

# **T4 – 2019 - Team Defensive Skills Manual**

**Tom Molloy**

## T4 – 1-3 Penalty Kill vs. 1-3-1 PP – U18

### Key Points:

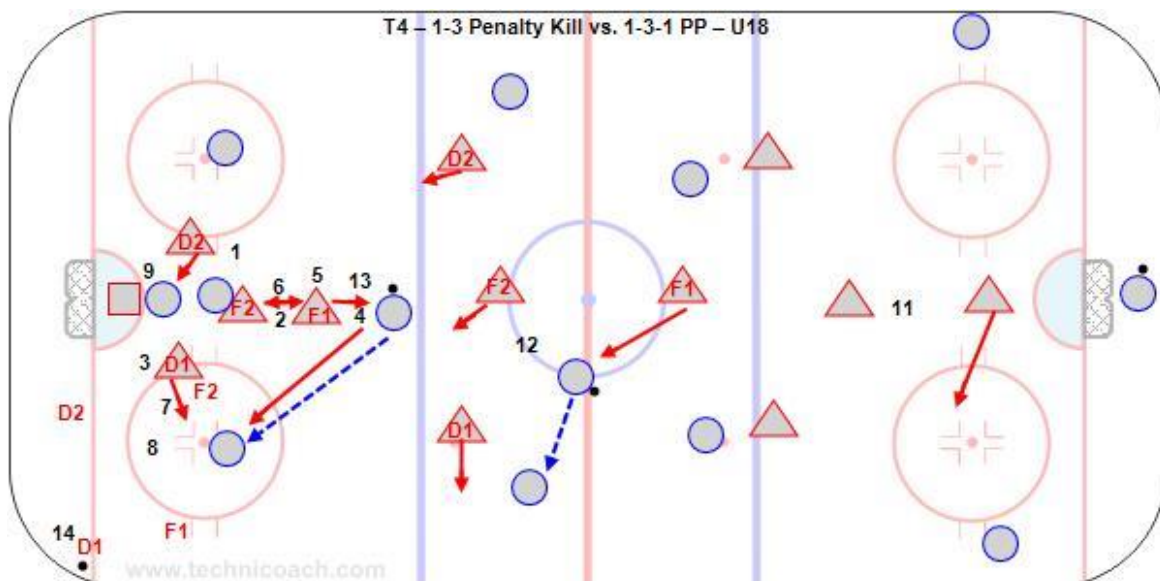
F1 forecheck hard on a dump in. Closest player pressure right away. Take away time and space with a good stick and toe caps facing the puck. D take away the quick wide pass and protect the middle when they enter the zone. F1 pressure down if you have speed.

### Description:

1. Start with a low triangle of F2-D1-D2 and F1 above F2.
2. The two forwards F1-F2 on top rotate in a tandem.
3. The two defensemen D1-D2 cover one side each in the low slot.
4. High forward F1 is very aggressive and forces the mid-point attacker and pursues the first pass and sometimes the next passes if he has speed.
5. The second forward F2 covers the player in the middle of the 1-3-1.
6. F2 switches with F1 and pressures the puck when it is rotated away from F1.
7. D1-D2 defend from the net out and one D1 move to pressure a low puck on his side and D2 cover net front.
8. D1 read pressure or contain on low pucks to his side and D2 on his side.
9. They leave the low forward to the goaltender.
10. On a face-off D1 cover the wing on the boards.
11. F1-F2 Forecheck in a tandem and backpressure the puck carrier while F2 protect the middle and D1-D2 cover the wings.
12. F2-D1-D2 protect the middle when the puck enters the zone.
13. F1 or F2 pressure the point hard leading with the stick and good defensive skating.
14. Shrink the zone with F1-D1-D2 and F2 in front on low board battles.

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## 2-3 Forecheck

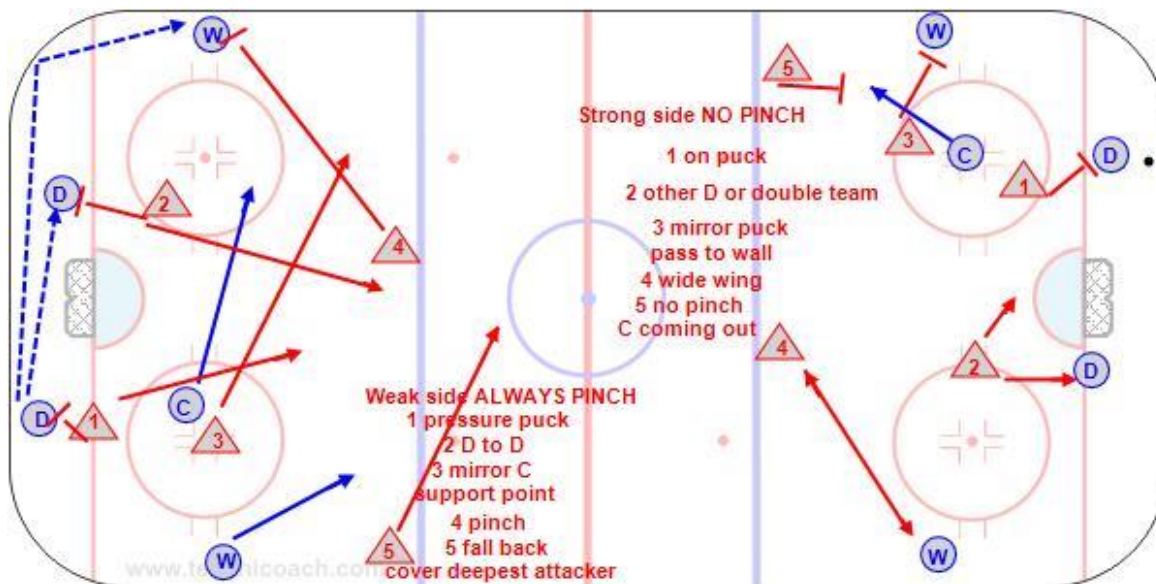
Forecheck with F1-F2 in hard, F3 mirror from high slot. No pinch on the strong side but pinch when the puck moves to the weak side.

*Description of the forecheck by Peter Laviolette and what to do when we gain the puck.*

<https://youtu.be/otXSKgILbfE>

*This is me going over the forecheck and defense if we lose the puck battle and must defend. (It is with the magnetic board showing the Midget girl's team I coached last year.)*

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## 2-3 Forecheck

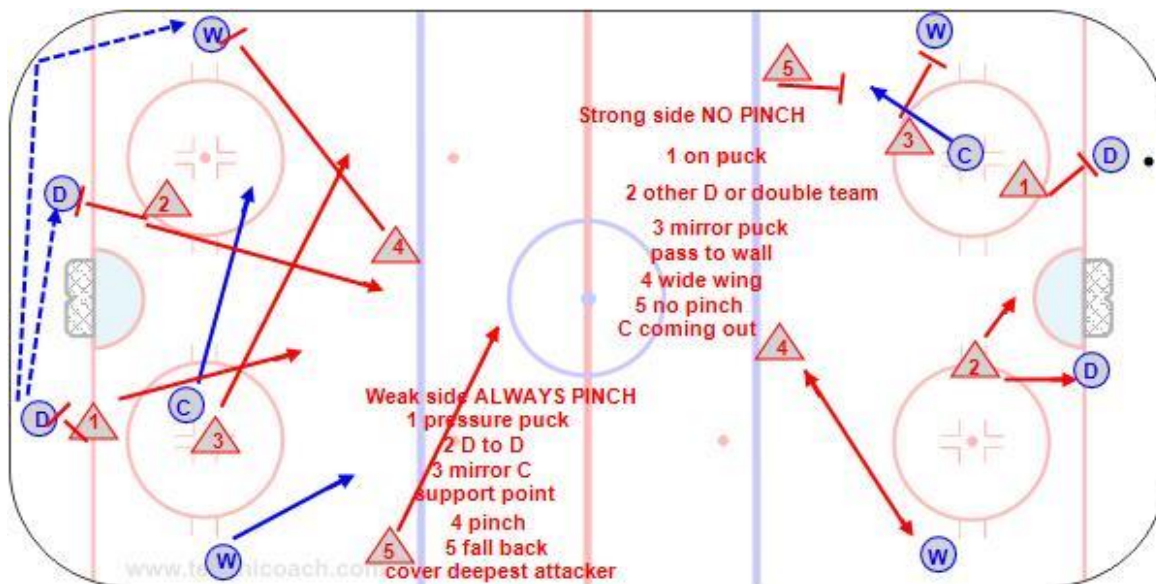
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## **T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro**

### ***Key Points:***

Everyone must see the puck and see their man. Stay on the net side (defensive) of the player they are covering. Sticks on the ice and in the passing lanes. It is a combined 'man to man-zone defense'. All defenders must cover one player. Closest defender to the puck on tight, 'Body on body and stick on the puck.' next closest a stick length away, third closest half way, fourth and fifth closest maintain a 'man-you-puck triangle', see the puck and your man with the stick in the passing lane. Weak side defending forward pick up F3 if he is high in the slot.

### ***Description:***

#### ***Part One – Defensive Zone Rotation Contain then Pressure (Swarm)***

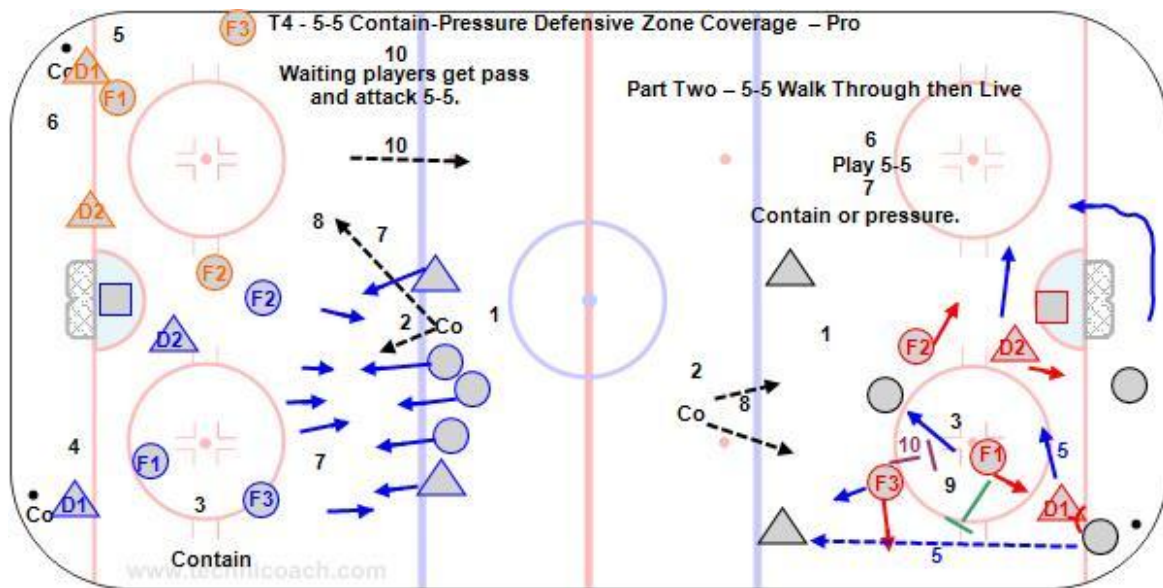
1. 5 defenders start from the blue line with a coach in each corner.
2. Coach pass the puck to the corner and defenders skate into the zone. 'Man on Box Behind.'
3. Read offensive control and play 'man to man-zone defense.'
4. D1 on puck, D2 net front, F1 support D1 low, F2 mid slot, F3 puck side point.
5. Read no offensive control so pressure and outnumber the offense – 'Swarm.'
6. D1 on hard, D2 move to goal line, F1 close support for D1, F2 net front coverage, F3 move to boards above the hash marks. D2 and F3 intercept any low or high rim.
7. Pass to coach, players skate out - pass to the coach in the other corner - the 5 defenders rotate.
8. D2 to corner, F1 skate in front and to corner, F2 cover puck side point, F3 mid slot.
9. Repeat the contain and pressure, 'Swarm' walk through.
10. After each group has practiced a few times go live.
11. Repeat the walk through in both corners then skate out and pass to 5 attackers and defend 5-5.

#### ***Part Two – 5-5 Walk Through then Live***

1. Set up in one zone with 5 attackers and 5 defenders.
2. Coach pass the puck to the corner and all 5 defenders rotate.
3. D1 on puck, D2 net front, F1 support D1, F2 mid slot - cover high offensive OF3, F3 puck side point.
4. Pass puck to strong side point and all rotate.
5. F3 up to point, F2 slide to mid slot, F1 cover high offensive OF3, D1 and D2 be half way or box OF1-OF2.
6. After the low and high walk through play 5-5 live.
7. Communicate to switch between 'contain and pressure' defending.
8. Coach spot a new puck if the play ends right away.
9. F1 pressure the puck at the hash marks or half wall and D1 support.
10. F3 drop down to prevent a high walk-in if F1 is beaten on the wall.

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## B500 Defensive Zone Skating

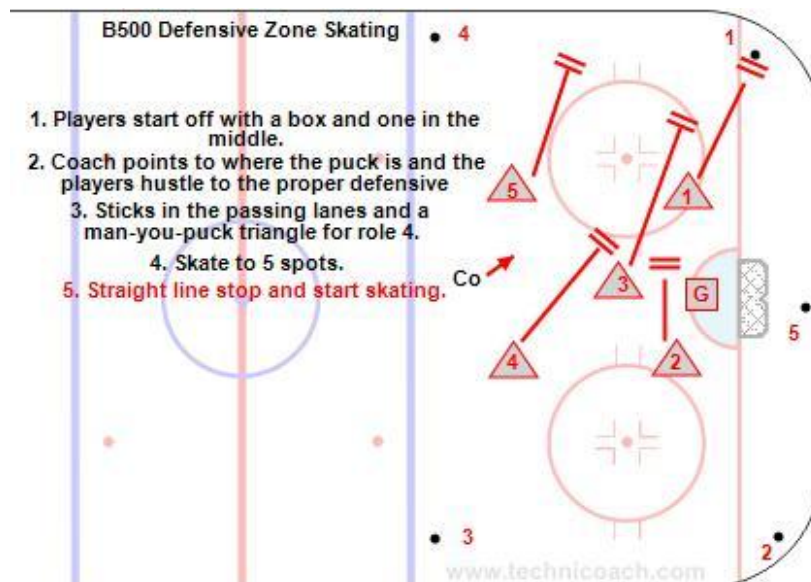
### ***Key Points:***

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

### ***Description:***

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

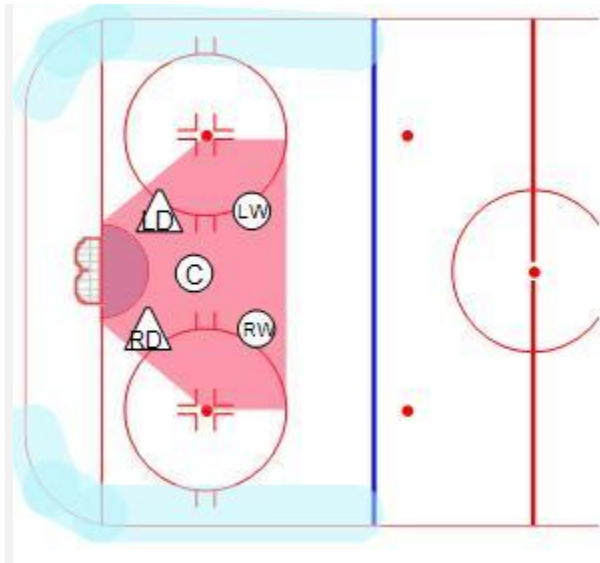
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# Box Plus One – D-Zone Coverage

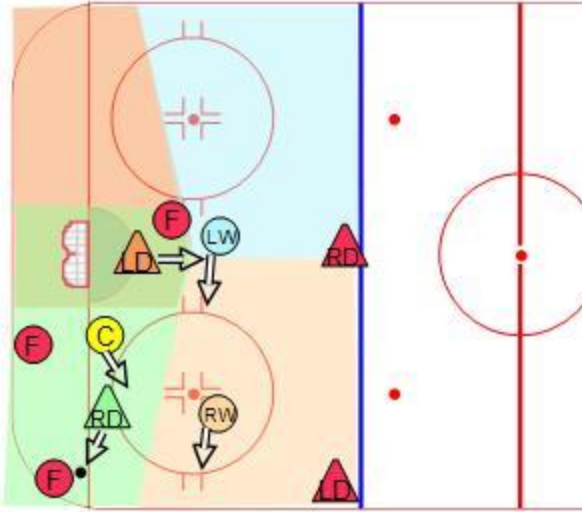
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There have been a lot of questions popping up on the [Message Board](#) regarding defensive zone coverage. Coaches have several different options when deciding on a defensive zone coverage strategy/system. The “Box Plus One” system has become increasingly popular because of its ability to force the play to the outside of the ice. The primary purpose of any d-zone coverage is to minimize the number of opportunities from the “home base” area of the rink (see diagram below) and force the play into the “soft” areas of the ice. Soft areas are parts of the ice where far fewer goals are scored.



