

T4 Back Pressure

Key Points:

Back pressure allows the D to really play a tight gap on the attacker and stand up on him if you have an angle. The forward coming back can pick up the loose puck or a chip behind. Also if the attacker delays he is skating into the back pressure. (Remember Crosby's big hit on Ovechkin when they played in the world jrs. about 4 years ago).

Some teams only back pressure thru the nzone and then peel off. I think it is best to create the defensive 2-1 and only peel off if you are out numbered. Creating offensive and defensive 2-1's is the key to the game.

D1 play a good gap and F1 pursue from behind. If it is an odd number situation where another attacker is not covered then F1 and D1 communicate and F1 pick him up.

Description:

1. D1 play a 1-1 with the puck carrier from the D side.
2. D2 play the second attacker in the middle or wide lane.
3. F1 pursue the puck carrier from the inside if possible.
4. F2 come back to cover the trailer.
5. F3 come back to the mid slot.

After the attack F1 stay in the zone and play the low 3-3.

