

UNDER 18 TECHNICAL CURRICULUM

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TRADITIONAL VS. READ & ACT COVERAGE

In traditional coverage the centre is taught to play low. In Read and react coverage the closest player (first back checker) plays low. The centre (face off player) plays low after Offensive zone face offs. The modern game requires all FW's to be able to play low and to Read and act as F1, F2 or F3 according to the situation. Players must communicate to "Figure it out".

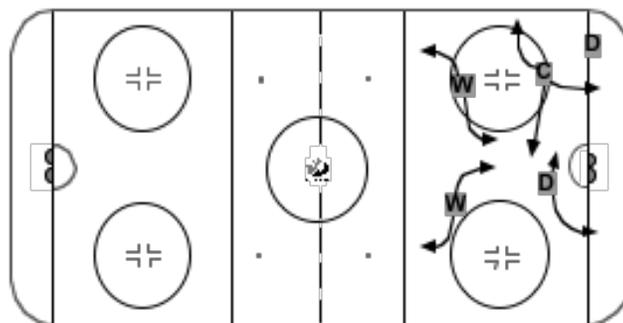
Defensive Zone Coverage

TRADITIONAL COVERAGE

- Centre low after the face off
- Wingers cover the slot / point
-

Man on Box Behind "not" Box + 1

Using the term Box + 1 suggests a passive DZ coverage. Man on Box Behind is a more aggressive approach. The closest player is Man on Man allowing other players to play closer and support the situation more effectively. The result is tighter coverage, creating less time and space for the offense.



In Read & Act coverage the 1st forward back to the defensive zone will support low. All forwards are able to play low if they are first back in the zone.

The National Women's Team program **wants** coaches to teach players to read & act – this allows the closest player to the puck to read the play and others to support immediately.

By using the Read & Act philosophy players are able to interchange positions effectively and provide the best possible coverage.

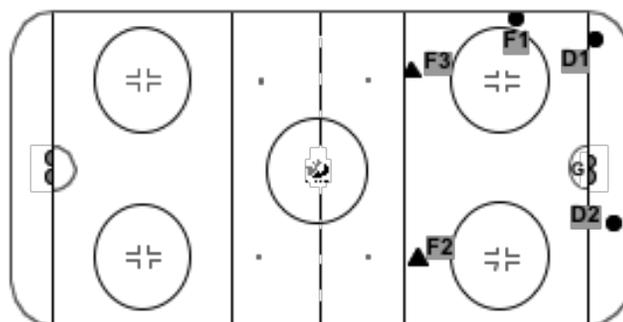
MAN ON MAN VS. ZONE DEFENSIVE COVERAGE

In read & act "man-on box behind" the DZ players are "aware" of the play and players in their area of coverage. They learn to read & act when zone coverage is used. In pure man on man coverage players tend to have a narrow focus on their man. Zone coverage initially develops defensive awareness. Coaches should teach man / zone coverage and progress to tighter man on man coverage with the low 3 players

Defensive Zone Coverage

MAN ON MAN COVERAGE

- Beginning with man on man on all 5 players coverage does not develop read and react "awareness"
- The NWT begins with Man on Box behind coverage and Players learn to read and act more effectively
- When using Man on Man coverage terminology players need to be "aware" and have a broader focus.
- Tighter coverage requires 1 on 1 skills.



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DEFENSIVE TEAM PLAY

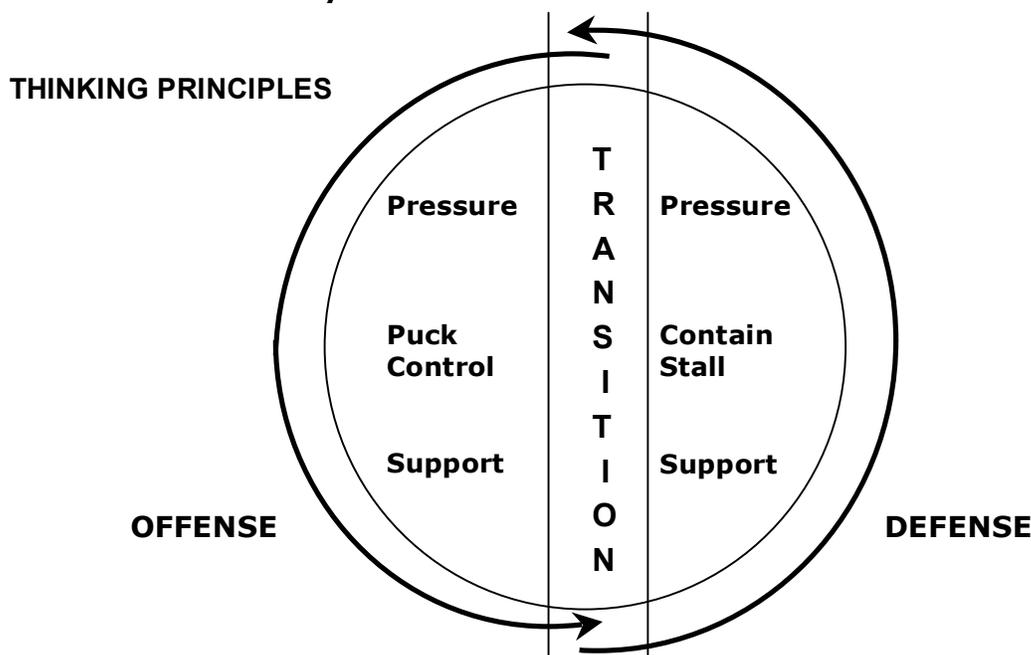
CANADIAN HOCKEY SETS THE STANDARD FOR DEFENSIVE PLAY. PLAYING WELL DEFENSIVELY IS THE KEY TO WINNING. BY SOLID DEFENSIVE PLAY WE WANT TO TAKE ADVANTAGE OF THE "TRANSITION GAME" WITHIN THE GAME OF HOCKEY AND CONTINUE TO RAISE THE BAR FOR OFFENSIVE PLAY.

" The best offense is a good defense"

TRANSITION "THE GAME WITHIN THE GAME"

Transition is a key "Thinking" principle. The best teams use hockey sense to move quickly between defense and offense. They play well in both ends of the arena understand the importance of playing "hard and smart".

TEAM TACTICS/ TEAM PLAY – THINKING PRINCIPLES



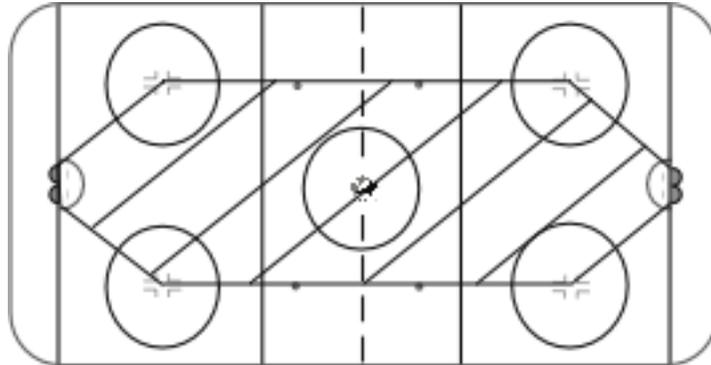
" Offense" overlaps "Defense". The band in the Middle is the principle of "Transition". This is the critical "time" in the game where possession changes. On offense, players want to gain time and space with the puck in a collaborative effort to score. On defense players work to reduce their opponent's time & space with the objective of regaining (recovering) the puck to return onto offense.

Winning free pucks is a key part of transition. A Free puck race progression is provided in Page 7 that is will develop the tactical skill to win , protect and control a puck.

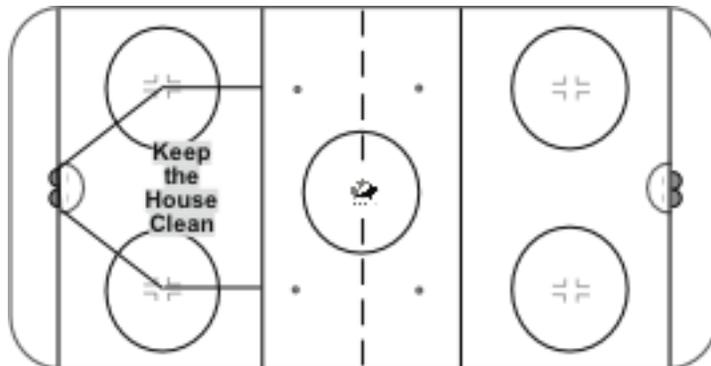
UNDER 18 TECHNICAL CURRICULUM

OVERVIEW: THE BIG PICTURE

The extra width (15') of the international surface makes positioning critical. Protecting the middle of the ice as a unit - deflecting the attack to the outside - and maintaining defensive side is the foundation to defensive success.