*Red is "Home Base", Blue is "Soft Area"*

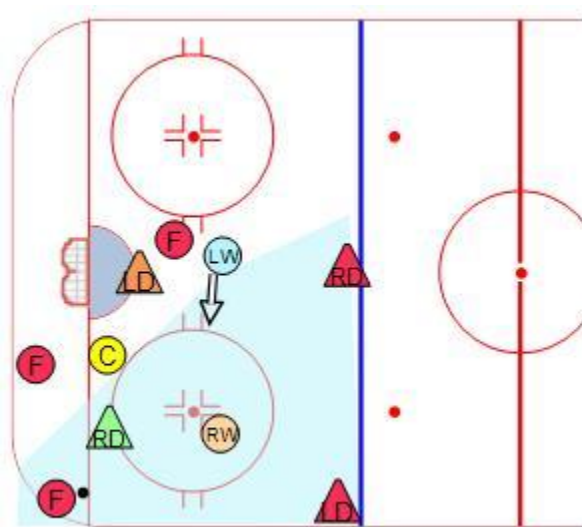
In order to effectively run the Box Plus One, coaches must have a good grasp of the area each player is responsible to cover. Starting with the puck in the corner, the diagram below shows basic areas of responsibility.



The LW is responsible for the general areas shown in light-blue. RW is responsible for areas shown in tan. RD is responsible for areas shown in light-green. LD is responsible for the areas shown in orange. Both LD and RD are jointly responsible for the area directly in front and behind the net. The C is jointly responsible (with LD and RD) to cover the entire area of both defensemen's responsibility.

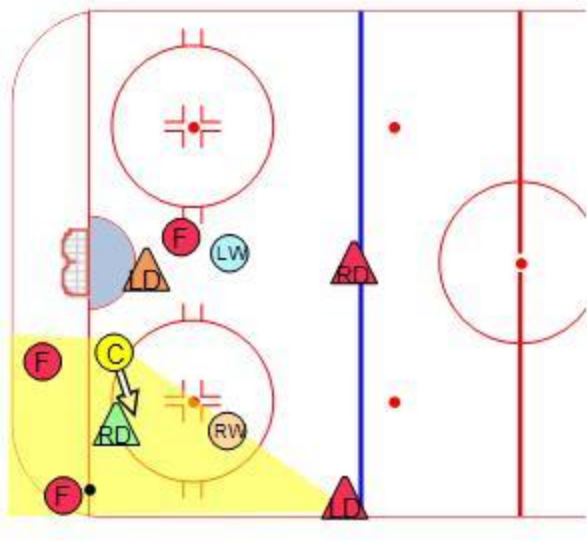
Along with the basic coverage areas shown in the diagram are arrows indicating which way the player's feet should be facing during the play. Too often coaches leave this important concept out of their defensive zone instruction. The direction a player has his/her feet facing can be the difference between making a play and giving up a goal. As a rule-of-thumb, players in the defensive zone should not have their feet facing the net. They should be facing up ice, or no more than parallel to the goal line. This simple concept allows players to see and read the ice much easier, giving them a better chance of finding their responsibilities.

The diagrams below outline each player's individual line of sight in the above scenario. Knowing where to look is crucial in properly executing the coverage.

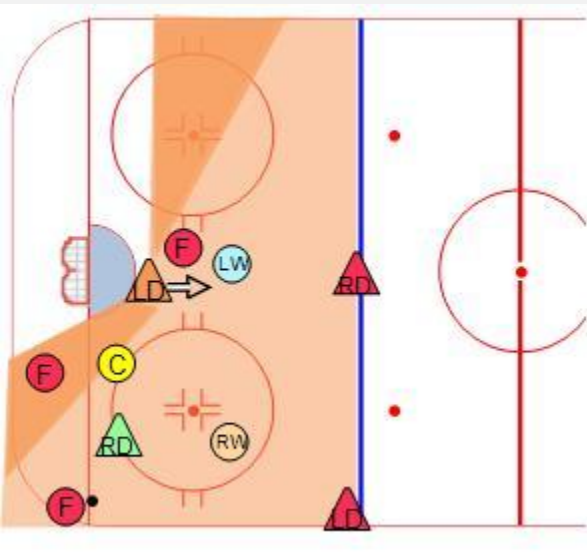


A diagram of a soccer field with various player positions marked by colored shapes and letters. The field is divided into three vertical sections by two red lines. The left section contains a large circle with a red dot in the center, a blue circle with a red dot in the center, and a yellow circle with a red dot in the center. The middle section contains a blue circle with a red dot in the center, a yellow circle with a red dot in the center, and a red circle with a red dot in the center. The right section contains a large circle with a red dot in the center. Various player positions are marked by colored shapes and letters: a red circle with 'F' (Forward) is in the top left; a blue circle with 'LW' (Left Wing) is in the top middle; a yellow circle with 'C' (Center) is in the top right; a red circle with 'RW' (Right Wing) is in the bottom left; a green circle with 'RD' (Right Defense) is in the bottom middle; a red circle with 'D' (Defense) is in the bottom right; a blue circle with 'D' (Defense) is in the top left; a yellow circle with 'D' (Defense) is in the top middle; a red circle with 'D' (Defense) is in the top right; a blue circle with 'D' (Defense) is in the bottom left; a yellow circle with 'D' (Defense) is in the bottom middle; a red circle with 'D' (Defense) is in the bottom right. A black arrow points to the yellow circle with 'RW' in the bottom left.

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*Center Line of Sight*



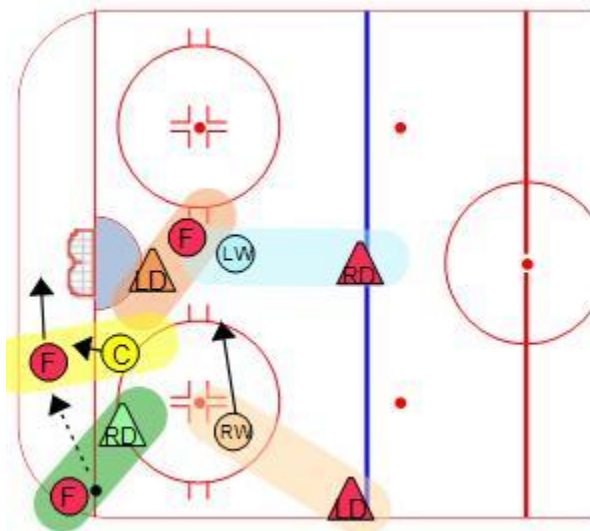
*Left D Line of Sight*

*Note: The darker-orange areas in the Left D's line of sight diagram represent areas LD must constantly be checking.*

In order to more fully understand the coverage, a coach must understand the rotations and shifts in responsibility when the puck changes location. There are three main rotational scenarios.

#### **Scenario #1 – Puck is passed to the point**





Individual player responsibilities are again highlighted along with basic rotation directions.

C should pressure the new puck carrier. Ideally, C will be able to take the body and pin the puck carrier against the wall creating a turn over. C should try to force the puck carrier out to one side of the net and not allow cut-backs. Cut-backs often create coverage confusion and lead to scoring opportunities.

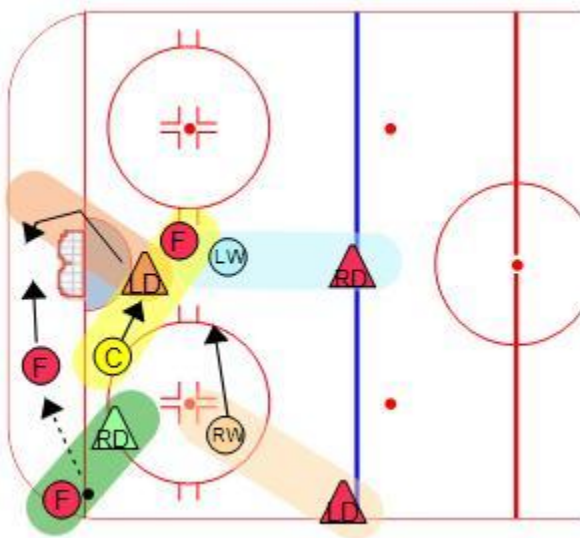
RD remains responsible for the previous puck carrier. It is crucial RD wins the race back to the front of the net and remains on d-side of his/her player.

LD remains responsible for the opposing player in front of the net. LD can not allow his/her feet to face the end-boards, as this will allow the opposing forward to get open in front of the net without LD knowing exactly where the opponent is skating. LD should keep his/her feet facing up ice until the puck carrier reaches the far post, at which point, LD can open facing the sideboards allowing clear vision of both the puck carrier and responsibility in front of the net.

LW remains in the high slot for additional support and remains responsible for the opposing RD.

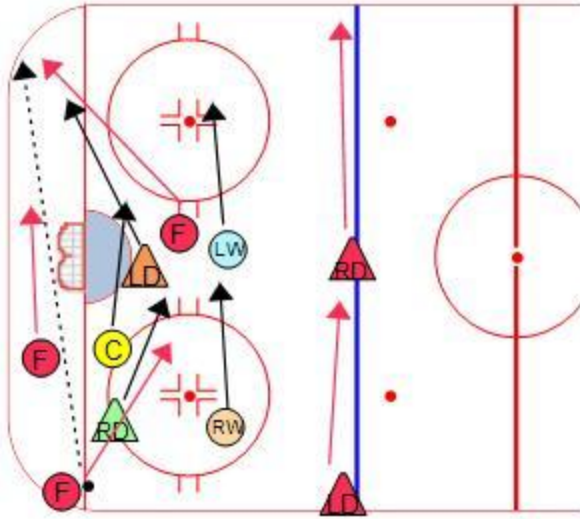
RW shifts to the high slot for additional support. RW remains responsible for the opposing LD and should not turn his/her back to the coverage.

### Alternate Rotation



An alternate to the scenario #2 rotation is to allow the LD to pressure the new puck carrier behind the net and have C fill LD's previous responsibility in front of the net. This rotation can be useful when the puck carrier has a step or two on the C. In order for this rotation to work properly, C and LD need to communicate to ensure only one player is pressuring the puck. LD should not leave until C has picked up the man in front of the net. If LD leaves too early, the opposing forward will be left open in front of the net until C is able to pick him/her up.

### Scenario #3 – Puck is moved to the far corner



In scenarios where the puck shifts from one corner to the other, players must quickly and efficiently rotate to avoid any gaps in coverage.

LD becomes strong-side defenseman and should pressure the puck carrier assuming he/she is closer to the puck than C (as shown in this diagram).

C should rotate to the other side of the net for support – traveling through the front of the net to block passing lanes and cover anyone who may be in the high slot during the rotation.

RD returns to the front of the net. RD must win the race back to the front.

RW shifts into the high-slot for weak-side support.

LW rotates just above the dot on the far circle, staying in between RD and the net.

### Final Tips:

- 1) Always keep your stick on the ice and in the most dangerous passing lane. This simple act can prevent countless scoring opportunities. The most dangerous passing lane is most often the middle of the ice.
- 2) Proper communication is key. In a game, there will be times of confusion. Proper communication amongst the players will allow responsibility shifts without creating gaps in coverage. Coverage gaps equal scoring opportunities!
- 3) Be aggressive on the puck carrier. The more time you give an opponent time to set up and make plays, the more likely it becomes someone will miss a coverage.
- 4) Centers should be treated like defensemen and be allowed to pursue the puck carrier in the corner if he/she can get there before a defenseman.
- 5) The first person pressuring the puck should look to take the body and separate the man from the puck. When separation has occurred, the support player (Center in the diagrams above) should quickly move in to gain possession of the puck.

6) Have your head on a swivel. In the defensive zone, players must consistently look around to identify gaps in coverage (open players). Players cannot get caught watching the puck and losing track of their responsibility.

## T1-3 - D400 - Low 3-3 - Czech U20

### **Key Points:**

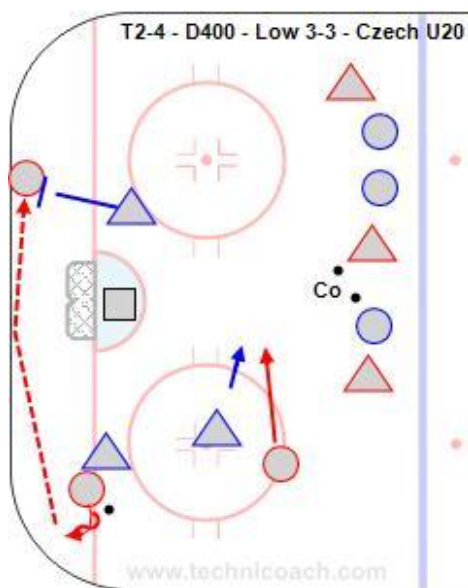
Man on man defense with the closest player defend tight from the defensive side, second closes within a stick length and third closest halfway. Offensive player start with a puck on the whistle.

### **Description:**

1. Play 3 on 3 below the top on the circles.
2. Create 2-1's on offense, use crosses and give and goes to confuse the defenders.
3. Defenders must communicate, have good sticks, switch, box out, take sticks in front.
4. Keep heads on a swivel.
5. Defend man on man.
6. Finish your check before the hash marks.

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## TD400 Aggressive PK - Both Ends - Pro

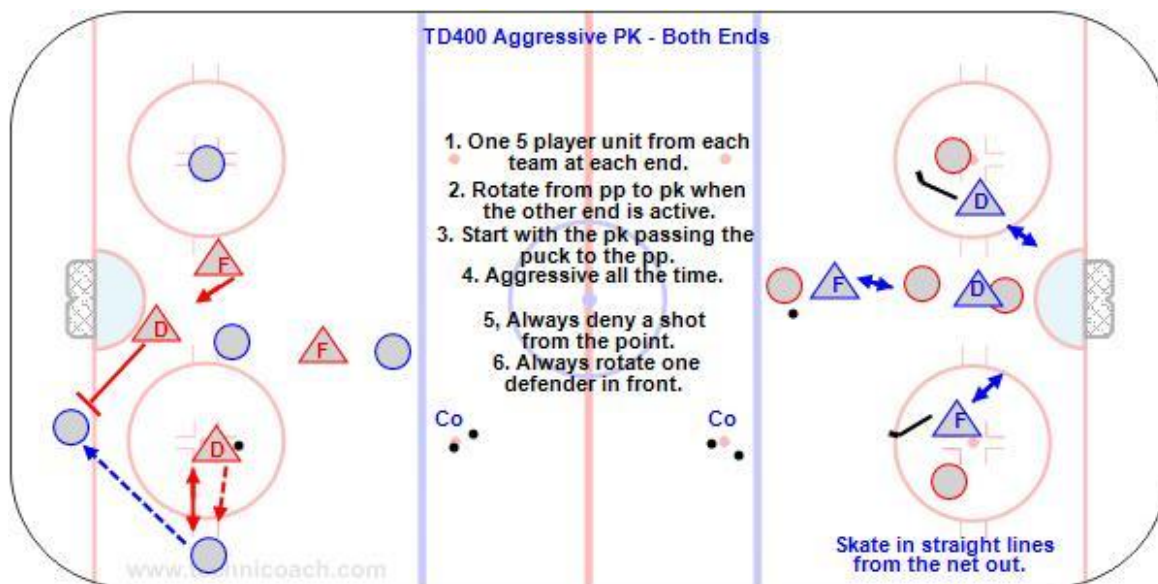
### Key Points:

Defenders skate in straight lines lined up with the net. Sticks in passing lanes and on the puck when pressuring. Shin pads in front of the puck to block shots. D pressure first when the puck is at the half boards or low, then rotate the diamond box.

