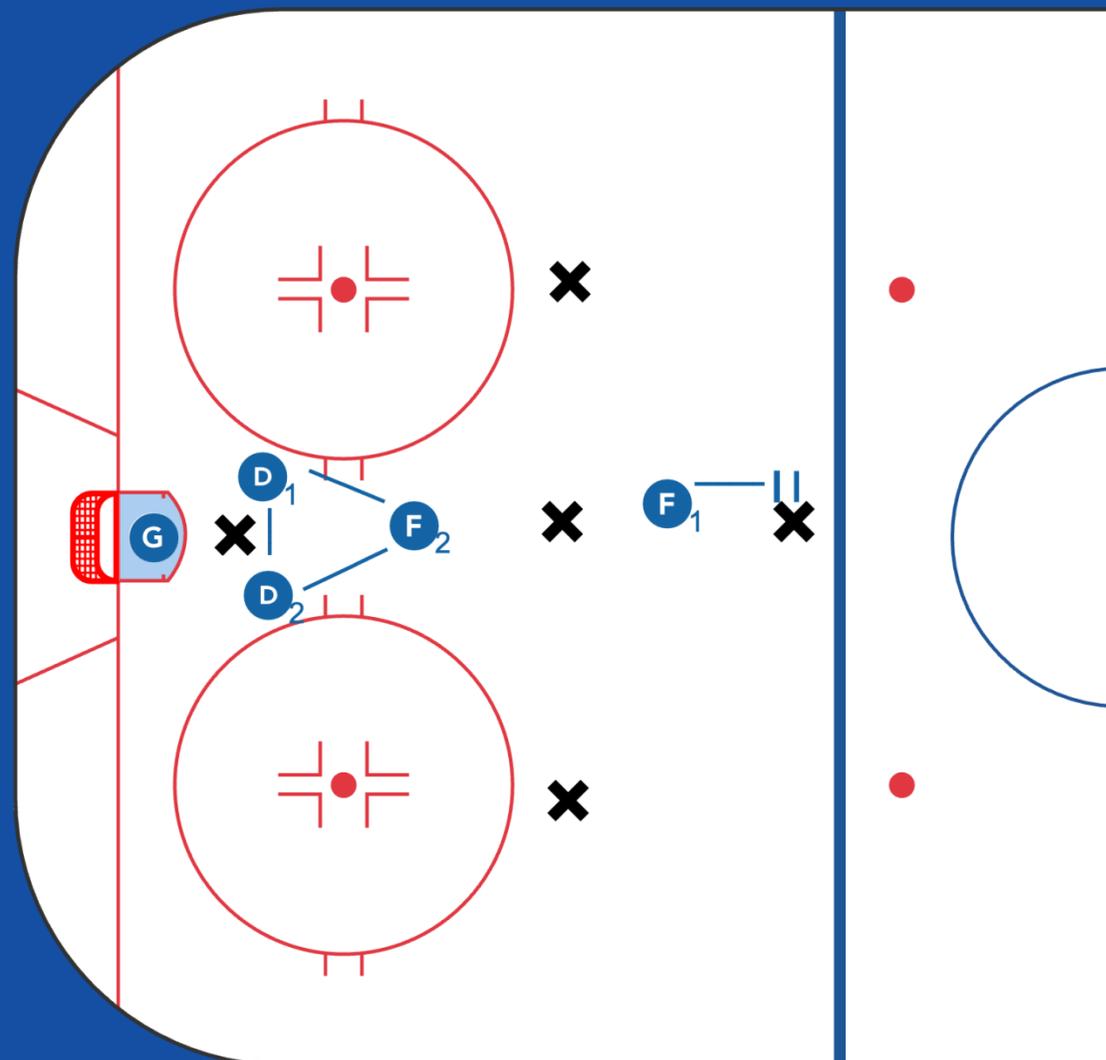
## TRIANGLE & ONE - INTRO

### DESCRIPTION

- **D1/D2**, JUST OUTSIDE OUTER EDGES OF THE CREESE, FORM A BASIS OF THE TRIANGLE.
- **F2** IS POSITIONED IN THE MID-TO-HIGH SLOT, COMPLETING THE TRIANGLE.