First protect the middle of the ice – “no woman’s land” and then pressure out from there. To do this it is important to identify a home base – THE HOUSE - as the most critical ice to protect. Strong net front coverage is essential. Patience is an important virtue when defending against the attack. This area is out of bounds for opposing players - KEEP THE HOUSE CLEAN - NOBODY COMES INTO OUR HOUSE. PROTECT OUR HOUSE.



Protecting the middle is essential, but it is important to also use the principles of “pressure and contain” to take away time and space and to control and force the opposition into making poor decisions.

The closest player on the puck carrier must “know when how to pressure or contain”. Support away from the puck carrier is also important. Players must anticipate and position (shade) in support to cover players away from the one on one. All players must defend as a unit of five (six in their own zone). Communication and team work are key components in ensuring everyone is clear on their responsibilities and provide support and direction to one another. Players must recognize where they are; 1 st, 2 nd or 3 rd to a situation and act effectively

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DEFENSIVE ZONE PLAY READ & ACT ZONE COVERAGE

“GET THE PICTURE”

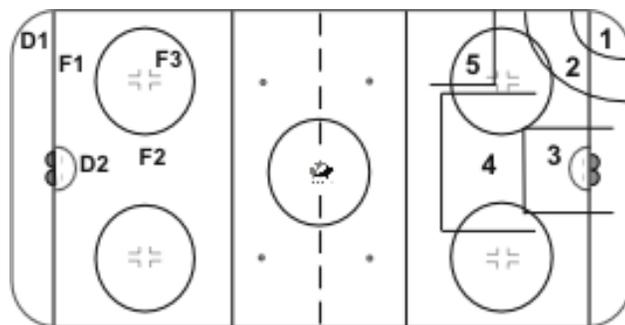
Defensive Zone Coverage

MAN ON BOX BEHIND ZONES OF COVERAGE

This is the shape of the defensive unit when the puck is in a corner

1. Contact Zone – D1 plays Man-on-man (pressure/contain) on the puck carrier
2. Support Zone – 1st forward back supports D1
3. Net Zone – D 2 plays net zone
4. Slot Zone – 2nd F back (F2) plays slot zone
5. Point Zone – 3rd F back (F3) plays Point Zone

Key Points: face puck, swivel head, stop & start, straight line skate. busy-stick. Body in shooting lane, stick in passing lane.



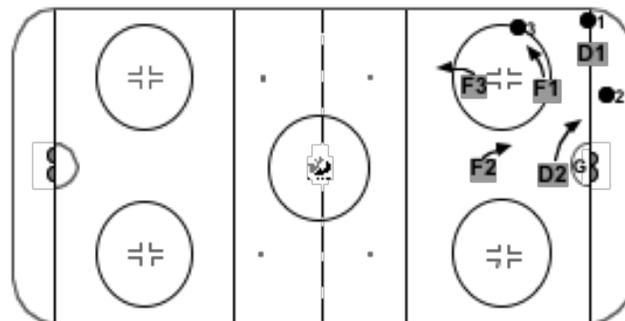
Defensive Zone Coverage

MAN ON BOX BEHIND- MAN ON MAN AWARE

- D1 actively pressures and contains to check (O1)
- F1 is aware of (O3) and play close (shade) – Stick length
- D2 is aware of (O2) plays ½ way to O2 - near post.
- F2 sags to the slot / net zone
- F3 shades the puck side point
- In some situations it will become a man on man (stick on man) with 2 or 3 players
- How close one plays to players in their zone of cover depends on the situation – they will figure it out!

All Players are aware of players in their zone of coverage

Maintain Defensive side Position



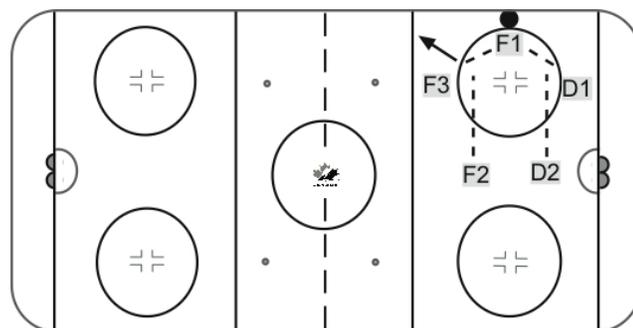
Defensive Zone Coverage

HOUSE AT THE HASH

This is the shape of the defensive unit when the puck is at the hash mark

- When the puck is at the hash the defensive shape looks like the roof of a house and the slot zone and net zone defenders F2 and D2 play “inside” the roof of the house
- All passing lanes are covered
- F3 and D1 form the wedge of the roof with F1 pressuring the puck at the hash
- Note: D1 must finish the check before the hash or let F1 take over. It is safer on Olympic ice to have the F pressure away from the net than get a D away from the low zone.
- The D are expected to cover the corners and the net zone

This strategy is safer on big ice

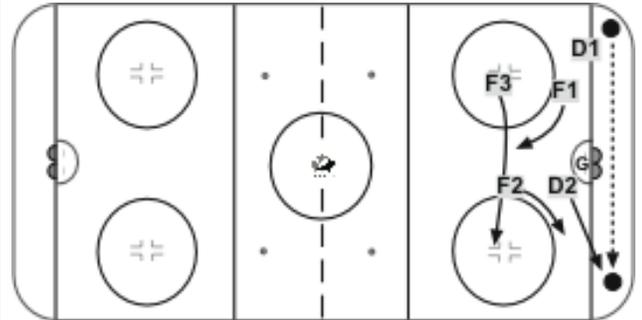


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Defensive Zone Coverage

HC DZ COVER –CORNER TO CORNER

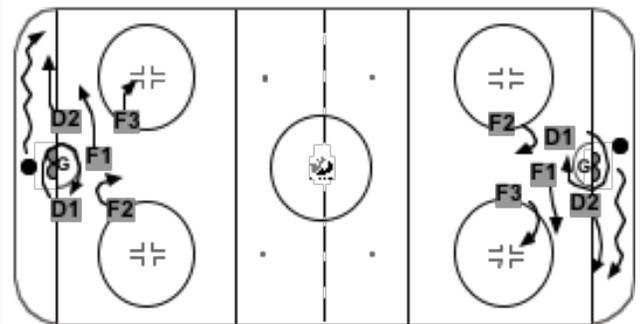
- When point of attack changes the closest player pressures.
- Closest forward – F2 – supports behind D
- Next closest player – F3 – moves through slot to point zone
- Farthest forward away – F1 – moves back to slot zone
- Let the players “figure it out” who is 1st, 2nd and 3rd to the situation
- Move, rotate, switch – position and find your man in the new areas of coverage



Defensive Zone Coverage

HC DZ COVER – BEHIND THE NET

- All 5 players collapse to net zone.
- D Hug the posts.
- F1 at crease, F2 and F3 to hash
- D1 flushes puck carrier to backhand side
- D2 takes over and pressures puck carrier
- D1 returns to net front
- Re-establish ‘Man on Box Behind’



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COMBINATION COVERAGE

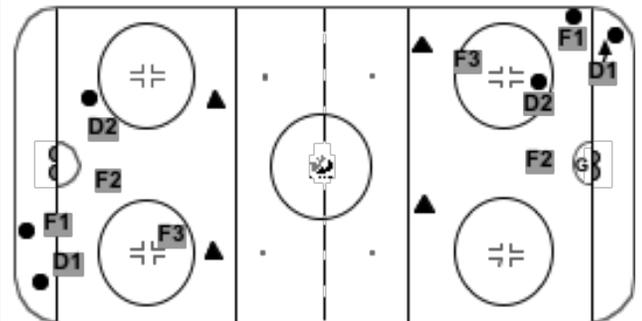
Ultimate coverage is a combination of man on man and zone coverage. Starting with “man on box behind” teaches defensive awareness/read and act. Players will instinctively play man-on-man on the puck carrier and closer (shade) and play “stick on Man to the closest support player and ½ way to the 3 rd player. This system provides tighter team coverage. Using zone coverage will develop defensive hockey sense. Man-on-man coverage will develop individual defensive skills and tactics. Combination coverage (Man/Zone) is most effective.

The National women’s team advocates beginning with zone (man on box behind) and progressing to man on man coverage with the low three players. The slot Fw will drop to the net zone (4 low)

Defensive Zone Coverage

4 LOW: 3 PLAYERS MAN-ON-MAN
ULTIMATE COVERAGE

- When a team plays man on man with the low players. the slot zone player F2 needs to cover the slot / net zone
- F2 is available for low zone support and transition
- F3 helps cover the seam and the passing lane to the point.
- If the puck gets to the point F3 will get to the shooting lane and pressure the D
- The far point is the least dangerous option in 5 on 5 hockey



WINNING THE BATTLES

Good defensive team play creates turnovers. “Skill and Will” contribute to getting and keeping the puck. Players must anticipate the play to gain the lane to get the puck. This FREE PUCK RACE PROGRESSION will develop the “**skill and will**” to win those battles to breakout and attack.