### Description:

1. One 5 player unit from each team at each end.
2. Rotate from pp to pk when the other end is active.
3. Start with the pk passing the puck to the pp.
4. Aggressive all the time.
5. Always deny a shot from the point.
6. Always rotate one defender in front.

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## T4 – Defensive Zone Face-off Win 5-5 - Czech U20

### **Key Points:**

Everyone has both an offensive and defensive role on a face-off. Players must read who wins the loose puck and go onto offense or defense. This drill is for a strong side breakout option.

### **Description:**

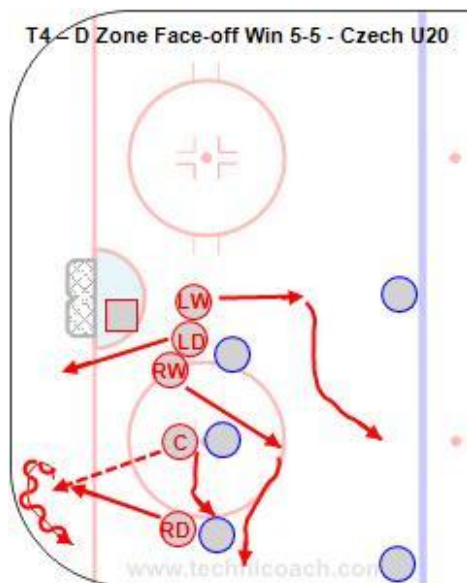
Strong side option on a face-off win in the defensive zone on the right side. Set up a 5-5 face-off in the defensive zone. Extra players watch outside the blue line.

**Description is for the face-off on the right side.**

1. Right D go back for the puck and tight turn up the boards.
2. Right wing get to the boards for the pass.
3. Centre support from below the play.
4. Left D go below the goal line as a pass option.
5. Right wing be a middle option and cut across for any dump out.

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## T4 – Defensive Zone Walk Through - RG 5-5 – Pro

### Key Points:

Review defensive zone rotation. Lots of communication helps everyone to make good decisions. Use controlled skating towards the puck carrier. Always defend from the net side. Stick on the ice in the passing lane and closest checker play with 'body on body and stick on the puck.' Goalie can see everyone so it is important he communicates loudly.

### Description:

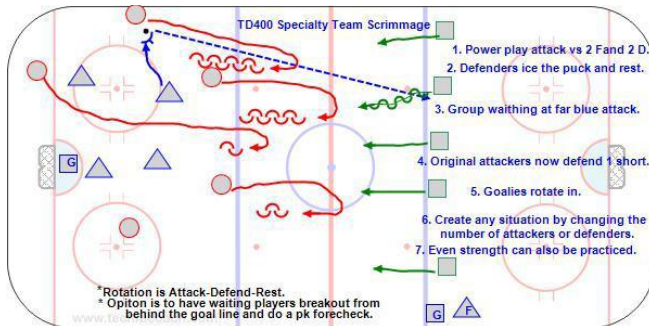
1. Players start from the neutral zone with a coach in each corner.
2. Coach one pass to coach two in corner and 5 players defend.
3. Coach two pass to coach three in other corner and 5 defenders rotate.
4. Defending 5 skate out and pass to 5 players waiting in the neutral zone.
5. Play 5 on 5.
6. Coach one spot a new puck if the play ends quickly and continue playing 5-5.
7. Rotate so the other 5 players walk through the defensive zone coverage.
8. Walk through the contain 'box plus one' and the pressure 'swarm.'
9. Do this at both ends if you have 20 skaters for 5-5 or 16 for 4-4.
10. If you have less skaters you can do it at one end with a defend-attack-rest rotation.

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*If you have less than 4 lines you can have the walk through then the original attackers walk through then pass to the players waiting behind the red line. After all players have done the walk through make it a continuous transition game of Attack-Defend-Breakout-Rest.*



## T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro

### Key Points:

F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

### Description:

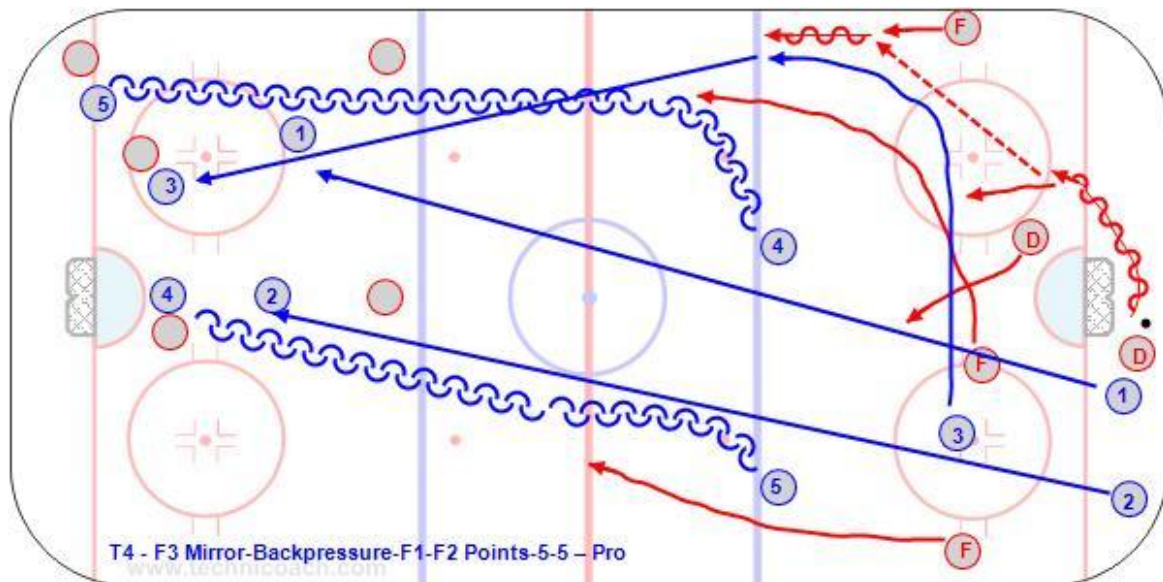
1. Start with the offensive D skating behind the net and pass to the C or W.
2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.
3. F3 mirror the puck covering their C then backpressure the first pass.
4. F1-F2 back track through the middle lane to the slot and pick up attackers.
5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.
6. D2 skate back through the middle and pick any attacker on the weak side.
7. Defend from the net out with 'one man on and a box behind, combined zone man on man.
8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.

\*D1 pinch on any wide rim and F3 fill behind.

\*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.

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## T4 - F3 Mirror-Backpressure-F1-F2 Points-5-5 – Pro

### Key Points:

This is the way most elite teams now forecheck and backcheck when the opponents make a clean breakout. Players must be able to count to 5. 1 and 2 forecheck deep, 3 mirror from the mid slot, 4 play midpoint and 5 the puck side point. These positions are all interchangeable and the five players stay compact like a flexible 5 on a dice.

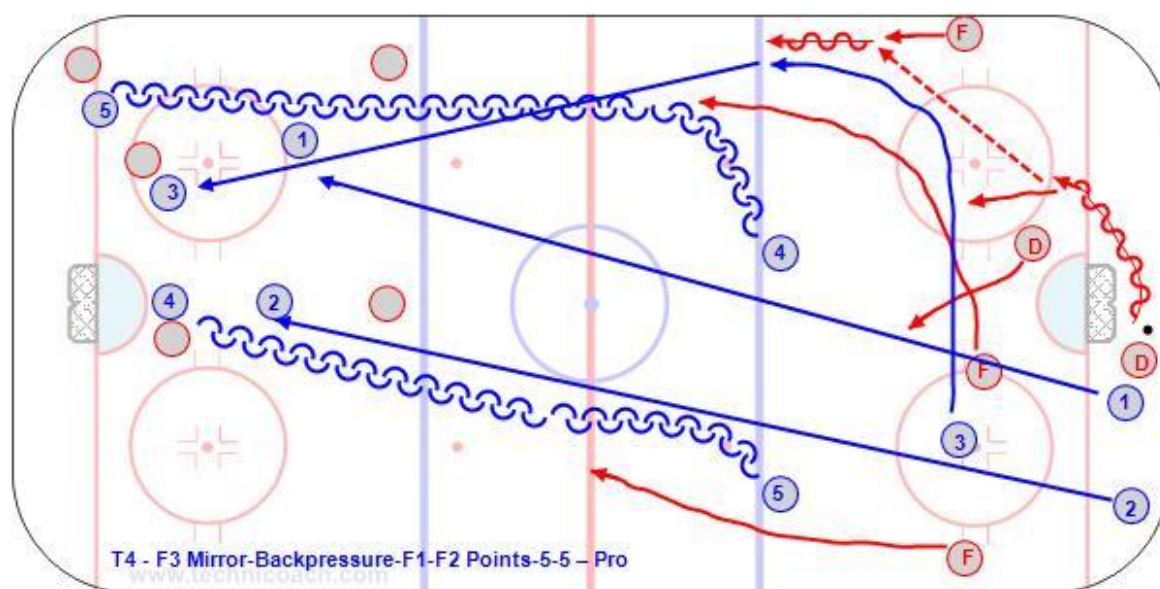
### Description:

1. Offensive 5 players set up for a breakout.
2. Forecheckers 1 and 2 deep at the goal line, 3 mirror puck mid slot, 4 midpoint, 5 strong side point.
3. Offensive D1 skate behind the net and breakout pass to the W or C.
4. 3 mirror the puck and back pressure the pass receiver.
5. 1 and 2 backcheck through the middle lane.
6. 5 cover the W or C skating up the ice on his side.
7. 4 skate backward and pick up the deepest attacker wide or in the middle.
8. 3-4-5 cover one attacker each when attackers enter the zone with control.
9. Defend the house with one on and a box behind. 3-4-5 low, 1-2 points.

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## T4 - Low 3-2 - 3-2 Rush - 5-5 – Pro

### Key Points:

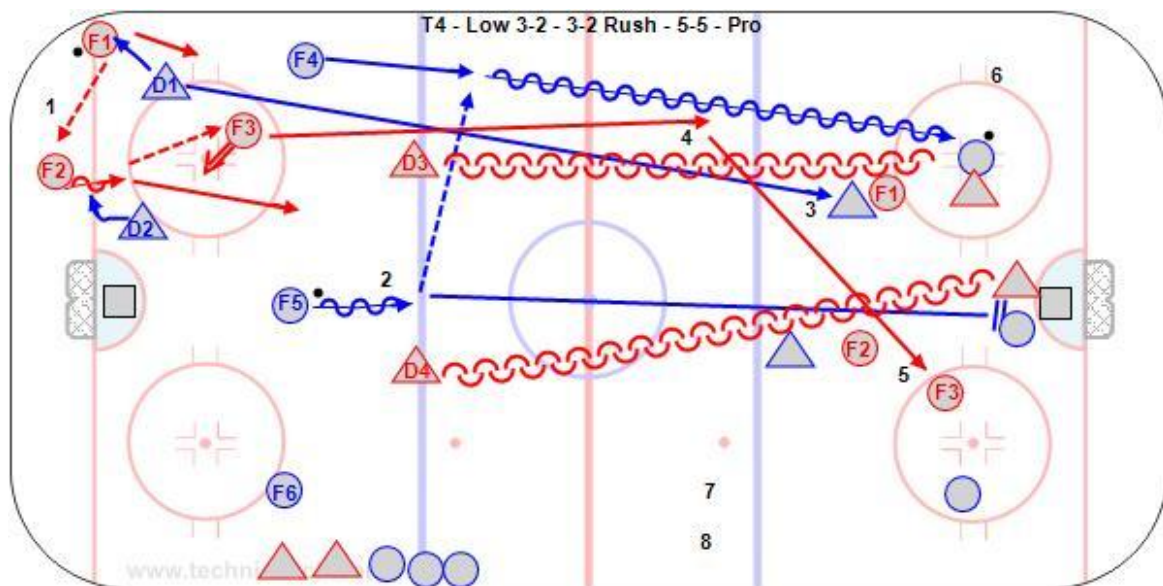
Everyone must cover one player in the defensive zone in man to man zone coverage. Low three, closest on the puck, second closest within a stick length and third half way. F1-F2 sag to cover the point. Weak side F has net coverage on a swarm.

### Description:

1. Start with a low 3-2, F1-F2-F3 vs. D1-D2.
2. Whistle and F4-F5-F6 attack D4-D5 from the top of the circle.
3. D1 or D2 join the rush as the trailer.
4. F3 back pressure the puck carrier and F1-F2 backtrack into the low slot.
5. F3 pick up the wide attacker on a middle lane drive.
6. Play 5-5.
7. Swarm if an attacker is facing the boards.
8. If the defense clears the puck do a second 5-5.

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## T4 - Low Defensive Zone 1-2 x 2, 3-3 – Pro

### Key Points:

Low forward support from the defensive side. On low 3-3 man to man from the defensive side. First defender tight on attacker. Second defender a stick length away. Third defender halfway. Defenders communicate who they are covering and any switches. Attackers battle to gain net side and create 2-1's.

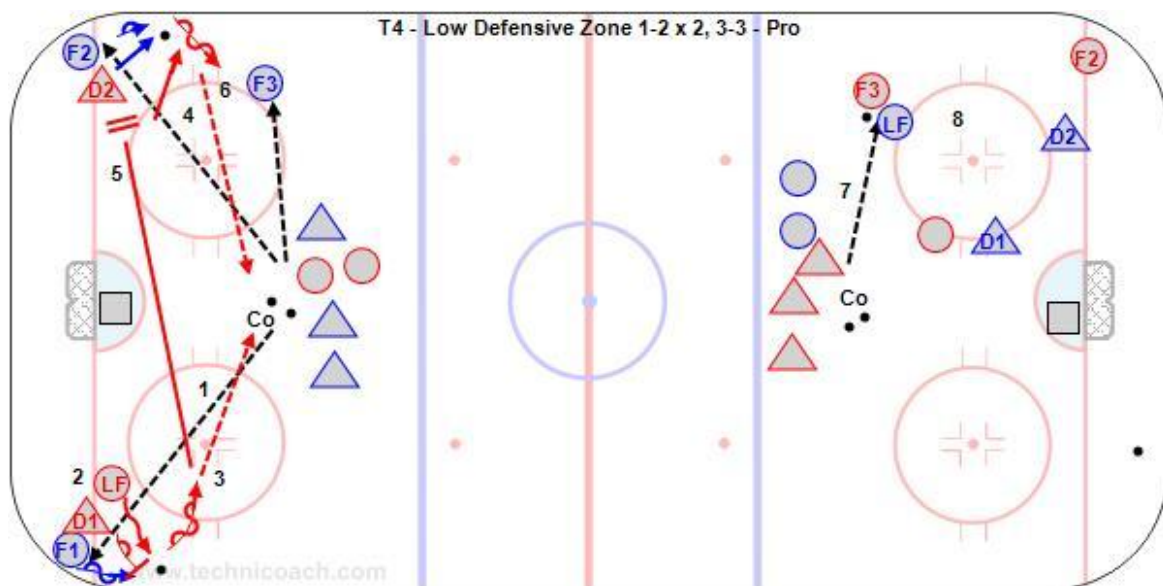
### Description:

1. Coach pass to F1 in corner.
2. D1 and low forward check F1.
3. Defenders regain the puck and pass to the coach.
4. Coach pass to F2 in the other corner.
5. Low forward skate to support D2.
6. Regain the puck and pass to the coach.
7. Coach now pass to F3 who attacks 3-3 with F1-F2.
8. D1-D2-D3 defend the low 3-3.