**D1/D2/F2** FORM THE CORE AND LOOK TO DENY CROSS-SEAM PASSES AND SCORING OPPORTUNITIES WITH ACTIVE STICKS.

- **F1** ACTIVATES IN A STRAIGHT LINE FROM THE GOAL TOWARD THE OPPOSING PLAYER TO CONCEDE POSSESSION AND ANGLE TO THE LOWER-DANGER PORTION OF THE ICE.



### KEY POINTS

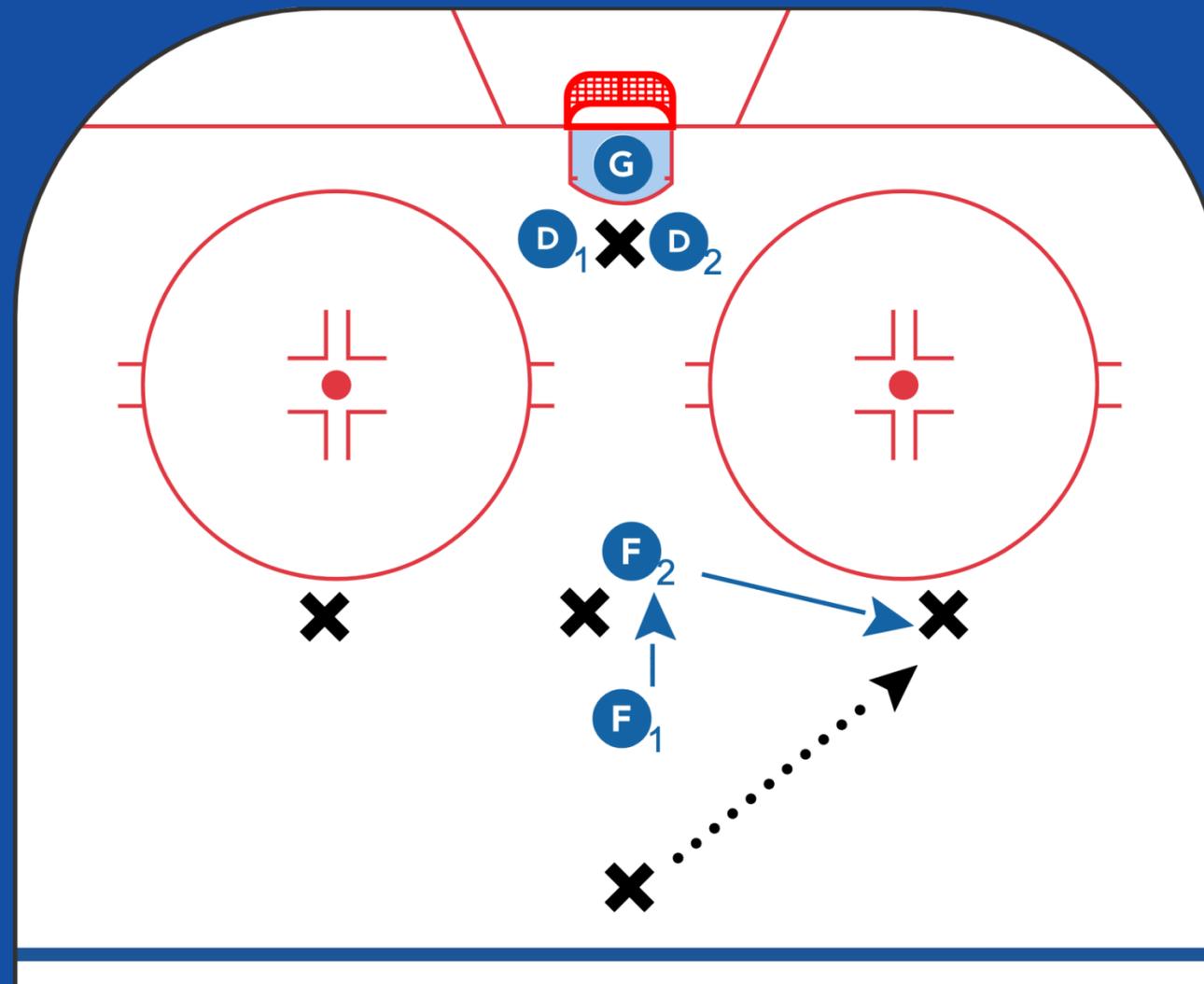
- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS

# 4v5 Penalty Kill

## TRIANGLE & ONE - EXCHANGE

### DESCRIPTION

- **F1/F2 CAN EXCHANGE RESPONSIBILITIES WHERE F2 ACTIVATES INTO THE "ONE" POSITION, AND THE PREVIOUS PRESSURE FORWARD ROTATES DOWN TO FILL THE VACATED SPOT IN THE TRIANGLE.**



### KEY POINTS

- BE FACE-OFF READY
- RODEO MENTALITY
- BLOCK SHOTS



# 3v5 Penalty Kill Face-Off

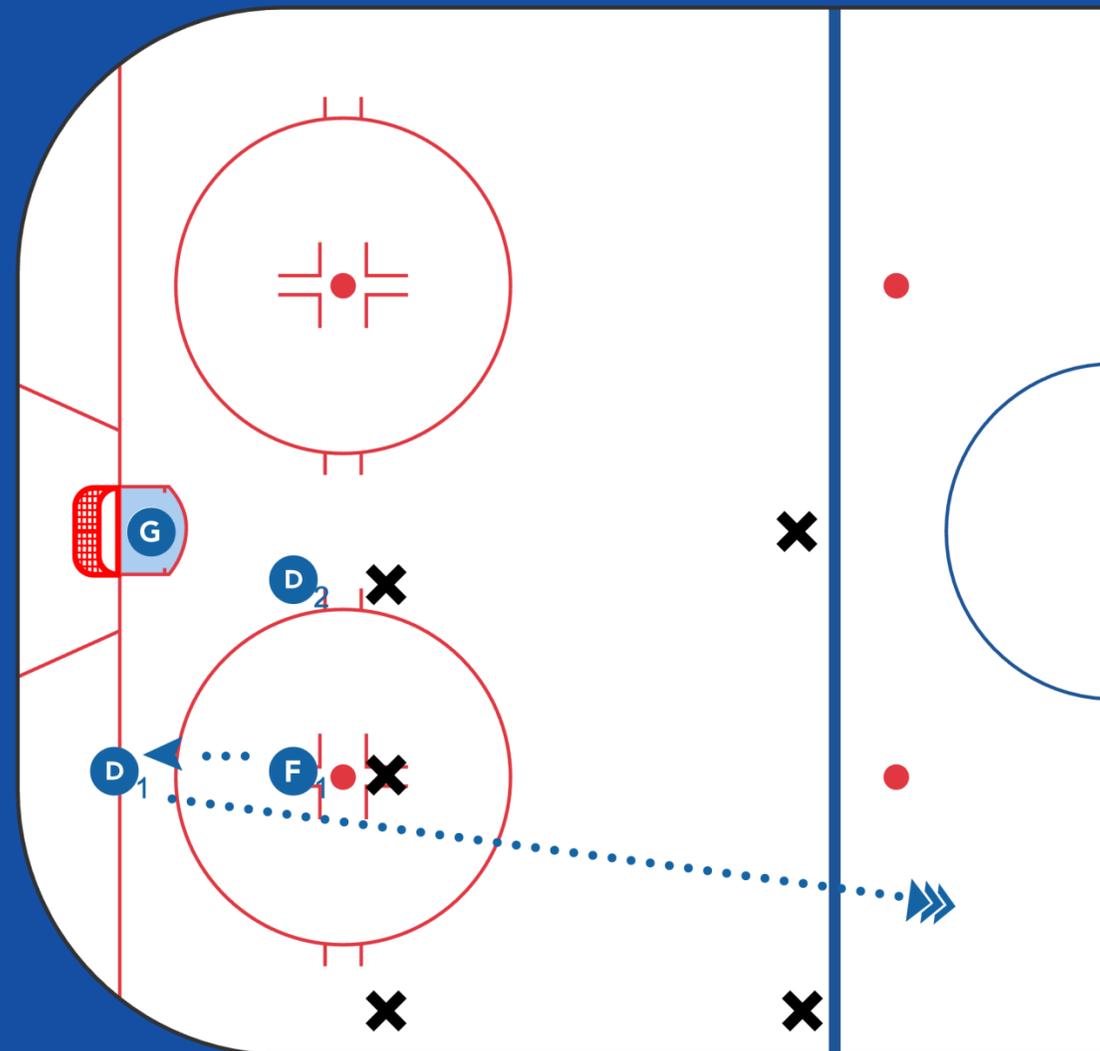
## WIN

### DESCRIPTION

**D1** - LINES UP ON THE DOT LINE BEHIND AND ASSUMES THE BOTTOM OF THE TRIANGLE ON LOSS.