1 vs 1 Free Puck Race / Battle “Must do Drill”

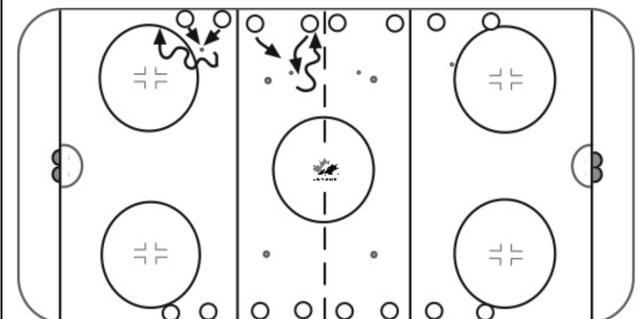
1 VS 1 FREE PUCK > 1 VS 1 KEEP AWAY

All players pair off and line up with their Butts on the boards. They will start off 2 stick lengths apart with a puck placed 3-5 stick lengths away equidistant in the NZ. On coaches whistle they race and compete for the puck. Protect and keep it in your small area until the whistle. Winners rotate clock wise. Losers Counter clock wise.

Teaching Point:

Players will initially go straight to the puck. Have all players observe a 1 vs 1 battle and observe the race. Point how they need to win the race **to the lane** to block the opponent and gain possession.

Variation: Initiate 1 vs 1 / 2 vs 2 / 3 vs 3 DZ scrimmage drills with a free puck battle. Dump (place)pucks to practice the transition battle.



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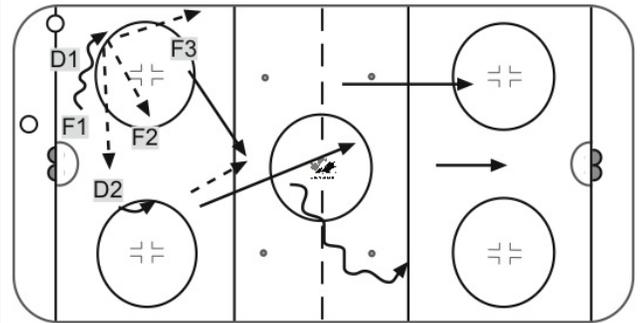
BREAKING OUT FROM DEFENSIVE ZONE PLAY

GOOD DEFENSIVE ZONE PLAY IS THE KEY TO TRANSITION AND BREAKOUT.

Players anticipate the defensive 1 on 1 and they position / support to regain the puck. Team mates **support** the puck carrier who will skate or **move the puck**. The “time and space” gained in transition requires all players to read the play and provide quick and close support to successfully breakout and attack. You can’t score from your own end of the ice.

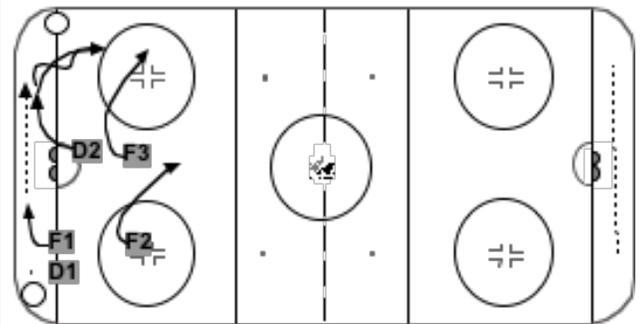
Breakout from Defensive Zone Cover

- D checks the puck carrier
- Low forward anticipates (reads), retrieves the puck and skates to initiate the breakout
- Other players move to support positions quickly to take advantage of the “Transition” . Move the puck up quickly
- The net front D also a good option to practice. Although it is a risk it may be available as D2 can join the rush.



Breakout from Defensive Zone Cover

- D1 checks the puck carrier
- Net D2 provides immediate support
- F1 passes the puck to D2 who carries and reads the options to pass the puck and join the attack.
- Attack with speed. Take advantage of the “Time and Space”.



Teaching your team to “break out” from DZC = DZ TRANSITION: Is as simple as building things into drills you already do. Complete all Rush drills (2 on 2 , 3 on 3) with a DZ cover > Breakout (transition).

“**Erika Transition**” drills included in this package reinforce the breakout and transition nature of game situations.

This reinforces the concept that, “Good defense leads to good offense”.

Players will develop good defensive habits to provide quick support (this is key) to initiate the counter attack.

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DEVELOPING/TEACHING THE SYSTEM

Key to Learning

Coaches must use all resources on and off the ice to implement effective systems of play. Dryland walkthroughs and classroom video review will save time in developing Team Play Systems.

Developing Hockey Sense through “Decision training” and Delayed Feedback.:

Players must learn to “**figure it out**”. Players will develop hockey sense by being allowed to figure things out for themselves. They must make good decisions and learn to read and act to situations as they happen on the ice. The coach must help them figure out what to do.

Players must recognize when they are 1st, 2nd or 3rd closest to a situation and act accordingly. Coaches need to hold back and delay their feedback by asking players questions. What could you have done differently? What did you see? This is an important new approach to coaching which will help players to make better decisions in game situations resulting in better team play.

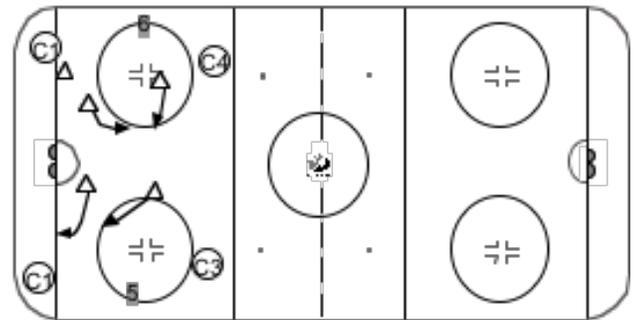
They need to be able to learn from their mistakes by being allowed to think for themselves. Coaches will develop “Hockey Thinking” by using delayed feedback.

Dryland & On-ice Walk Through

DZC POSITIONING (NO PUCK) 5-0

This first stage is a dryland walk through with a 5 player unit. Coaches call and teach the system

1. Corner low
2. Corner low
3. Point > Point
4. Hash
5. Far Hash – **FIO** let the players “figure it out”
6. Behind net coverage; Collapse, flush to BH,
 - Coach calls/points to a location and players straight line skate to defensive positions and form *man on box behind* or *house at the hash*
 - Players move and position naturally “figuring it out”
 - Closest player 1st, next 2nd, next 3rd

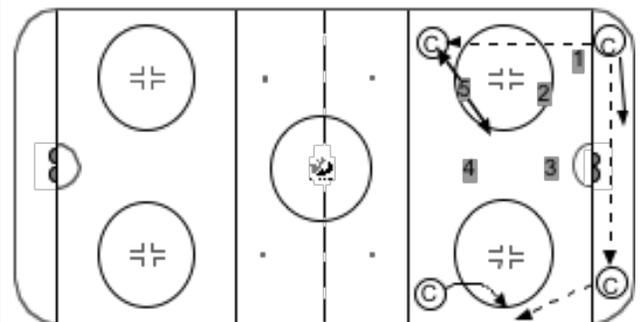


On-ice Walk Through

DZ POSITIONING & ROTATION

- Coaches pass and hold puck as players straight line skate to defensive positions (corners, points, hash)
- Players stop and start and shuffle skate waiting for the puck to move
- On the coaches call “pin” the unit recovers the puck and breaks out (transition from defense to offense)

Teaching points: face the puck, straight line skating, stops and starts, busy stick, head on a swivel



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The Magic Puck

DZ POSITIONING

- Coach has pucks in their pocket and calls imaginary puck locations: corner-point-hash-behind net
- Players move to imaginary puck and maintain shape of the DZ coverage
- Coaches drops a puck and the players breakout on the free puck

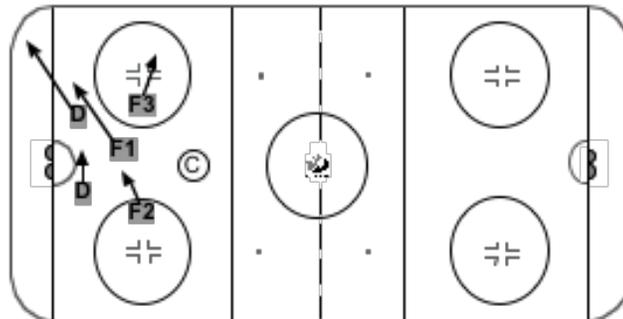
Corner and points = Man on box behind

Hash = House at hash – Closest Fw at hash

Corner to corner = F1-F2-F3 rotation to support

Behind Net: D Hug post., F1 crease, F2 F3 to hash

D flushes puck carrier to BH and switches with partner



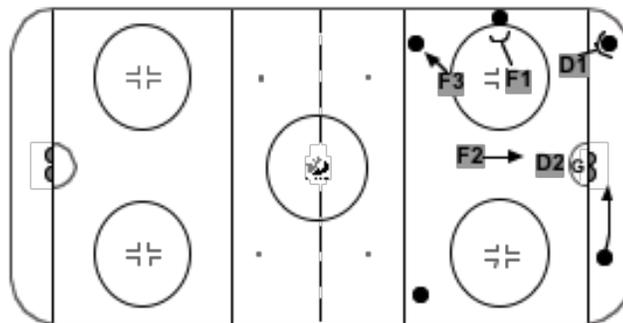
5 vs. 5 Sticks Over

STEP ONE

- Attacking players pass and wait for defending players to move into position – move the puck and WAIT until the defending players FIGURE IT OUT and form the shape – man on box behind, house at the hash, low collapse

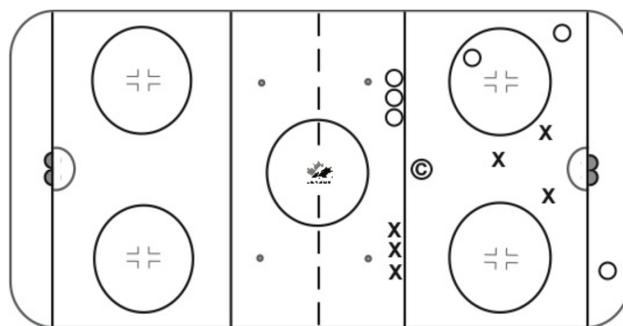
STEP TWO

- Same as above, but “live” with sticks over
- Defensive team try to get a freeze, puck recover and break out.