*\* This drill can be done at one end or both ends.*

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## T4 - Penalty Kill 3-5vs. 2-1-2 Spread PP

### Key Points:

Play 3-3 close to the puck, deny passes through the seams with the stick, skate straight lines. Pressure any loose puck. Block shots and keep the triangle tight. Don't get tied up with an attacker.

### Against a 2-1-2 spread.

1. Two high defenders who rotate top of the slot when the puck is at the point, mid-slot when at the other point or low on the weak side, low back door when the puck is low.
2. Low defender go east-west on the strong/puck side.

\* Low Dice or Spread causes players to turn their back.

\* Players have to defend with heads on a swivel.

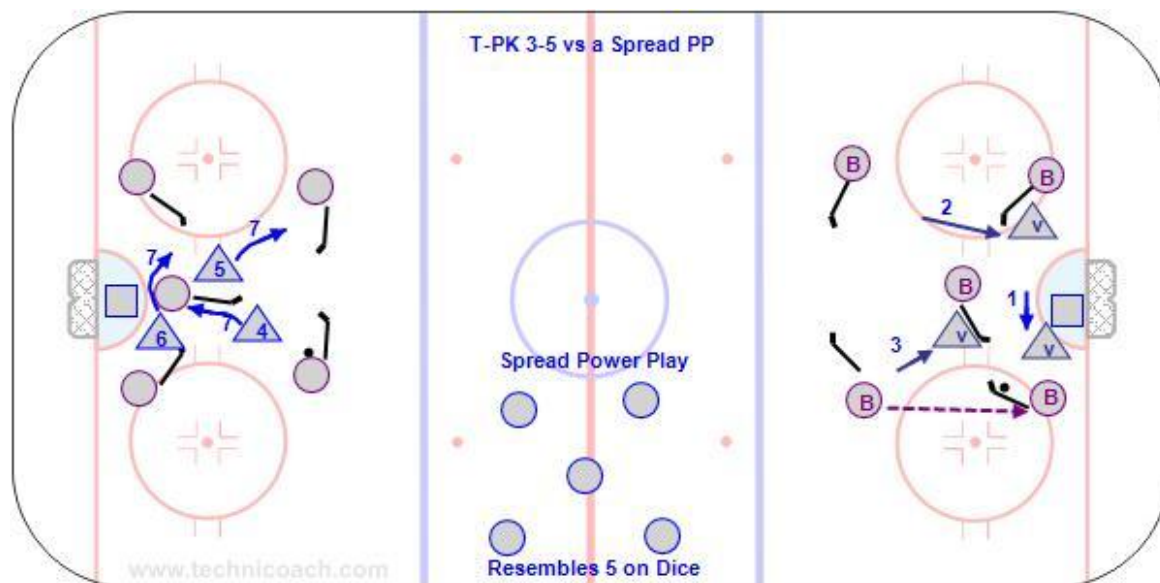
\* 3-3 strong side and give attack 2 players farthest from the puck.

\* *D to D pass.* Rotate; low defender to other side, mid-slot defender to top of circle, top of circle to mid slot.

\* *Puck passed low.* Rotate; low D to strong side, weak side high defender low weak side, other to mid slot. Take away back door tap in and give up options that are two passes away.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171107143552986>

<https://youtu.be/RF1IYZF7SnE>





## T4 - Penalty Kill vs. Diamond - Fall Under

### **Key Points:**

Top two players I-up with the first player blocking the shot and the second player falls under. D block shots when the puck is on their side. Defenders never get tied up and skate in straight lines.

### **Description:**

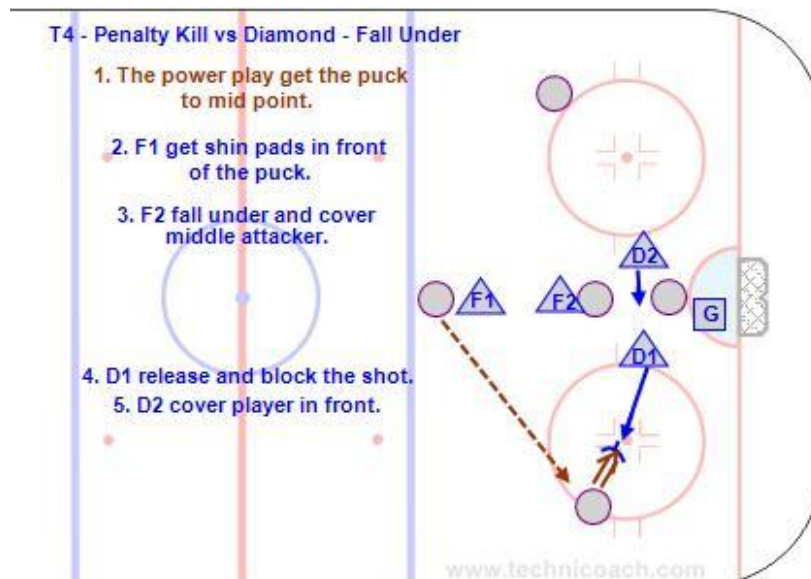
#### *Defending vs. the Diamond 1-3-1*

1. The power play gets the puck to mid point.
2. F1 get shin pads in front of the puck.
3. F2 fall under and cover middle attacker.
4. D1 release and block the shot.
5. D2 cover player in front.

#### *Defending vs. the Umbrella*

If it is a high umbrella and there isn't an attacker in the mid slot, then F2 can move to the side the puck is passed and block the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120521102728277>





## **Pounce 1-3-1 Hard Trap Forecheck**

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time.

My truth of hockey is.

Forecheck

- 2 in deep
- only pinch on the strong side when positive you will get the puck.
- lock the strong side boards on breakouts with the LW on one side and the RD on the other.
- 3 forecheck on the strong side. Left side the lw, c, rw and Right side the C-RW and RD.
- Backpressure all the way to the net.
- always tight gaps.
- angle off the back shoulder with the stick on the puck.
- check from the defensive side always.
- always 4 on the attack.
- tight 3 man triangle and a D high on the rush to the net.
- shoot when inside top of circles unless someone is wide open.
- always give the puck to someone in better position than you and keep it if you are in the best position.

**Example of my college women's team vs. U of Calgary at the Olympic Oval** – international size ice. I now start with a 1-3-1 with either the RW or C 1 and 2 deny the pass up the middle and then force the first pass.

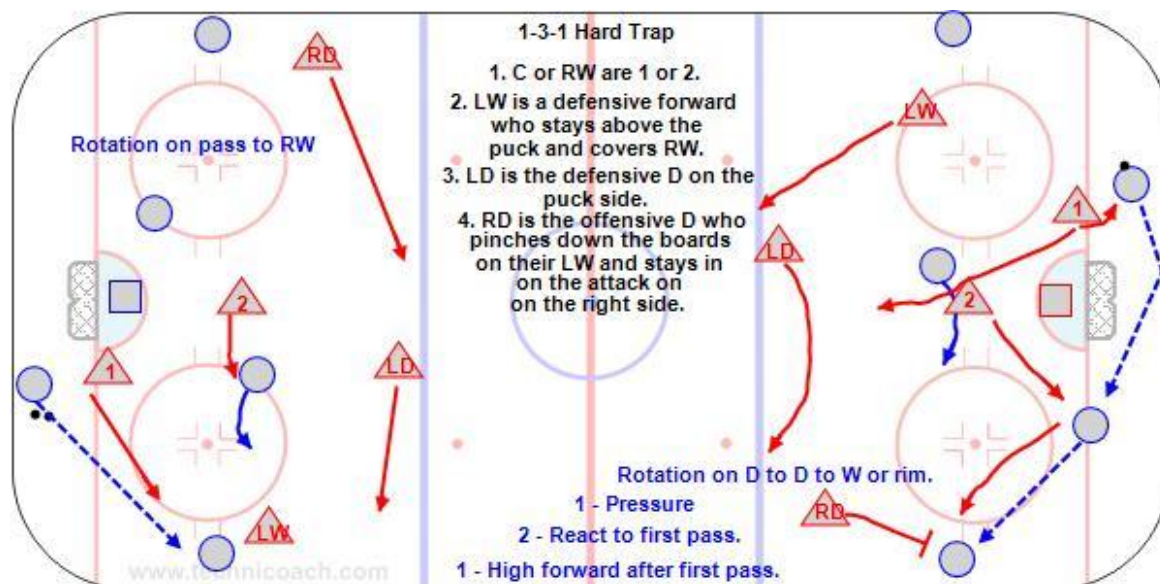
<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080727110408764>

A video of an explanation of the system I gave to my team at the Olympic Oval 2 hours before the game. We used white tape to make a rink on the floor and we went over the system.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

Some clips of the Forecheck with my U18 Female team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121229225643619>



## **T4 – 1-3 Penalty Kill Rotation**

### ***Key Points:***

Forwards play in an I with one forcing the puck at the point and on the sides. The defense play low on each side. When the puck is low play and aggressive low press. Pressure any bobbled puck or poor possession. Good defensive skating in straight lines with stick on the puck and toe caps facing the puck.

### ***Description:***

#### **Forwards Rotation:**

1. All 4 defenders spin and then orient themselves into a 1-3.
2. Attackers set up in a high umbrella and move the puck starting at the mid point.
3. F1 at the top force the mid point and chase a pass to either side with stick denying return pass.
4. F2 move challenge a return pass to the mid point and F1 FALL UNDER and replace F2.
5. F1-F2 continue this tandem rotation with mid slot coverage when the puck high.
6. F1 or F2 pressure down if the attacker is at the half boards.
- 7.

#### **Defense Rotation:**

1. Attackers set up at mid point in a high umbrella and defense start together in the low slot.
2. Puck is moved to one side D1 moves toward that side and D2 stays in the middle.
3. When puck is moved to the other side D2 move to that side and D1 to the middle.
4. D1 and D2 keep their sticks in the dangerous passing lanes and be ready to block shots.
- 5.

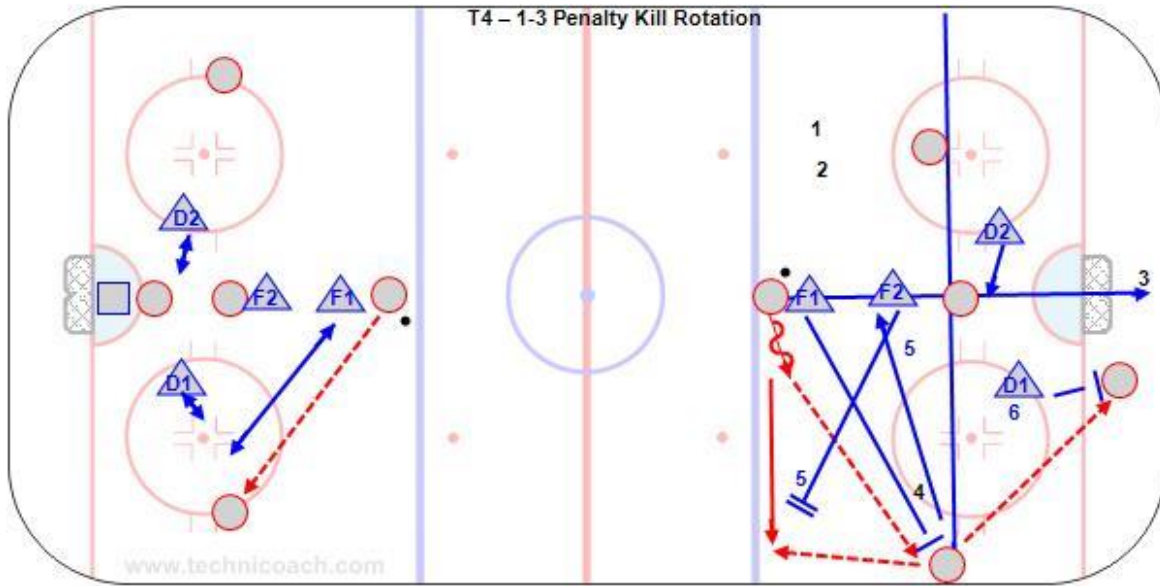
#### **Walk Through 4 on 5:**

1. Set up in a 1-3-1 power play and 1-3 penalty kill.
2. Start from the mid point and had a controlled scrimmage of 5-4.
3. Divide the defensive zone into four quadrants of responsibility; F1-F2 high, D1-D2 low.
4. F1 pressure down the wall with the stick denying a pass to the point.
5. F2 pressure a return pass to the point and F1 fall under and cover the mid slot.
6. Play a low press if the puck moves from the half boards down.
7. Constantly decide whether to pressure or contain.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018121117285469>

<https://youtu.be/NkdQdJZH1-g>

#### T4 – 1-3 Penalty Kill Rotation



## T4 - Teaching Total Hockey in the Defensive Zone

### Key Points:

The game is played 1-2-3-4-5. Players must have the skill to count to 5 and recognize where they are on the ice in relation to teammates and the zone they are in.

### Description:

A. Players line up and enter the defensive zone calling out their number.

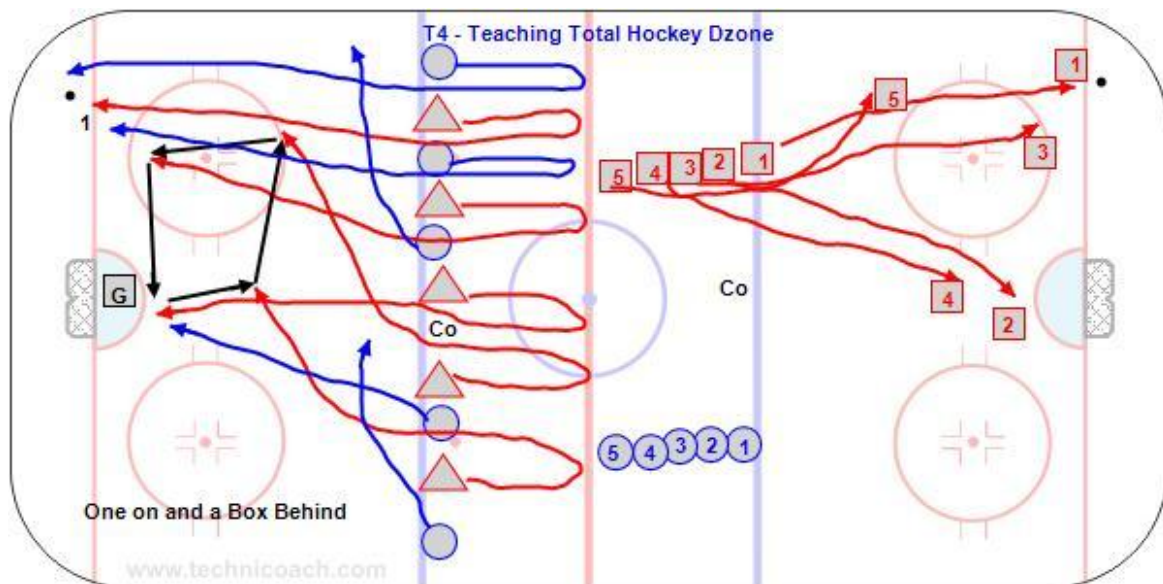
- The coach places the puck in various areas.
- Progress to all leaving in random order and calling out their number and going to that area.

B. Offensive and defensive player skate from the blue to the red line while the coach shoots the puck in.

- Players go to defensive responsibilities 1-2-3-4-5 in a combined man to man zone defense of ONE on and a BOX BEHIND.

-Blue try to score and Red defend and pass to coach on turnover.

- Alternate between attacking and defending.