**F1** - ASSUMES [SSF] POSITION ON LOSS.

**F2** - ASSUMES [WSF] POSITION ON LOSS.



### KEY POINTS

- ANTICIPATE - MEET OR BEAT THE PASS
- STICKS ON THE ICE AND IN PASSING LANES
- BODIES IN SHOOTING LANES
- STOPS & STARTS

# 3v5 Penalty Kill

## SLIDING TRIANGLE

### DESCRIPTION

3 LAYERS / DEFEND THE SMALL SPACE

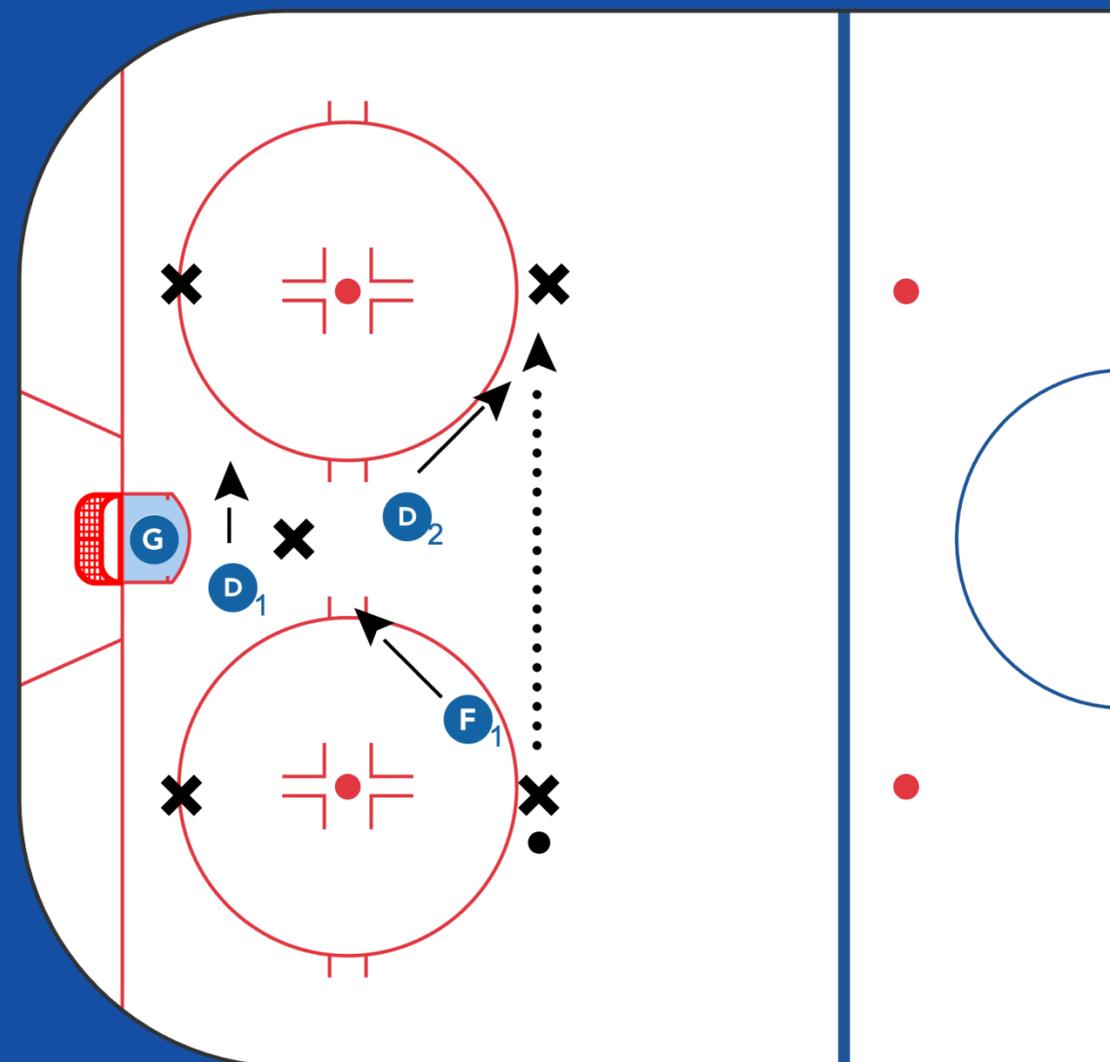
**F1 [SSF]** - STICK ON THE ICE, BODY IN THE SHOOTING LANE, NO HIGHER THAN THE TOP OF THE CIRCLES, ALWAYS INSIDE THE DOTS.