3 vs 3 - 3/4 D zone Coverage

- 3 defensive players on knees in net / slot zone
- 3 offensive players spread out under the top of the circles. Coach with pucks inside the blue line .
- Coach dumps (places puck) to start the DZ scrimmage
- Defensive players play Man on the puck carrier and are aware and shade to cover the player in their area.
- Defensive players create Pin or transition > breakout.
- Defensive players read and act. Man on the puck carrier, stick on closest player and 1/2 way to the 3 rd. They may switch coverage
- FINAL STAGE – 3 ON 3 ALL MAN ON MAN and “aware”
- Practicing Man on Man Coverage improves Man / Zone play.



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DZC SCRIMMAGE – below top of circle

- 1 vs. 1, 2 vs.2 , 3 vs 3 - Individual and Team Tactics
- O tries to score, D carry or pass puck to break out.

Drill Execution points

Coach “places” pucks to initiate and continue the drill.

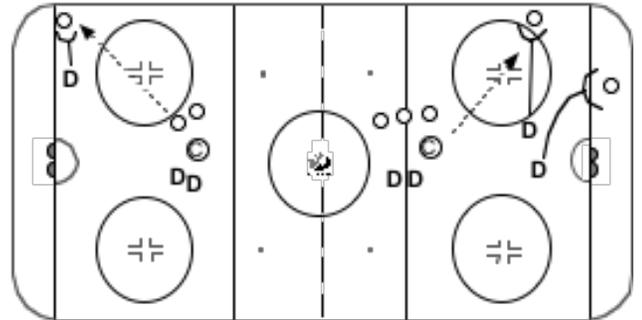
Teaching points: O - speed, deception, battle, to score,

D pressure vs. contain - support,

1 vs. 1 toe caps square, Pressure / contain. Pin.

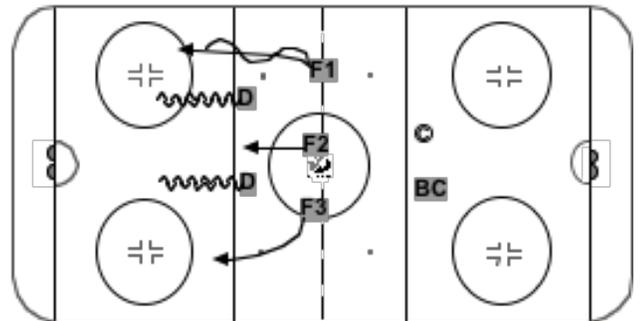
2 vs 2 support, swivel the head, communicate, Switch.

3 vs 3 O cycle ,pic, free pucks D man on, Stick on, ½ way
DECISION MAKING IS KEY. “ FIGURE IT OUT”



3 vs. 2 with Backchecker to 3 vs. 3

- Fs mill and touch pass puck in NZ – may pass to D as well
- Back checker is behind the blue line
- On the whistle the 3 Fs attack the 2 D
- The backchecker tracks back through the middle to help the D making it a 3 vs. 3
- Attackers must use speed and support to force the D to read & decide how to defend
- Defense “read” support from backchecker.
- Complete the drill by pin / whistle , Goal or whistle.

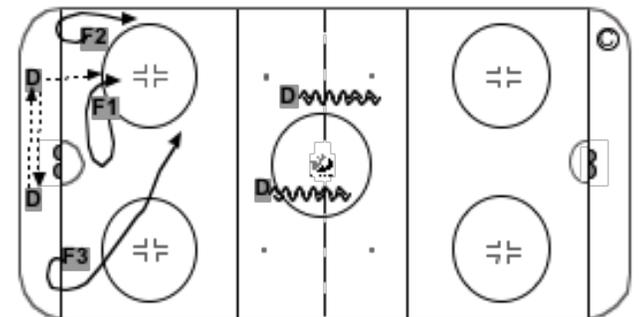


TRANSITION: On all attack drills finish with a transition from Defence <=> Offence (Breakout)

Breakout – Attack – Backcheck - DZC

- Breakout with D to D & Fs supporting
- Attack 5 vs. 2 direct attack: play until the whistle
- Backcheck hard through the middle to DZ to location of puck with coach in DZ for review of DZC –magic puck locations

Teaching points: breakout timing, speed on attack, backcheck to DZC – big picture review



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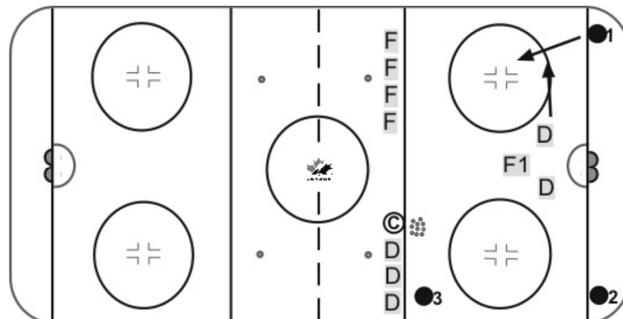
1 vs 1 > 2 vs 2 > 3 vs 3 EVALUATION FOR DEVELOPMENT

3 Fw' each have puck.

1 on 1 > 2 on 2 > 3 on 3 vs Defensive players (2 d / 1FW) On Whistle

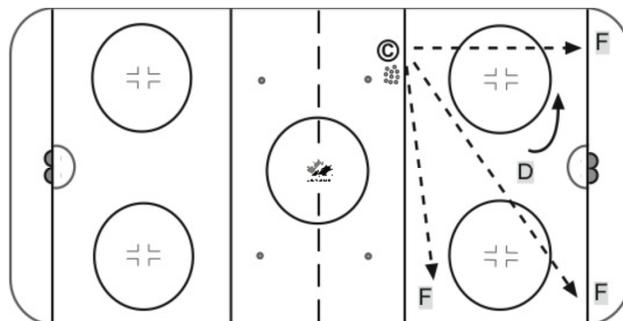
1 vs 1 compete until next whistle. 2 on 2 > 3 on 3.

Closest Defensive player plays the puck carrier.



3 x 1 on 1 EVALUATION FOR DEVELOPMENT

- 3 FW's wait for pass from coach to attack 1 on 1
- 1 D defends 1 on 1 until whistle and pass to next attack
- D pressures / contains to defend. Close gap, Keep Def. side
Create turnover, prevent shot.



End zone 1 vs 1 - 2 vs 2 2 FW vs 2 D EVALUATION FOR DEVELOPMENT

Coach dumps puck in. Puck carrier tries to score. Other player attempts to check to gain puck to score. Can not score on opponents rebound. Must carry, evade, protect puck to score.

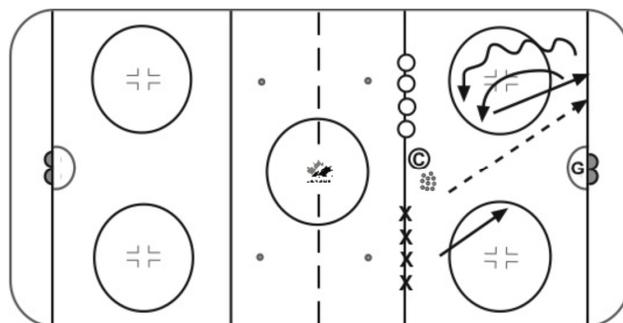
Coach dumps new puck.

Drill Progressions:

2 vs 2 – When pair has the puck they attack. Can not score on their rebound.