## T4, 1-2-3 Forechecking Practice

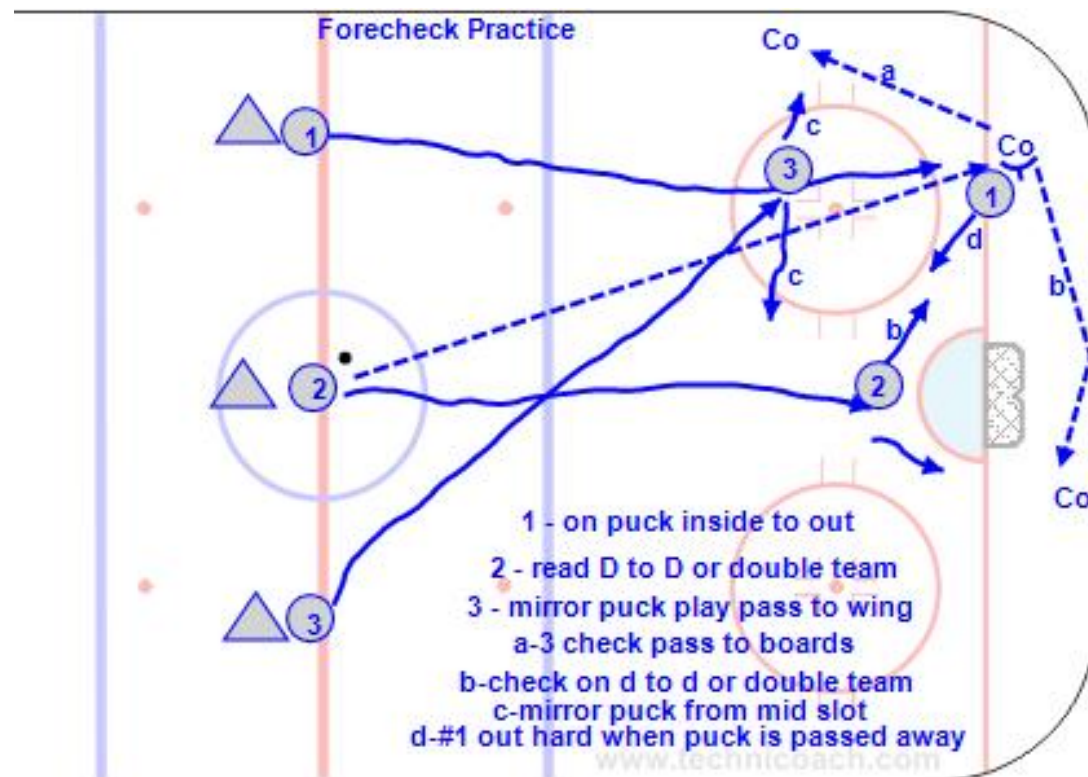
The coaches can or other players can stand in the places of the breakout team while the coach says where to move the puck. If the coach is alone he can simply point to the area the puck is going. This instruction is to let the players understand the read and react of an aggressive 3 man forecheck.

Players line up in 3 lines behind the red line.

#1 - on the puck inside to out.

#2 - 2 read help #1 if loose puck is created and check D2 on D to D pass.

#3 - mirror the puck from the mid slot. Check wing on pass to the boards and mirror D to D from the mid slot. Don't forecheck but mirror the puck from the mid slot until you become #1 or #2.



## T4 1-3-1 Forecheck

### **Key Points:**

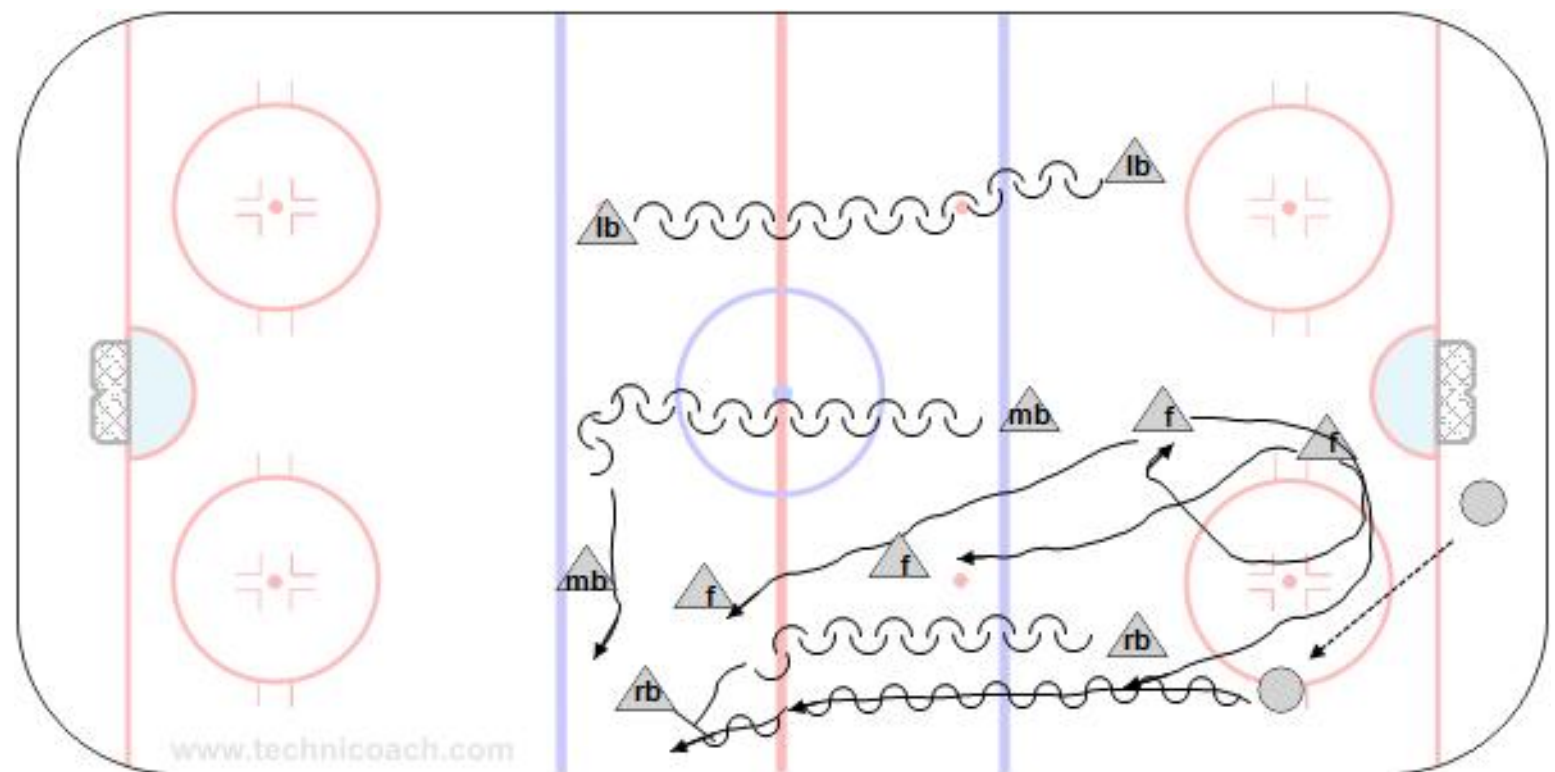
The 2 forwards forecheck in a tandem. Left and right back keep puck ahead of them  
Middle back support from behind.

### **Description:**

In the 1-3-1 the two forwards forecheck one at a time. When the puck is moved away from them the first checker return to the middle and the second forward force the play wide.

The strong side halfback keep the puck in front of him the weak side halfback cover the attacking forward in the wide lane.

Middle back support from behind on the strong side ; don't let any attacker behind him.  
Force the play to the wide lane in the nzone and overload with the middle back standing up and the F giving back pressure



## T4 1-3-1 Torpedo

## Key Points:

- T1 create inside to outside pressure.
- Always have 4 on the attack.
- Strong side Torpedo stretch.
- Right and left backs forecheck 1-2-3 with torpedoes on the strong side.
- Middle Back play on the puck side point with weak side back middle point.

## Description:

## Diagram 1 Forecheck

1. Torpedoes forecheck in a tandem I. Pressure inside to out and return to the middle lane.
2. Right and left backs play their half of the ice. Join the rush deep on the strong side and mid slot when on the weak side. Play the weak side point and always look for the back door play when it is there.
3. Backs play the low 3-3 and Torpedoes cover the points and stretch on possession.
4. Backs fill the low 3 lanes on breakout. strong side torpedo stretch and weak side give middle support.
- 5 In the neutral zone the backs play their lanes and torpedoes back pressure.



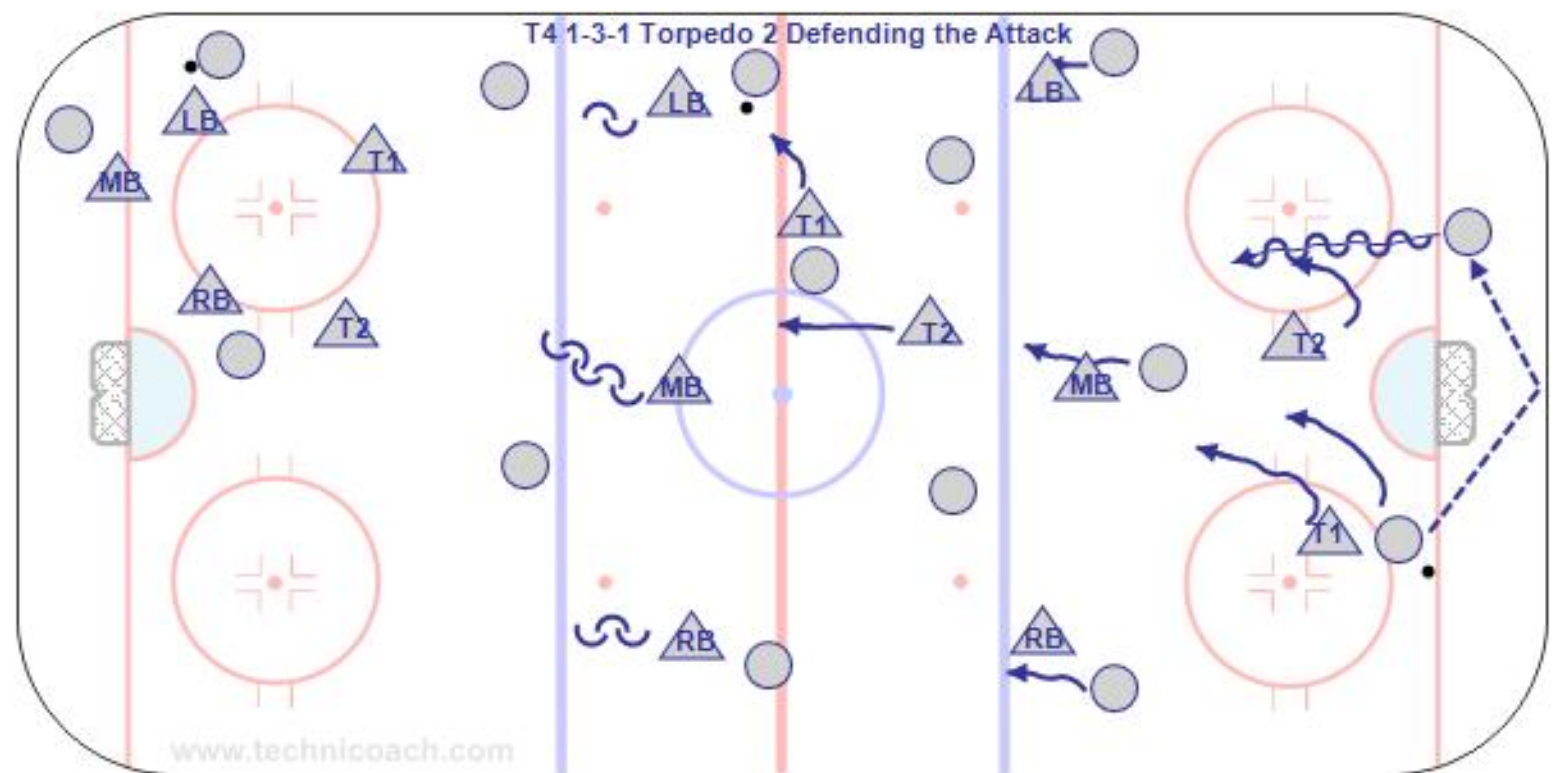
## Diagram 2 Defending the Attack With a 1-3-1 Torpedo

### Key Points:

Defensive Play. Fill the three lanes, Keep tight gaps. Torpedoes back pressure.

### Description:

1. On forecheck Torpedoes check the 2 lowest players and backs fill the 3 lanes.
2. In Nzone Backs fill the 3 lanes and Torpedo 1 back pressure while T2 come back through the middle.
3. In defensive zone the backs play the low 3 on 3 with MB supporting on both sides.







## 2-2-1 Pressure Forecheck

### Key Points:

Overload the strong side and pinch on the weak side.

### Description:

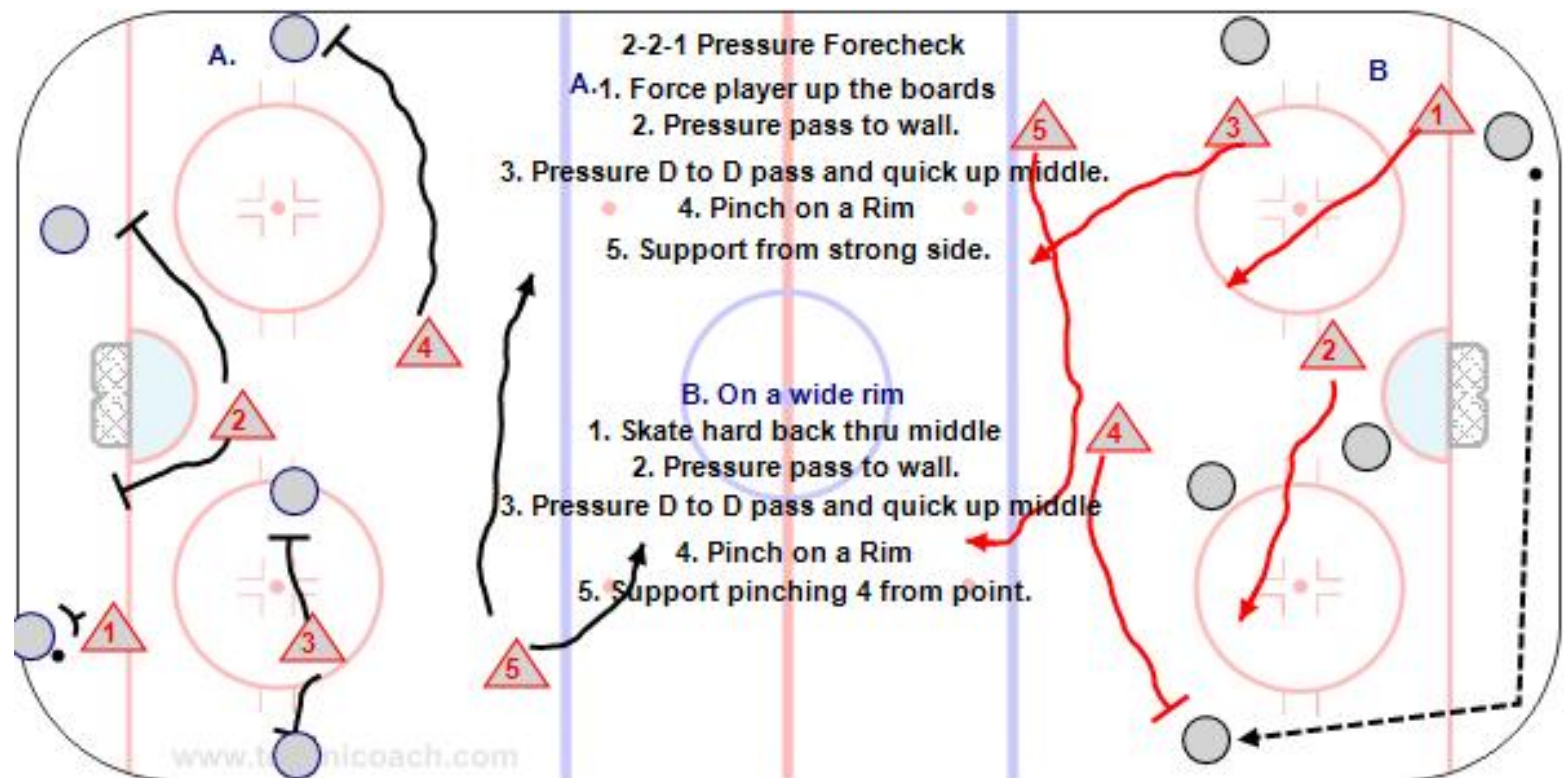
#### 2-2-1 Pressure Forecheck

The first player forces the puck carrier.