**D1 [SSD]** - OFF THE NEAR POST, FRONTING THE OPPOSITION FORWARD, DON'T GET TIED UP, ALWAYS INSIDE THE DOTS.

**D2 [WSD]** - HALFWAY, OWNS THE SLOT, STICKS ON THE ICE, DOESN'T GET TIED UP.

**F1 & D2** SKATE NORTH/SOUTH

**D1** SKATES EAST/WEST - POST TO POST

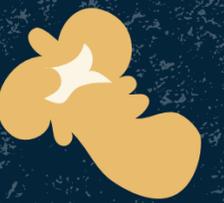


### KEY POINTS

- ANTICIPATE - MEET OR BEAT THE PASS
- STICKS ON THE ICE AND IN PASSING LANES
- BODIES IN SHOOTING LANES
- STOPS & STARTS

# VIEWING TIME

Grab the popcorn!



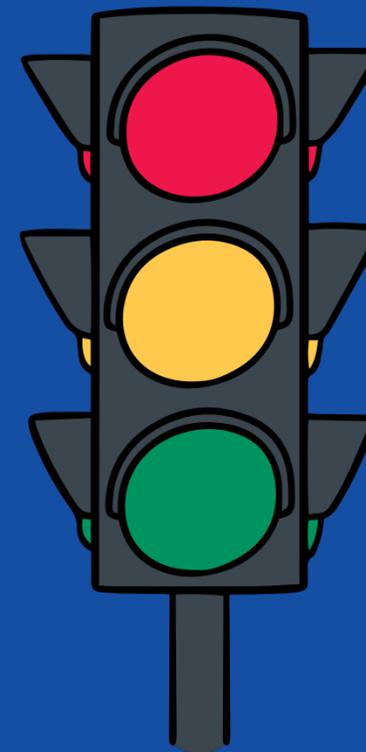
# Red / Yellow / Green Light

## MINDSET

**RED MINDSET:** ANGRY, FRUSTRATED, OUT OF CONTROL, HELPLESS, AND WANTING TO GIVE UP.

**YELLOW MINDSET:** HESITANT, DISTRACTED, NERVOUS, AND UNSURE.

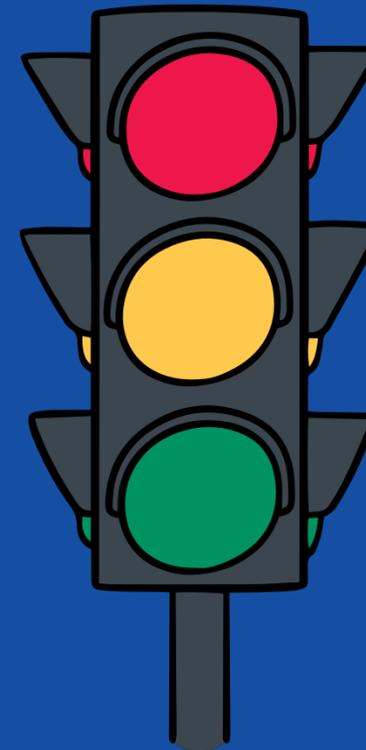
**GREEN MINDSET =** CONFIDENT, AGGRESSIVE, COMPOSED, FOCUSED, AND IN CONTROL.