2 Fw vs 2 D –

Forwards forecheck/ attack. D breakout, defend, transition

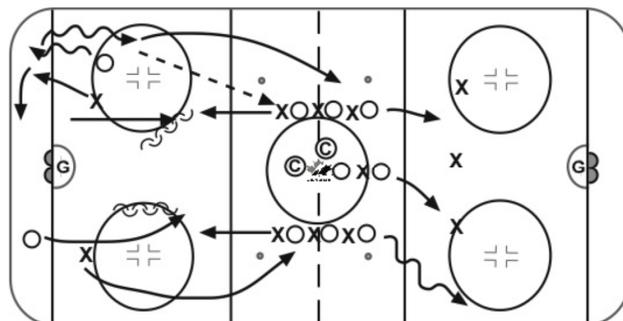


UNDER 18 TECHNICAL CURRICULUM

Pearn's 2 vs 2, 3 vs 3 continuous EVALUATION FOR DEVELOPMENT

- 2/3 O's attack 2/3 X's live scrimmage
- X's regain possession and pass to next 2/3 X's to attack the former O who attacked.
- Keep score, evaluate all aspects of play. Skill, Thinking and Grit .

Learning Variations: Scrimmage 2 vs 2, 3 vs 3 until whistle.
Coach dumps pucks . Must make carry puck above top of circle on turnover before attacking. Rules: Change player on a give away, must pass within 3 secs, always moving, etc. etc.

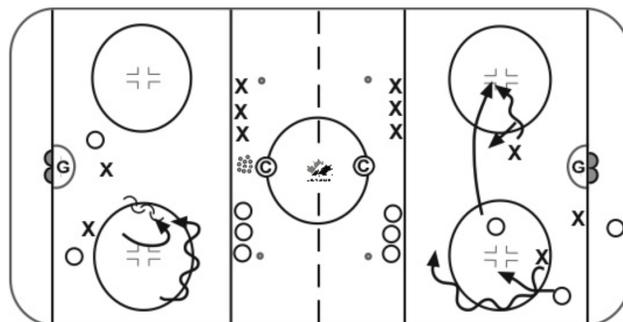


1/2 ice 2 vs 2, 3 vs 3 Evaluation for Development

- Drill execution points:
- Coach places pucks , change on whistle, On turnover / transition carry puck past top of circle then attack.

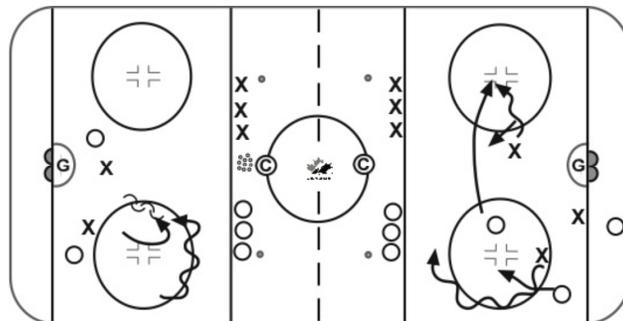
Learning Variations:

1. Give away rule – give player changes. Team mates reinforce
2. Pass within 3 secs. No gliding, feet moving, make contact



1/2 ice 2 vs 2 (3 vs 3) + 1

- Drill execution points:
- Coach places pucks , change on whistle,
On turnover / Pass puck to team mate inside blue. Screen or get open.
- Teaching Points::
Defend Contain <=> Pressure 3 vs 2. Transition to offense.



UNDER 18 TECHNICAL CURRICULUM

OFFENSIVE ZONE FORECHECK

An aggressive forecheck is a trademark of Canadian Hockey teams. Pressuring on the forecheck forces turnovers.

Top international hockey teams adapt to pressure and try take advantage of the larger ice surface. Canadian teams advocate pressure on the forecheck. POE and NWT to read & act to position and rotate (change positions) so they can still apply pressure effectively and adjust to puck movement forecheck.

The “**Thinking Principles**” of **Pressure** and **Contain** are applied by F1 reading the degree of puck control and “knowing when and how” to pressure (force, angle, stick check) or when and how to contain (steer, use stick). F2 and F3 position with width and depth to read the play and act appropriately.

F2 and F3 read F1 and anticipate to support and act effectively.

Players learn to “figure it out” for themselves. Hockey sense will prevail as they work as a unit to create a turnover and capitalize on “Transition”.

It is the players on the ice and they have to understand the framework of team play and be able to make decisions and figure it out as situations occur.

COMBINATION FORECHECK (1-2-2 & 2-1-2)

ALL BREAKOUT OPTIONS ARE COVERED

The Combination Forecheck: The ultimate forecheck is a combination of 1-2-2 and 2-1-2.

F1 pressures forcing the puck carrier to the outside while F2 takes away the wall and F3 supports in the middle anticipating a D to D pass. F3 will move to the hash to be ready to pressure the D to D pass. If the Breakout unit has full control (set up) F2 and F3 will support in the outside lanes.

All breakout options are covered .

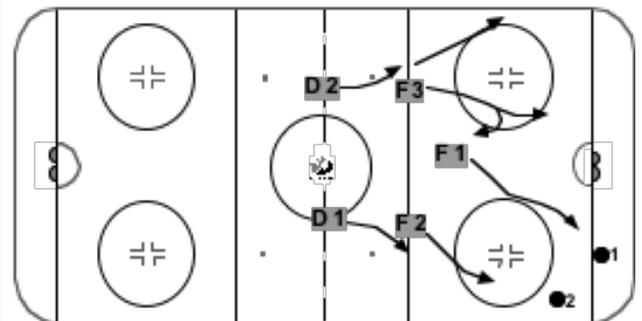
It becomes a 2-1-2 becomes on a D – D pass. F3 reads (anticipates) the pass and pressures the D receiving the pass. The far side D pinches down.

Attacking with the puck leads into a natural 2-1-2 forecheck. It is important to be aggressive and execute a 2-1-2 forecheck immediately after a rush.

1-2-2 Aggressive Forecheck

When a puck is dumped use a 1-2-2 aggressive forecheck to take away all passing options.

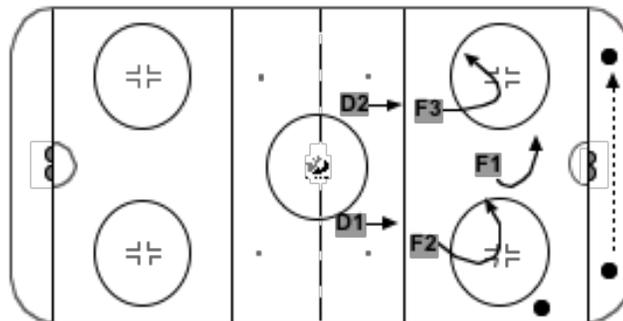
- 1-2-2 active pressure
- F1 pressure from inside out
- F2 stays above opponent (O2) – ready to pressure near side pass
- F3 reads D to D pass to pressure or stays high in the middle
- F2 pressures the a pass to (O2)
- D1 and D2 stay on the blue lines
- D2 far side pinches rim pass



UNDER 18 TECHNICAL CURRICULUM

1-2-2 vs. Early D - D

- F1 adjusts skating to remain F1 – first forechecker
- F2 takes away the middle
- F3 adjusts to take away the boards
- D adjust to the side of the puck – only pinch on far side rims

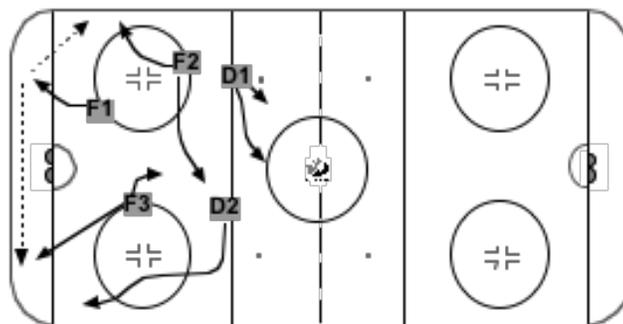


1-2-2 \leftrightarrow 2 -1-2 Combination Forecheck “on Late D to D pass”

- pressure free puck, poor control
- F1 pressures inside out
- F2 takes away near side pass or corner reverse
- F3 reads and anticipates /pressures on D to D pass
- D2 pinches on far side rim
- D1 slides on blue line and supports play
- If offense sets up, stop and set up a 1-2-2 trap

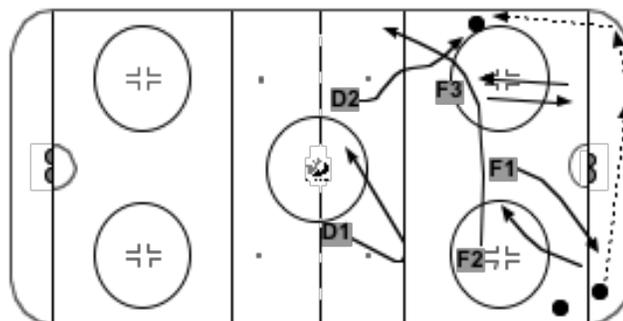
ONCE THE 2-1-2 IS INITIATED THE D WILL PINCH ON BOTH SIDES. F3 SUPPORTS HIGH. F3 NEVER PINCHES WHEN SUPPORTING HIGH.