1. Force player up the boards.
2. Pressure pass to wall.
3. Pressure D to D pass and quick up middle.
4. Pinch on a Rim
5. Support from strong side also lock on the middle forward if high in the slot..

#### B. On a wide Rim

1. Skate hard back thru middle
2. Pursue puck
3. Cover middle point.
4. From pre pinch position pressure boards
5. Support pinching 4 from point.



## T4 2-2-1 Pressure Forecheck - Puck Behind the net

### Key Points:

A turnover in the offensive end results in a scoring chance about 25% of the time while a nzone turnover gets a scoring chance about 10% and a rush from the defensive zone less than 5% of the time. So a passive trap may prevent goals against but doesn't create near as many scoring chances.

Pinch comes from both sides.

On possession overload the puck side with weak side back door option.

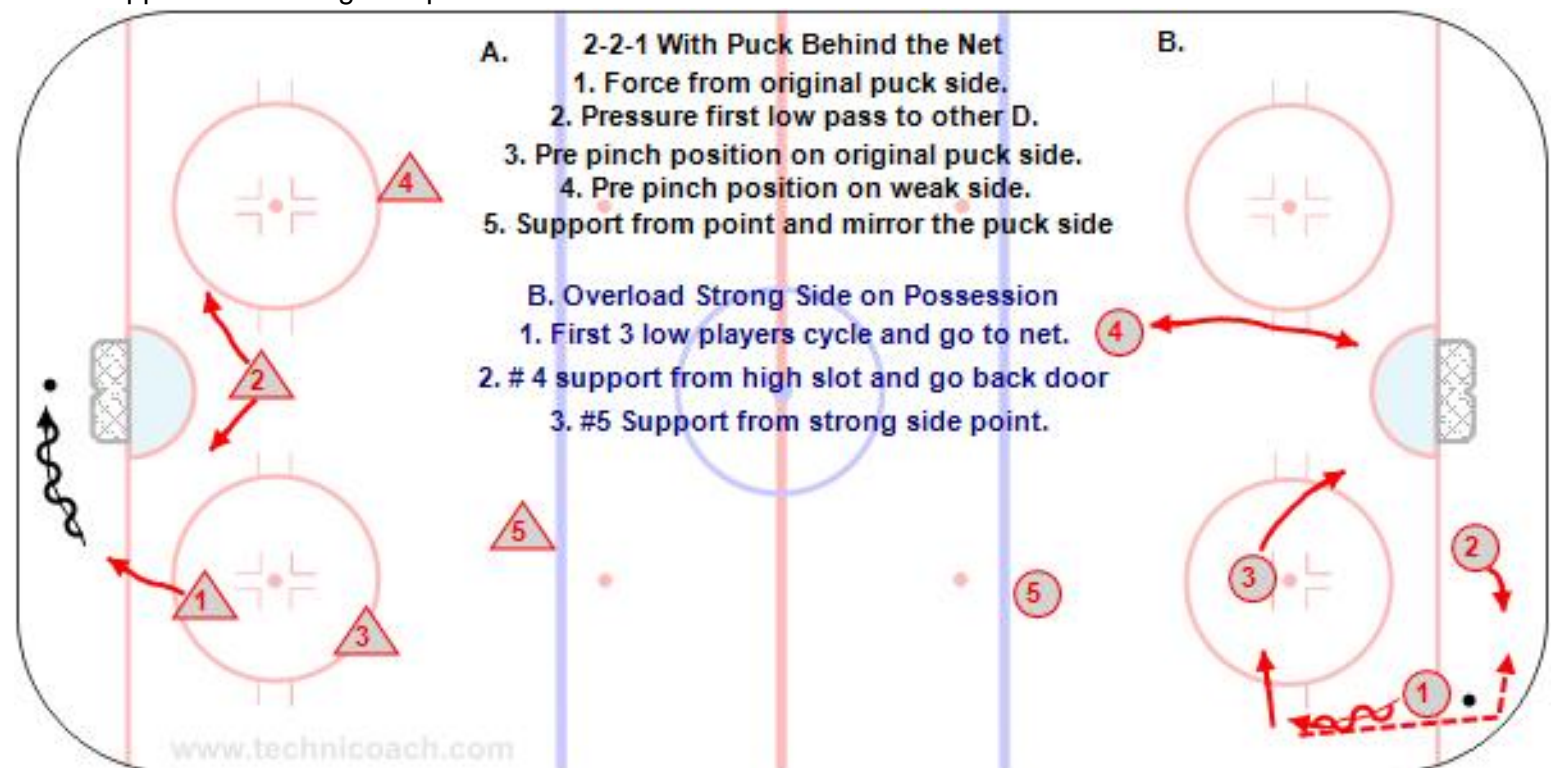
### Description:

#### 2-2-1 With Puck Behind the Net

1. Force from original puck side.
2. Pressure first low pass to other D.
3. Pre pinch position on original puck side.
4. Pre pinch position on weak side.
5. Support from point and mirror the puck side

#### B. Overload Strong Side on Possession

1. First 3 low players cycle and go to net.
2. # 4 support from high slot and go back door
3. #5 Support from strong side point.



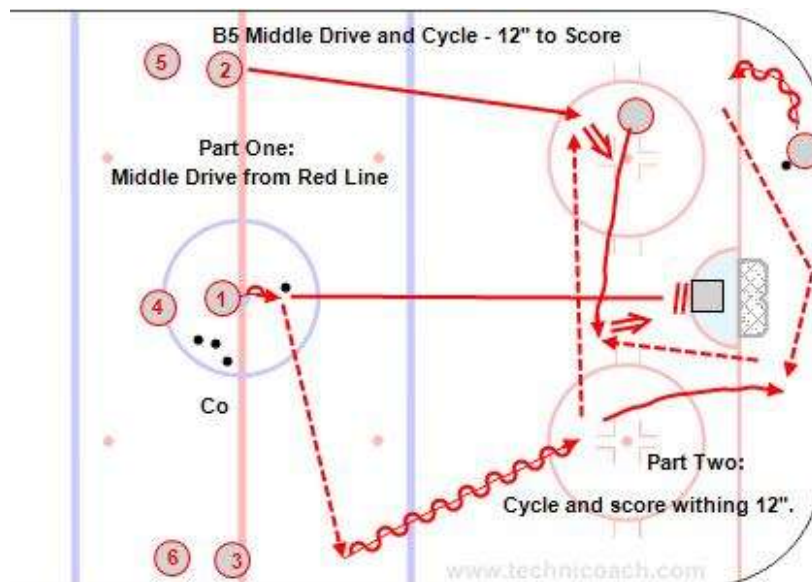
## B5 Middle Drive and Cycle - 12 Seconds to Score

### **Key Points:**

The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

### **Description:**

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.





## B5-B600 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17

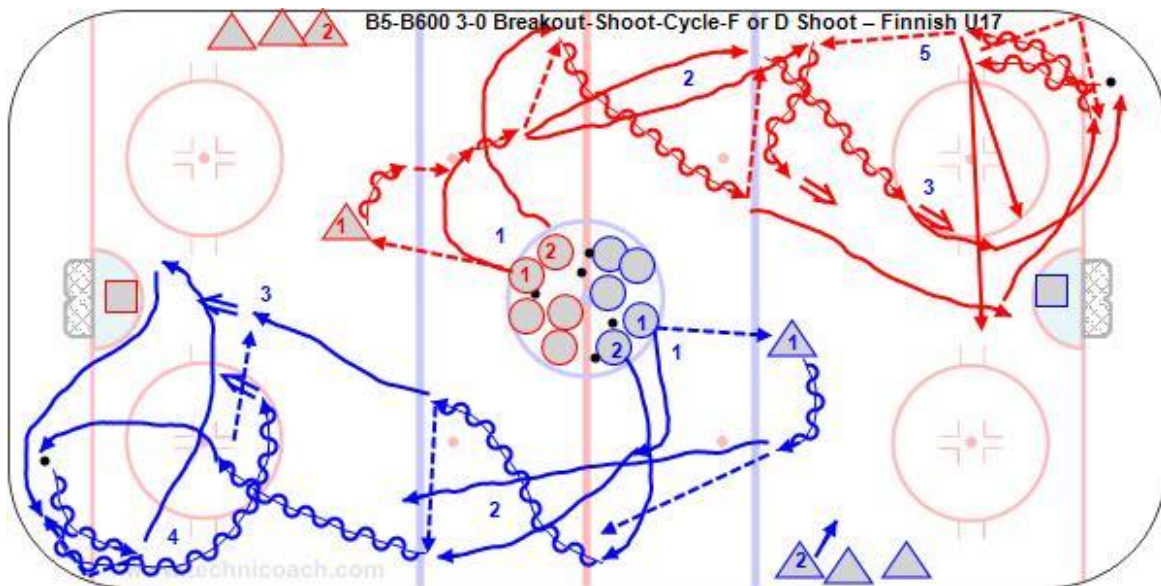
### **Key Points:**

Do everything with quick feet. Make hard passes and D follow the play right away. Forward go to the 'Big Ice' between the dots with the puck.

### **Description:**

1. Start in the middle circle and 2 F regroup with one D.
2. Attack 2-0 and D follow.
3. Shoot then rebound.
4. Forward pick up a puck in the corner and cycle once and go to the net and shoot.
5. Second option: get a new puck - cycle and pass to the point and screen or shot pass.
6. Do this from both sides.

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp)



## 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).

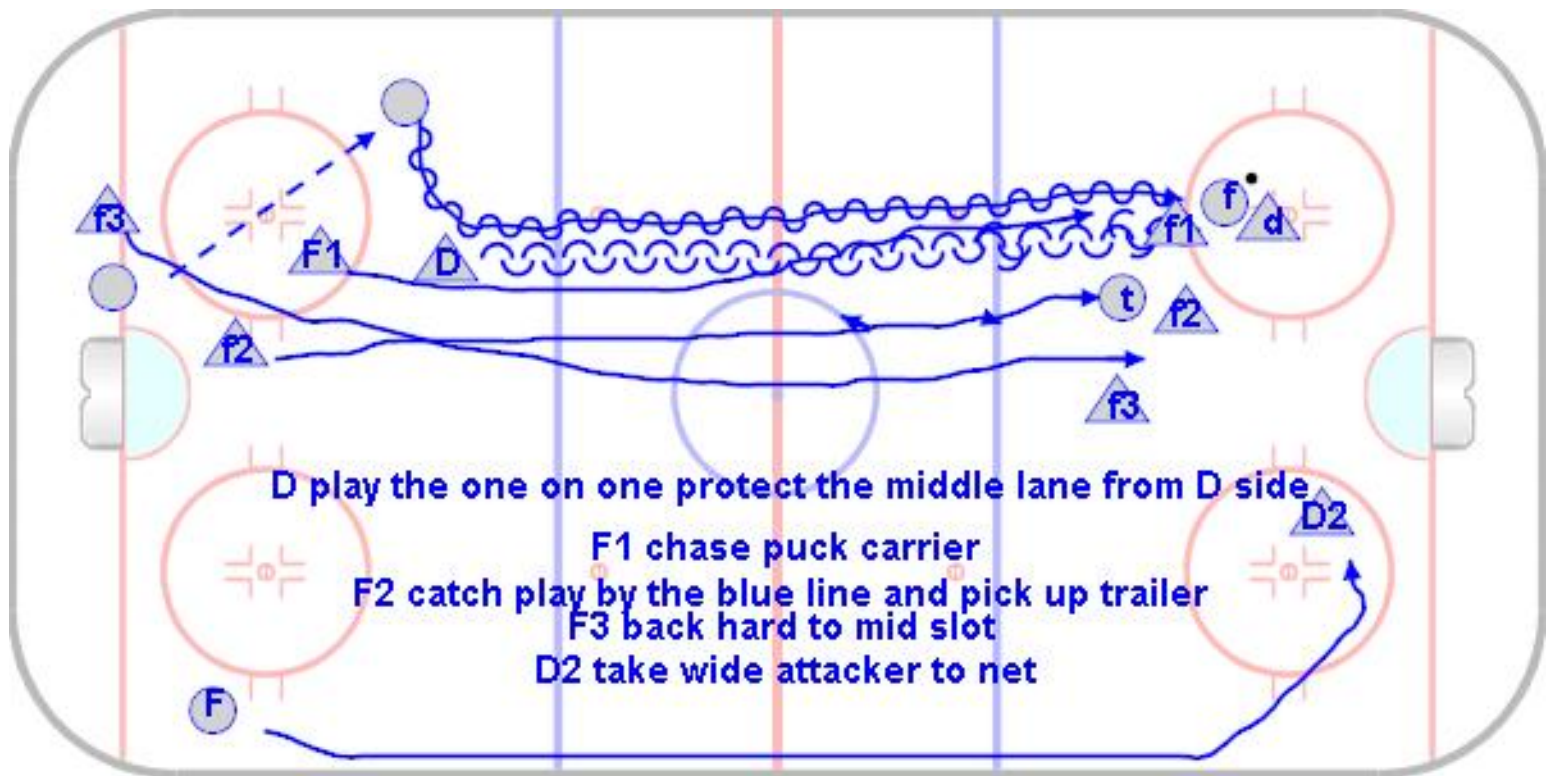
Some teams only back pressure thru the nzone and then peel off. I think it is best to create the defensive 2-1 and only peel off if you are out numbered. Creating offensive and defensive 2-1's is the key to the game.

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.



## C2 Back Pressure-Low 3-3 – Pro

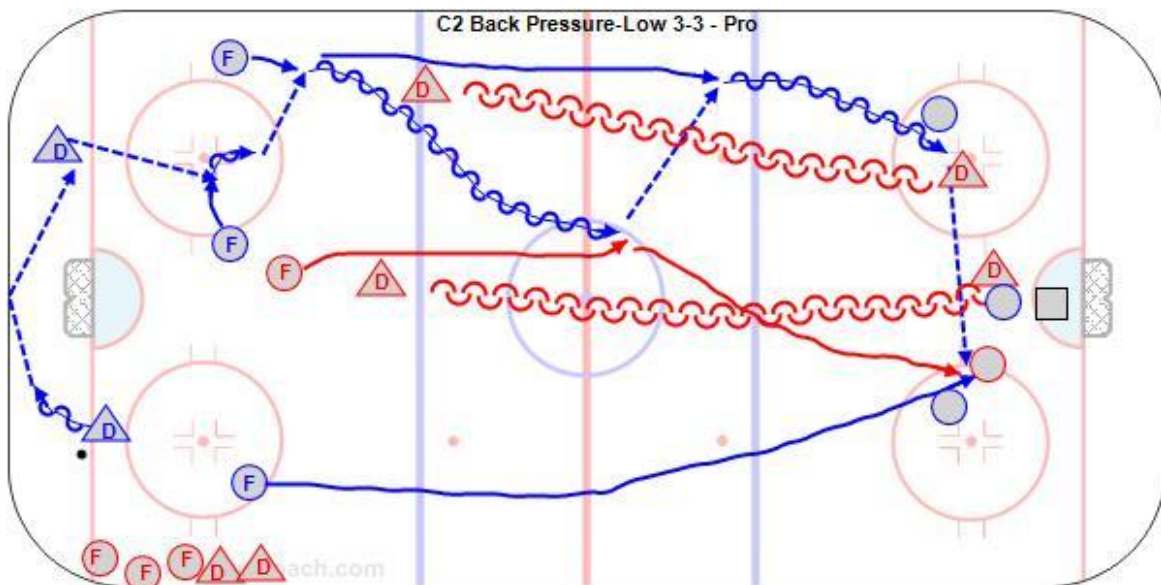
### **Key Points:**

Back pressure through the neutral zone. Defenders stay on the defensive side and attackers fight to get on the offensive side.