Red / Yellow / Green Light

## SCENARIO #1

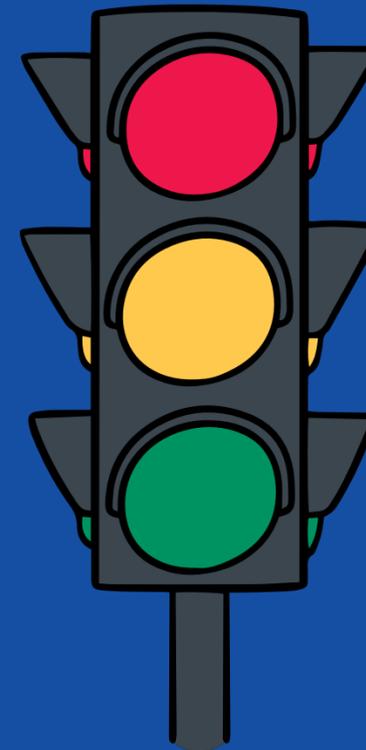
**NOT GETTING  
THE PLAYING  
TIME YOU WOULD  
LIKE**



Red / Yellow / Green Light

## SCENARIO #2

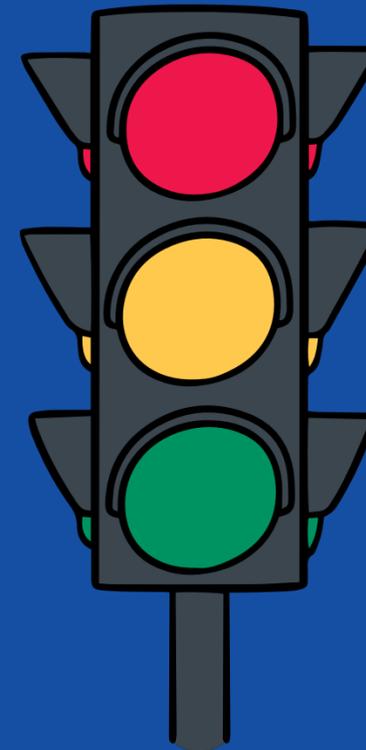
**RECEIVING  
CRITICISM FROM  
A COACH  
DURING A GAME  
OR PRACTICE**



Red / Yellow / Green Light

## SCENARIO #3

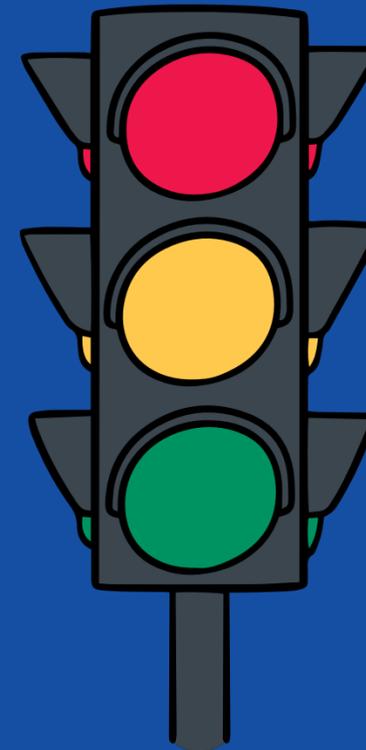
**OFFICIAL  
MAKING A POOR  
CALL**



Red / Yellow / Green Light

## SCENARIO #4

**GETTING  
INJURED OR  
HAVING TO SIT  
OUT FOR A  
PERIOD OF TIME**



Red / Yellow / Green Light

## SCENARIO #5

**WITNESSING A  
TEAMMATE  
CHEATING OR  
NOT LIVING THE  
EXPECTED  
STANDARD**