WHEN THE OPPONENT GETS FULL CONTROL RETURN TO THE 1-2-2 .



1-2-2 vs. Hard Rim PINCH FAR SIDE

- D2 PINCH only on FAR SIDE RIMS
- F2 comes across hard and supports the pinching D
- F1 is pressures and returns hard through middle
- F3 comes back hard through the middle – support
- D1 comes across in the middle to support



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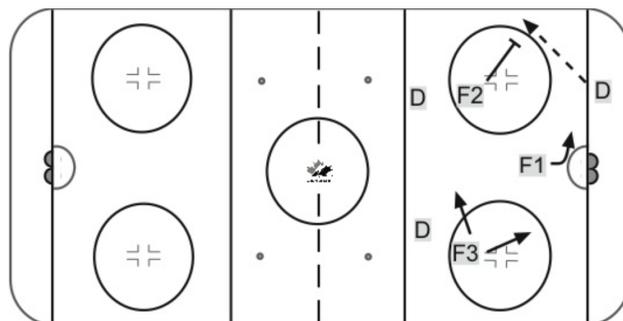
1-2-2 TRAP

COACHES MAY CHANGE THE FORECHECK TO A 1-2-2 TRAP AS A TACTIC

F1 CONTAINS AND FORCES THE PASS TO THE OUTSIDE. PREVENT THE D TO D PASS.
 F2 AND F3 PRESSURE THE PASS TO THE OUTSIDE LANE
 F1 STAYS IN THE MIDDLE IF THE D TO D IS COMPLETED.

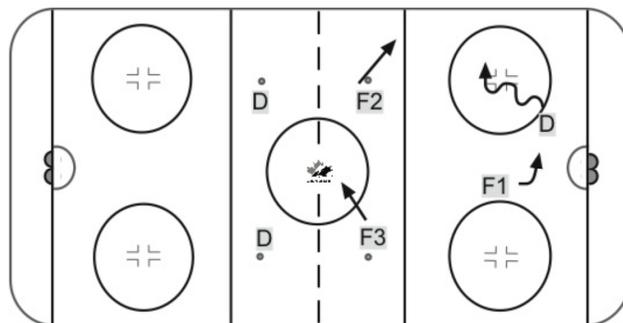
1-2-2 Trap

- F1 adjusts skating to remain F1 – first forechecker
- F2 anticipates the pass to the outside lane and pressures to create a turn
- D adjust to the side of the puck .
- D Play ½ rink apart May Tandem.
- F2 and F3 may trap at hash marks, Blue line or Red line



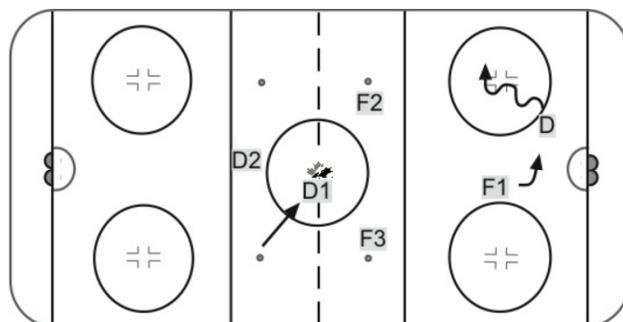
N Z FORECHECK 1-2-2

- F1 Use stick and angling to prevent D to D pass
- **F3 takes away the middle** .
- F2 adjusts to take away the boards
- 2 Fw's above the puck
- D adjust to the side of the puck .
- D play ½ rink apart and Tandem. Up and back.
- F2 and F3 may trap at hash marks, Blue line or Red line



NZ FORECHECK 1-3-1

- Closest free FW (F1) steers to the outside
- F2 and F3 cover the outside lanes
- D1 covers the middle (may stand up and pressure)
- D 2 backs D1 up. Tandem.
- D Play ½ rink apart. Middle D anticipates .



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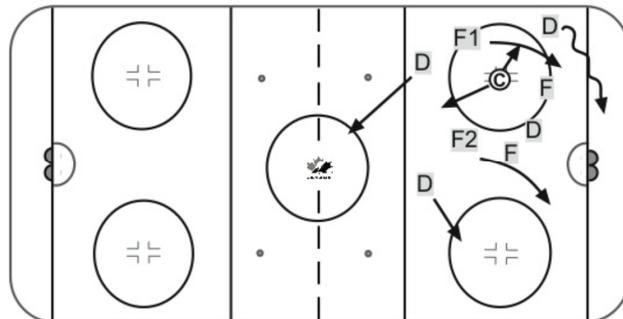
LOST DRAW FORECHECK

WHEN FACE OFFS ARE LOST IN ANY ZONE AN AGGRESSIVE 1-2-2 IS RECOMMENDED.

Defensive and Offensive Face of Strategies are important in all zones of the ice. When a defensive face off is lost the forecheck strategy reinforces the aggressive 1-2-2 where (F1) the closest player, pressures / steers the puck carrier F2 and F3 stay above the puck.

Lost Draw OZ - Forecheck

- Closest free FW (F1) pressures / steers the puck carrier
- F2(C) and F3 stay above the puck
- Always 2 FW above the puck without possession.
- D adjust to the 1-2-2
- Read Pinch on far side in Offensive zone
- D Play ½ rink apart. Tandem to Support partner.

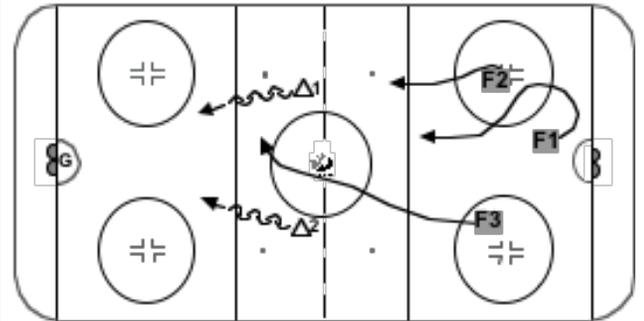


UNDER 18 TECHNICAL CURRICULUM

FORECHECK – BACKCHECK – DZC

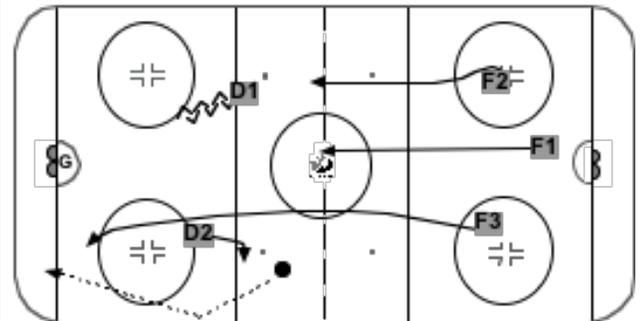
Backchecking - Introduction

- BACKCHECK HARD THROUGH THE MIDDLE.
- F3 Backpressure. Help the D. Double team to steal the puck or help D to use the blue line and stand up
- **QUICK TRANSITION** from Offense to Defense
-
- F3 checks from behind and chases down chips
- They become F1 in D zone coverage
- F2 and F1 come back inside the dots –look for options.



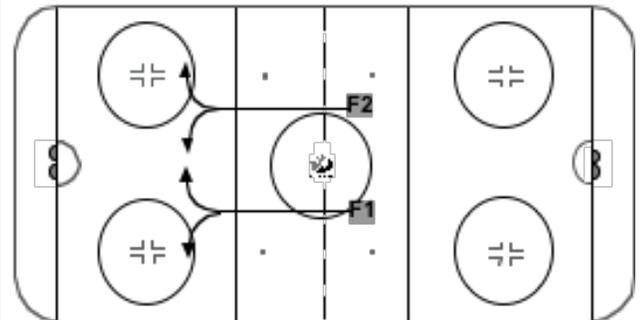
D Holds the @ Blueline

- On an even # rush D should not let them gain the blue line. “Do not let them across the river”.
- Breakup the rush. Disrupt the attack. Create a turnover.
- If the puck is chipped behind D2, F3 is available to retrieve it
- D1 holds and protects the net front
- F1 & F2 come back hard for DZ support and transition options .



Backside Awareness

- F1 and F2 track back hard staying between the dots
- As they pass centre ice they need to be aware of the rush and where the 4th and 5th offensive players may be in relation to attack
- By the time F1 and F2 reach their own blue line they should be able to pick up any late players on the attack. Stay with your player and maintain good defensive side position. Come back and protect Home Plate. Be aware of the player in your zone (area of D Zone coverage)



UNDER 18 TECHNICAL CURRICULUM

DEVELOPING/ TEACHING THE SYSTEM

The combination aggressive 1-2-2 < > 2-1-2 forecheck is the “bread and butter” forecheck system. Players learn to read (F1-F2 or F3) and anticipate (act) to take away options causing a turnover. Learning to use F3 pressure on the D to D pass is the key to going from a 1-2-2 to a 2-1-2 forecheck automatically. Once this happens it is IMPORTANT to stay with the 2-1-2 and pinch both sides until opposition gets full control. Players will learn to read and use the 1-2-2 or the 2-1-2 at the right time. Players understand their interchanging roles and can execute the two systems based on the situation.