### **Description:**

1. Players line up on one side.
2. Start with a D to D to F breakout and 3 F attack.
3. Defend with 2 D and 1 F.
4. F back pressure the puck through the nzone.
5. Defenders communicate and pic up one attacker each in the defensive zone.
6. Play the low 3 on 3 until a goal, frozen puck or the defenders break out.

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## C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous – Pro

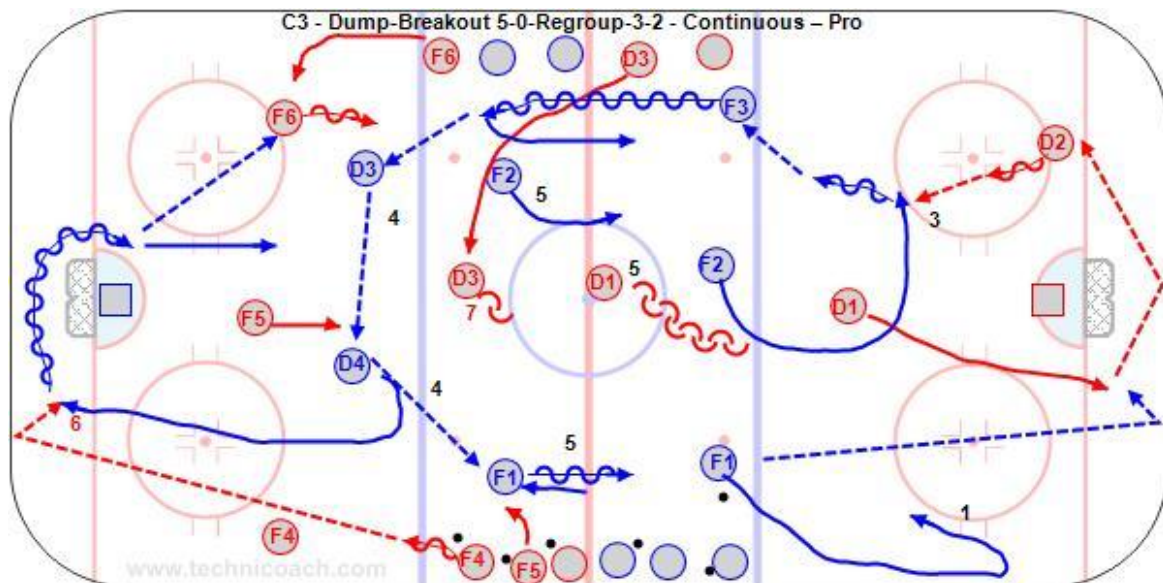
### Key Points:

Defense should check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

### Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
  2. D3 and D4 follow the play.
  3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
  4. Forwards regroup with D3 and D4 in the neutral zone.
  5. F1-F2-F3 attack 3-2 vs. D1-D2.
  6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
  7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.
- Continue this flow.
  - Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 breakout again before the regroup and 3-2.

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## T4 C3, 2 on 2 With Forwards Attacking Wide from Above the Circles

### Key Points:

Defense must keep their heads on a swivel and sticks in the passing lanes and communicate. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders.

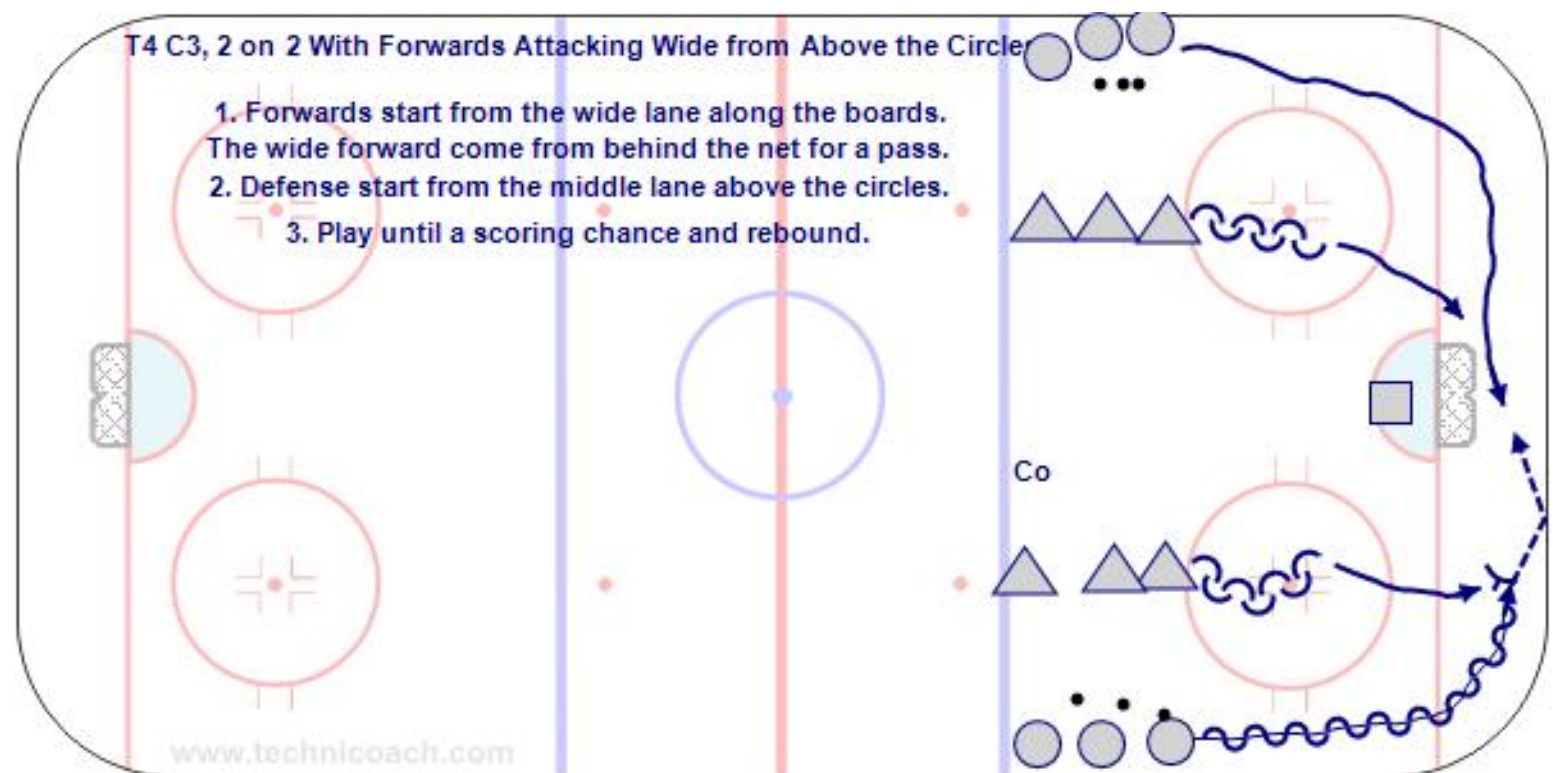
Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

### Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting above the circles. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards. The wide forward come from behind the net for a pass.
2. Defense start from the middle lane above the circles.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

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## C3, 5 on 2 Attack and Forecheck

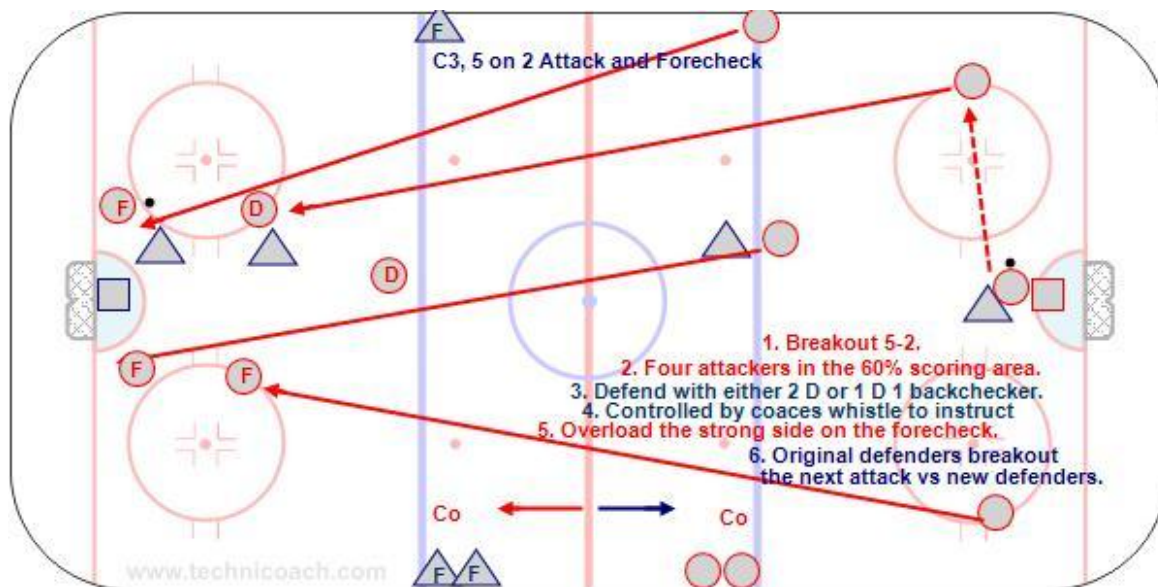
### **Key Points:**

Practice vs 2 D and vs 1 D and 1 backchecking D or F. Always have 4 on the attack in the 60% area and 3 overload the strong side.

**Description:**

1. Breakout 5 - 2.
2. Four attackers in the 60% scoring area.
3. Defend with either 2 D or 1 D 1 backchecker.
4. Controlled by coaches whistle to instruct.
5. Overload the strong side on the forecheck.
6. Original defenders breakout the next attack vs new defenders.

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## T4 D400 - 2 on 2 Below the Goal Line - Pro

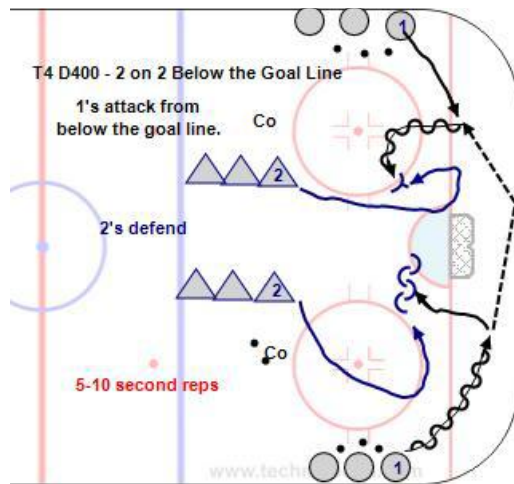
### ***Key Points:***

The attackers create scoring chances with speed, deception, give and goes, crosses and picks. Defenders must talk, stay net side, sticks in lanes and one the puck.

### ***Description:***

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts. Play for 5-10 seconds.

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## T4 D400 - PK 3-5 vs. a Spread PP

### Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

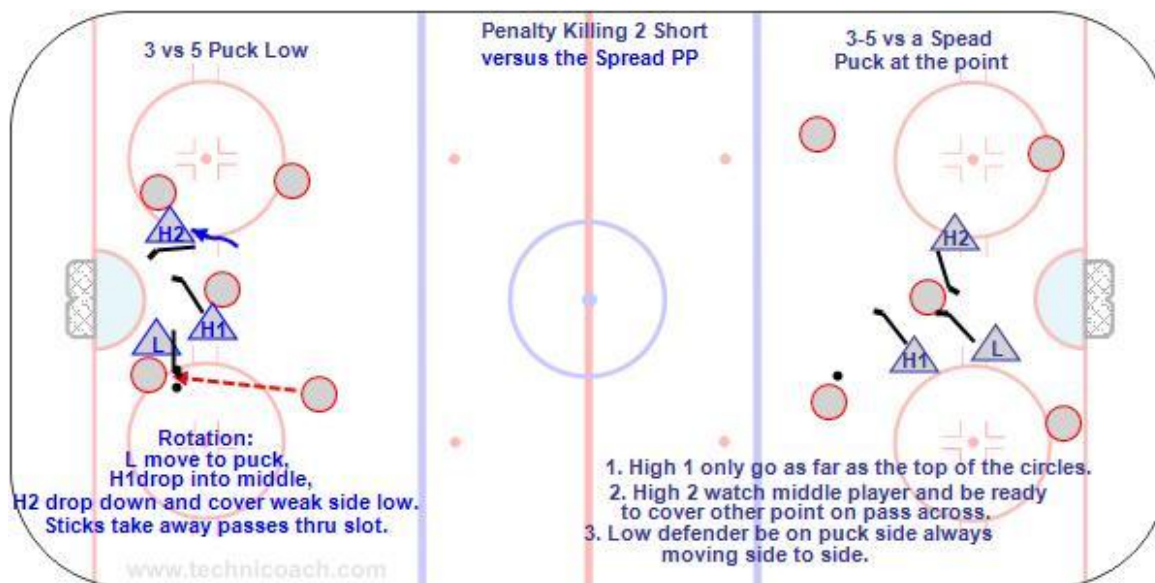
### Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.

(Right low player in last minute doesn't move out and back and many openings are created.  
Important to skate in straight lines from the net out to low, middle, high spots)

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## TD400 Aggressive PK - Both Ends

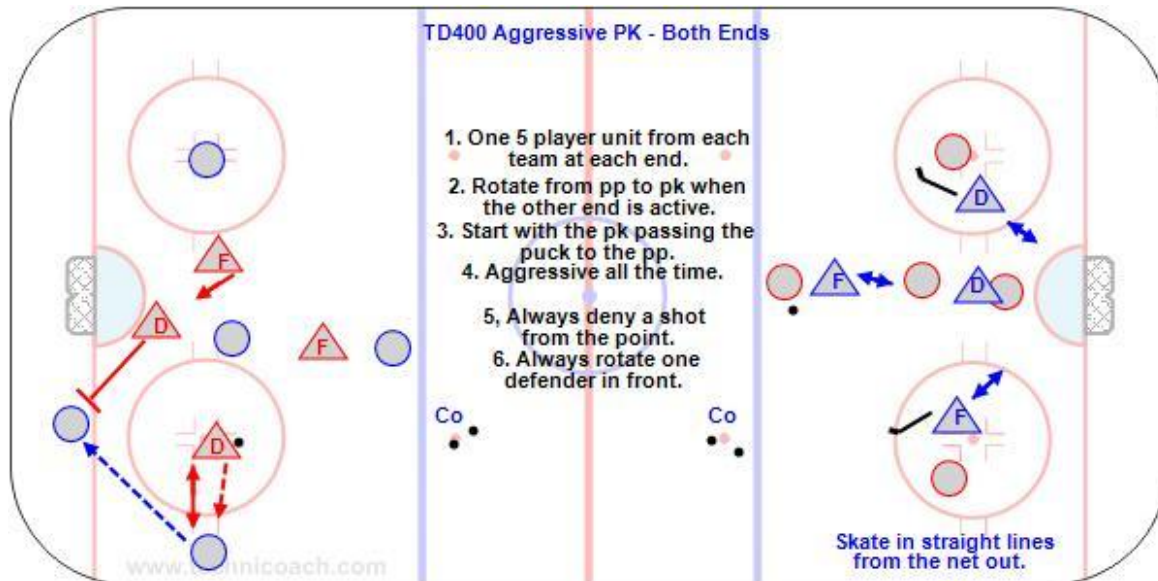
### Key Points:

Defenders skate in straight lines lined up with the net. Sticks in passing lanes and on the puck when pressuring. Shin pads in front of the puck to block shots. D pressure first when the puck is at the half boards or low, then rotate the diamond box.

### Description:

1. One 5 player unit from each team at each end.
2. Rotate from pp to pk when the other end is active.
3. Start with the pk passing the puck to the pp.
4. Aggressive all the time.
5. Always deny a shot from the point.
6. Always rotate one defender in front.