2-1-2 FORECHECK IS ESSENTIAL AFTER DIRECT ATTACK.

An attack triangle has 2 and even 3 forwards going to the net at different depths. When the puck is turned over a 2-1-2 forecheck is naturally most effective. The D are able to pinch both sides while F3 supports high. Practicing forecheck after direct attack drills are valuable to sustaining pressure and getting the puck back.

When the puck is dumped in a 1-2-2 forecheck becomes a 2-1-2 the opponent executes an early D to D pass and F3 anticipates to pressure.

NWT's recommend using a deliberate 2-1-2 (F3 high in the middle and the D pinching both sides) playing a deliberate 2-1-2 in **1 game** of a short term competition to master the combination forecheck system. It will be more effective. The read and Act will happen occur instinctively after a team has experimented by playing an entire game using the deliberate 2-1-2.

The ultimate forecheck system is a 1-2-2 when it needs to be and a 2-1-2 when it needs to be.

You can begin teaching the 1-2-2 in a gym or outdoor space to get the big picture for the read & act nature of the forecheck. Players will see what is happening and read off of each other. Players will “Figure It Out” when they are 1st, 2nd, or 3rd to the situation.

Preparing for short term competition requires efficient use of time **and resources**.

Use an outdoor space or Gymnasium (walk through) to teach DZC (Defensive zone coverage), Forecheck and Face Off strategies. Players will “Get the Picture” and more time can be used on the ice for special teams.

Reinforce the Read and React (Act) using the classroom and selected video highlights. Coaches are already using digital editing and using YouTube to provide players with selected learning clips of the tactics prior to camps and competitions to develop Team Play strategies.

Use technology to teach and reinforce Team tactics and Team Play.

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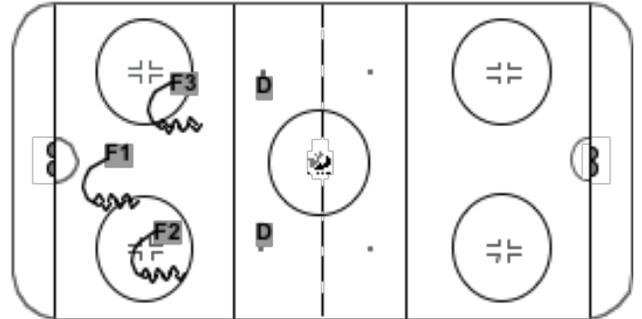
THE “MIRROR DRILL” WILL TEACH THE READ AND ACT IN A COMBINATION FORECHECK

“GET THE PICTURE” THROUGH OFF ICE AND ON ICE DELIBERATE PRACTICE”

Forecheck 1-2-3 Mirror Drill

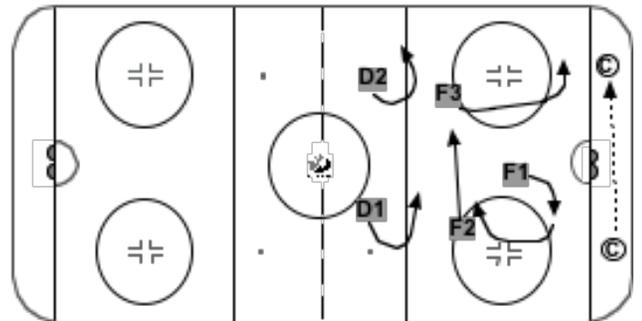
Mirror Drill Stage 1 – Mirror F1

- 5 players enter the offensive zone. The first forward F1 into the zone simulates a forecheck pattern (steering an imaginary puck carrier)
- F1 skates forwards and then backwards (retreats) moving across the zone
- F2, F3, D1 and D2 mirror F1 and maintain their width and depth
- F2 mirrors F1 on near (puck) side
- F3 mirrors F1 to the middle – aware of D to D –mirror F1
- D1 and D2 mirror F1 – maintain depth & width



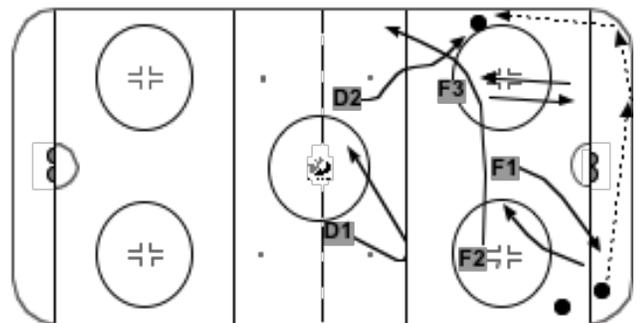
Mirror Drill Stage 2 – Coach calls D to D

- F3 is closest and becomes F1
- F2 & F1 figure it out and rotate above the new F1 – the next closest player becomes F2 and the furthest away becomes F3 - 2 Fs above the puck
- Let the players figure it out (**do not tell them where to go**). They have to figure it out in the game.
- D and Fw's establish balanced width and depth
- The new F1 simulates the forecheck pattern.



Mirror Drill Stage 3 – Coach calls Far Side Rim

- On the hard, far side rim D2 pinches and pressures the rim. THE NWT ONLY PINCHES ON THE FAR SIDE.
- F1 who originally pressured returns hard through the middle
- F2 rotates across hard and supports the pinching D on the far wall
- F3 comes back hard through the middle
- D1 supports in the middle

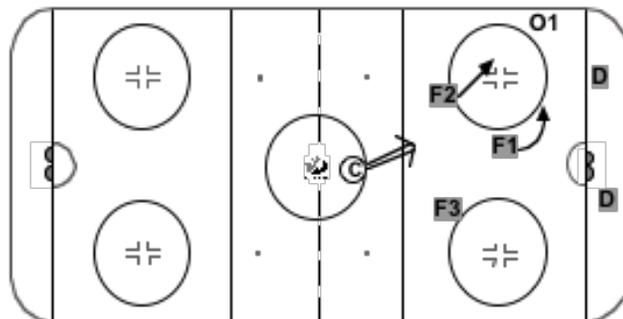


UNDER 18 TECHNICAL CURRICULUM

“PROGRESSIVE COMPETITIVE DRILLS TO MASTER INDIVIDUAL AND TEAM TACTICS”

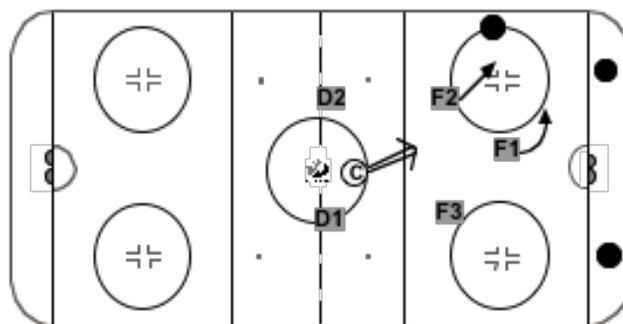
Breakout vs 1, 2, 3 Forecheckers

- Forwards (1, 2 or 3) in NZ
- Coach dumps puck – 2 D & 1 F breakout vs. 1, 2 or 3 Fs
- Forecheckers read and position as 1st, 2nd or 3rd F
- F1 – steer (force to outside), F2 support near side: F1 & F2 contain –pressure and support to gain puck and try to score
- Defensive players defend to pin or breakout with a pass to coach in NZ who re dumps the puck in. Fw’s sprint to NZ circle and race to be F1, F2, F3. Pressure.



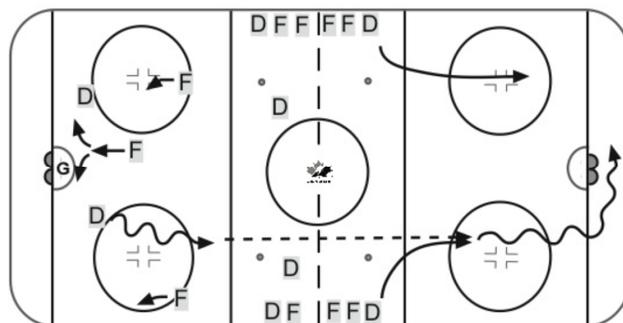
3 vs. 5 forecheck to 5 vs. 5

- Coach dumps puck - 3 FW’s forecheck vs. 5 players
- Live forecheck vs. live breakout: progress
- After a successful breakout, pass to the coach in NZ.
- Checkers back to red line / circle and race to forecheck.
- Coach dumps puck – repeat forecheck.
- Read and and F1, F2, F3
- Play live when possession is gained on the 2nd forecheck



5 vs 5 Continuous Forecheck / Breakout Simulation

- 2 (4) units of 5 on each blue line.
- 5-0 breakout then ice puck move up ice, turn sticks over and provide passive forecheck formation to next unit of breakout.
- No pressure. Position / align in assigned Forecheck formations. 1-2-2, 2-1-2, 2, 3 etc.
- Continuous breakout 5 vs 5. Coach decides breakout formation.

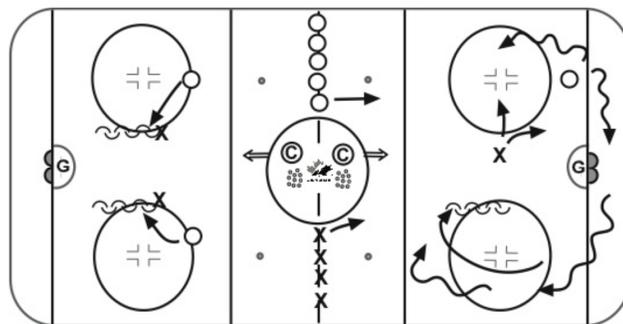


UNDER 18 TECHNICAL CURRICULUM

“GAME LIKE DRILLS FOR EVALUATION AND DEVELOPMENT”

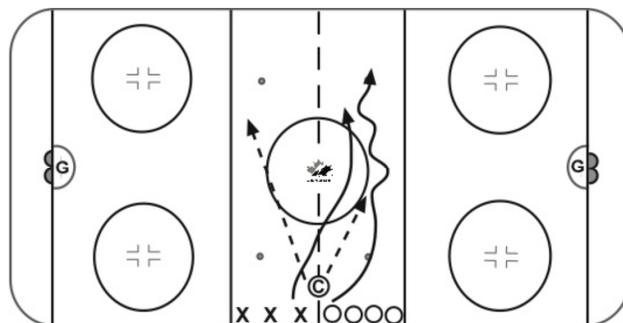
Individual and Team Tactics - 1 vs 1 - 2 vs 2

- Drill execution Points; 1 vs 1 / 2 vs 2
- Players line on each side of red line, Coaches / pucks in circle.
- Coach dumps puck , 2 players battle to carry puck over the Blue line. The checker pivots and plays the rush 1 on 1.
- **On a turnover the carrier must go behind the net before carrying it over the blue line.**
- Teaching Points: Fore checker uses stick and body to complete the check and create a turnover. Gap control vs the rush and tight D zone coverage.



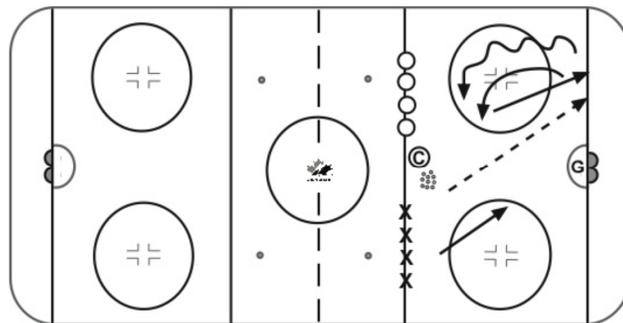
NZ Forecheck 1 vs 1

- Coach places puck. Nearest player retrieves. Farthest player pressures, angles to create pin or turnover.
- Teaching points: Checker closes gap from side and behind to finish the check. Steer the puck carrier to the boards.
-



End Zone 1vs 1 1on 1

- Coach inside Blue line with pucks , Dumps (places) puck.
 - Players on Blue line , split into 2 opposite colors
 - 1 vs 1 race / battle for puck Carry past top of circle. Attack 1 on 1. On turnover carry past top of circle before attacking.
- Delayed Feedback:
 Players figure out what to do. “Learn” Question them vs Telling them.
 What happened? What could you have done differently? Better?
- Teaching points: Checker closes gap, use stick to steer, angle. Carrier evades, deception, puck protects, drives, scores

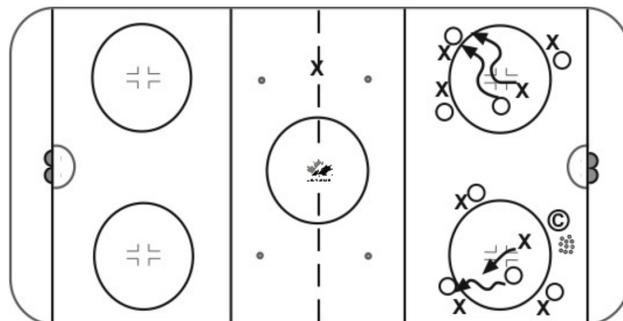


COMPETITIVE GAME LIKE DRILLS ARE EFFECTIVE FOR
 PLAYER DEVELOPMENT AND PLAYER EVALUATION

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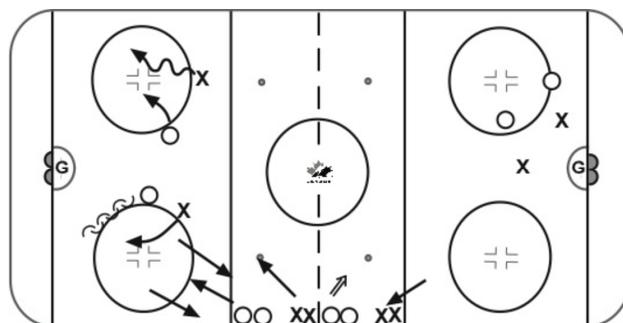
Individual Skill / Tactics 1 vs 1 Bull In the Ring Evaluation for Development

- Drill Execution Points:
- 6-10 players paired on circle. Coach replaces pucks from outside of circle.
- 1vs 1. 1 player protects / carries a puck, Player without a stick makes contact (hands on hips) to push the player / puck out of the circle. Pusher uses “stick and stay”, keeps hands on hips and uses legs to drive the carrier out or off balance. Make and maintain contact.
Coach keeps puck in circle .



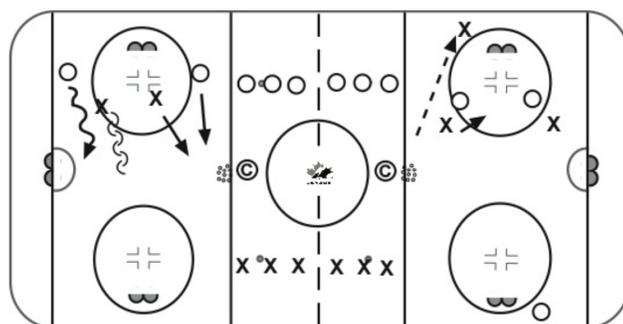
½ ice 2 vs 2 “quick change game”

-
- 2 vs 2 scrimmage at each end. On whistle (every 20 secs) place puck to far corner or in neutral Zone and SPRINT make effective change.
- High tempo play, no gliding, feet and puck moving.
- Sprint on changes. Gliding to bench results in over and back 2 x skate
- Evaluation / teaching points; Speed, tempo , Power, Hockey sense, work ethic, Individual offensive and Defensive skills and tactics.



Cross ice Scrimmage Variations Evaluation for Development

- Drill Execution Points:
Coach with pucks outside blue line, Dumps / places pucks.
- Game variations;
1 vs 1 - 2-3 1 on 1's at a time.
1 on 1 transition scrimmage . No forecheck, Regroup with Goalie.
1 vs1, 2 vs 2, 3 vs 3 scrimmage special rules: pass every 3 sec .etc.
1vs 1, 2vs 2, 3 vs 3 score on either goalie. No rebound goals.
2 vs 2 + Gretsky – extra player behind net / goal line. Walk or pass 1-3 on 1-3. Start 1 vs 1 may pass to add player after a shot.
5-7 vs 5-7 “Batchko” – Must score off a pass



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CONTINUOUS RUSH DRILL

1-2-3 on 1 / 2

Execution Points:

D and pucks in same side corners. FW's on opposite same side
Fw jump across for pass from D who follows up to play the
attackers coming from the other end. Coach calls for number of
attackers and defenders.

Teaching Points:

Defender follows up and transition pivots to set the gap and play the
rush situation. 1 on 1 protect the middle – stick in middle, outside
shoulder in line with attackers inside shoulder. Good gaps. 2 on 1
stay in middle, Use stick -Bluff (fake with stick) to force pass. Lay
Out? 2 on 2 tight gap, use (hold the) the blue line, force at blue. 3
on 2 –Read back check >play 1-1 vs drive skaters > Use stick in
passing lanes.

Variations:

Regroup – FW's regroup with Far D attack your passing D
Double regroup > attack

1 vs 1 Rush race drill

-

D start from Dot Fw from Goal line with puck.
ON whistle D accelerates BW playing the 1 on 1
D may start from opposite corner circles or from same end. As
coaches reinforce the Key Teaching points.

Key teaching points:

D cross over 1 x each way by c cutting and undercutting.
Sit tall ride a horse. Stride as soon as possible to play the 1 on 1
Line up outside shoulder to attackers inside shoulder. Use stick and
gap to keep attacker to outside.

Execution Progressions:

D move ½ way between Dot and Bottom of circle
D move down to bottom of circle
Reinforce the key teaching points to develop the defensive skating
needed to play the 1 on 1.

-

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