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## D400 Penalty Killing Practice

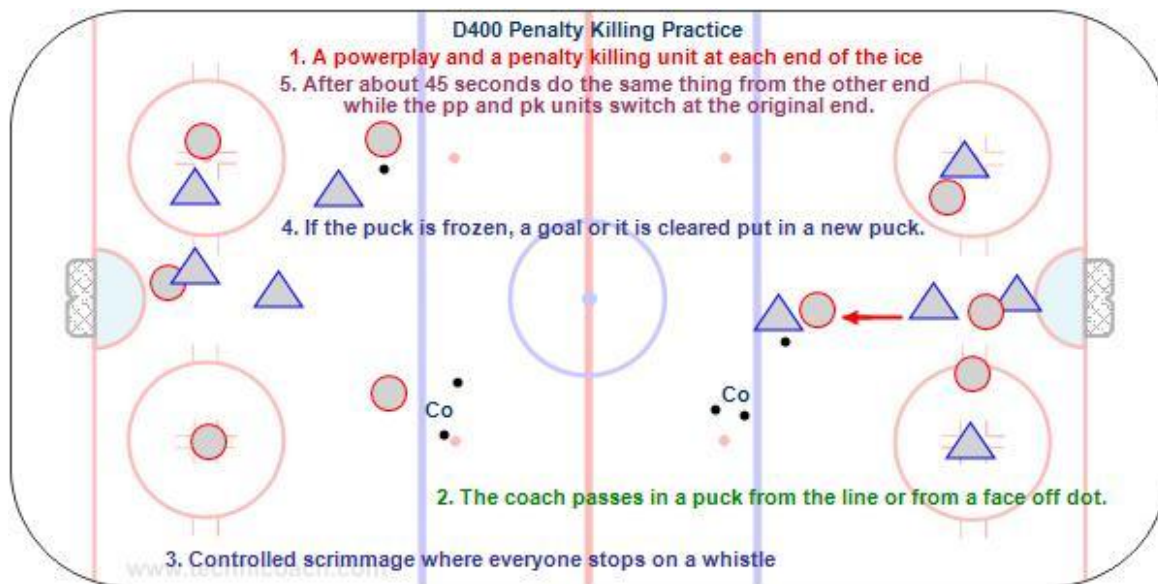
### Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

### Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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video



## T4 D400, 3 on 3 Attack and Defend

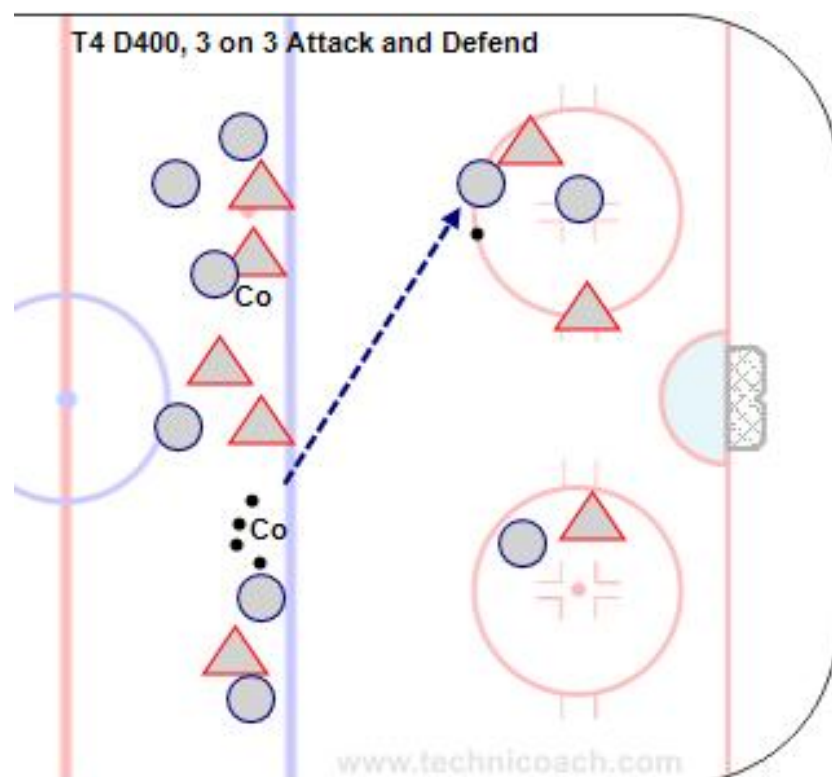
### Key Points;

On offense try to score using quick feet, give and goes, picks, screens, cycles. Defensively cover man to man from the net side with the sticks on the puck and in passing lanes.

### Description:

1. Players wait outside the blue line. 3 offensive and 3 defensive players go into the zone and the coach passes to an attacking player or dumps the puck in. Play about 20”.
2. Defenders try to skate the puck out and attackers to score. On a quick goal or shootout the coach puts in another puck.
3. Coaches can focus on any aspect of the attack or defense.

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## T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

### **Key Points:**

The defenders must read even and outnumber situations and the star and then recognize their responsibility on the 3 on 5.

### **Description:**

Players wait outside the blue line and the coach changes the situation.

- 1 – Dump the puck in and start with a 1-1.
- 2 – Add an offensive player for 2-1.
- 3 – Defenseman comes in for 2-2.
- 4 – Add a new attacker for a 3-2.
- 5 – Three defending forwards come in and defend the 3-5.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225546829>

Looking at the same drill thinking about the offensive attack.

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## T4 Forechecking Practice 1-2-2 Hard Trap

### **Key Points:**

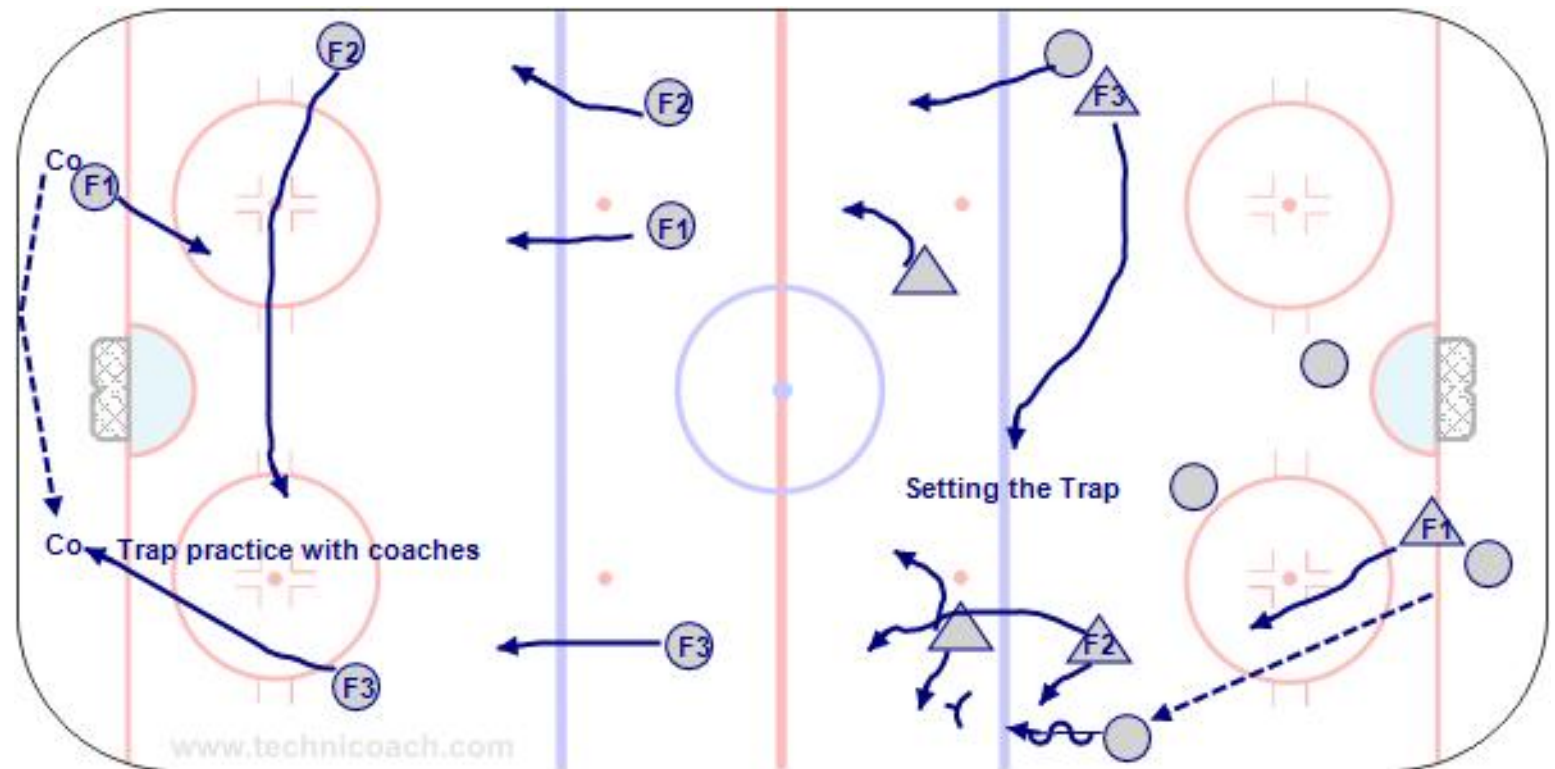
F1 on the puck from inside out, F2 and F3 take away walls first. F2 and F3 cover the wings first.

### **Description:**

1. Forwards dump in the puck from above the blueline to a coach.
2. F1 skate hard from inside to outside with stick denying pass to middle.
3. F2 take away quick pass up the wall,
4. F3 take away rim.

If they make the first pass F2 pressure, D1 stand up, F3 come across, F1 pursue in passing lane and D2 cover the wide lane.

On a D to D F3 pressure, F2 come across and F1 finish and skate hard back thru the middle.





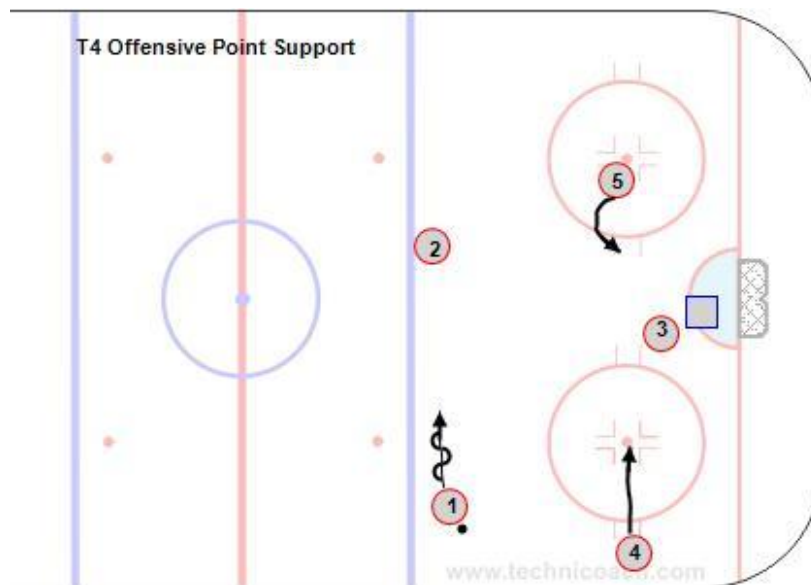
## T4 Offensive Point Support

### ***Key Points:***

When puck is at the offensive point give four kinds of support. Outlet, screen, shot pass.

### ***Description:***

- 1 - Point - Drive skate between dots.
- 2 - Point - Be available for a D to D pass.
- 3 - Screen - Tripod stance in front of goalie.
- 4 - Outlet - when pressure then head to net.
- 5 - Shot Pass - move to open lane for a one timer or re-direct.



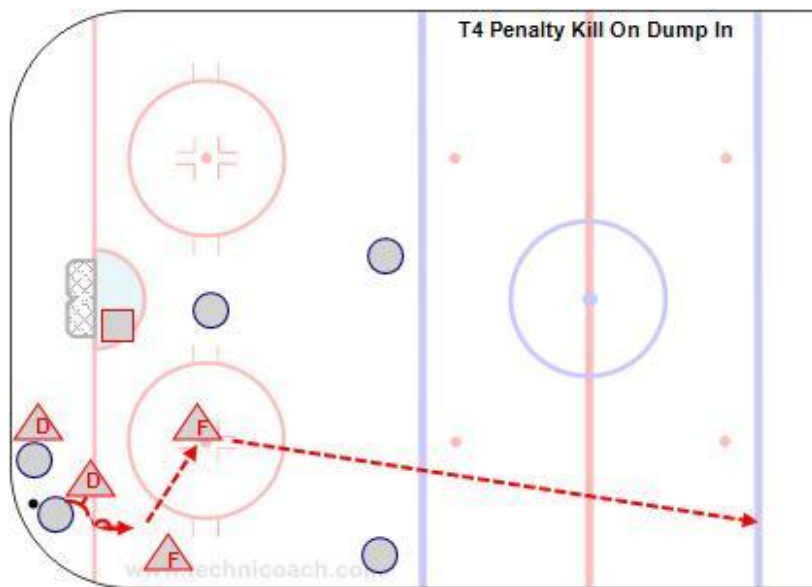
## T4 Penalty Kill On Dump In

### ***Key Points:***

Overload the attackers on loose puck situations and cut off blind passes.

### ***Description:***

1. Defenders read loose puck situations.
2. Closest D battle for the puck.
3. Supporting D cut off pass behind or join 2 on 2 in the corner.
4. Strong side forward cut off pass up the wall.
5. Weak side forward support from the dot and cut off passes to the front of mid point.



## T4 Penalty Kill Two Short vs Diamond or Umbrella

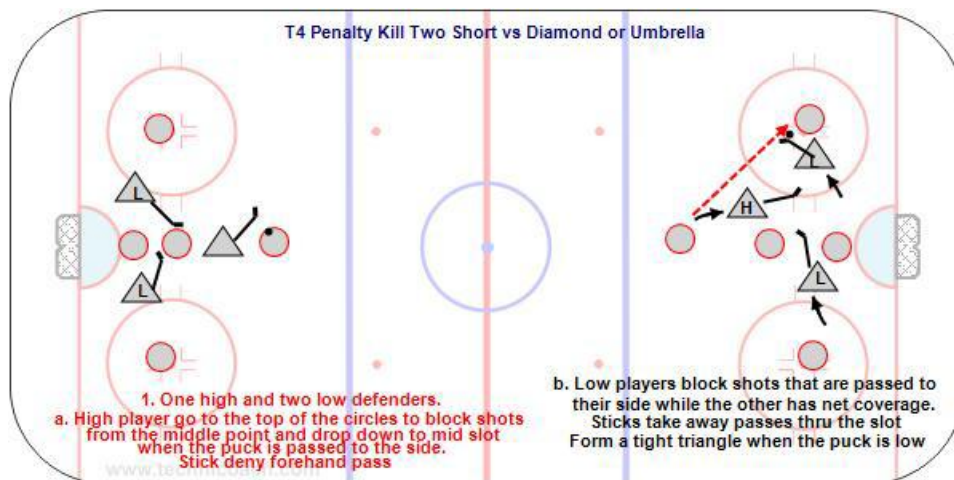
### **Key Points:**

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots.

### **Description:**

1. One high and two low defenders.
  - a. High player go to the top of the circles to block shots from the middle point and drop down to mid slot when the puck is passed to the side. Stick deny forehand pass.
  - b. Low players block shots that are passed to their side while the other has net coverage. Sticks take away passes thru the slot. Form a tight triangle when the puck is low.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>



## T4 Penalty Kill vs. 1-3-1 Diamond

### Key Points:

Defend in a collapsible diamond with the top player skating up and back and only sideways if the point man skates with the puck.

### Description:

1 - Skate in straight lines out from the net. Drop to the slot when the puck is passed to either side. DO NOT CHASE PASSES TO EITHER SIDE.

2-3 - Diamond when the puck is in the middle and block shot when at your side. Collapse to middle when the puck is passed to the other side.

4 - Front the screener and seal stick to the outside on a shot.



## T4 Penalty Killing 2 Short vs. the Spread Power Play

### Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

### Description:

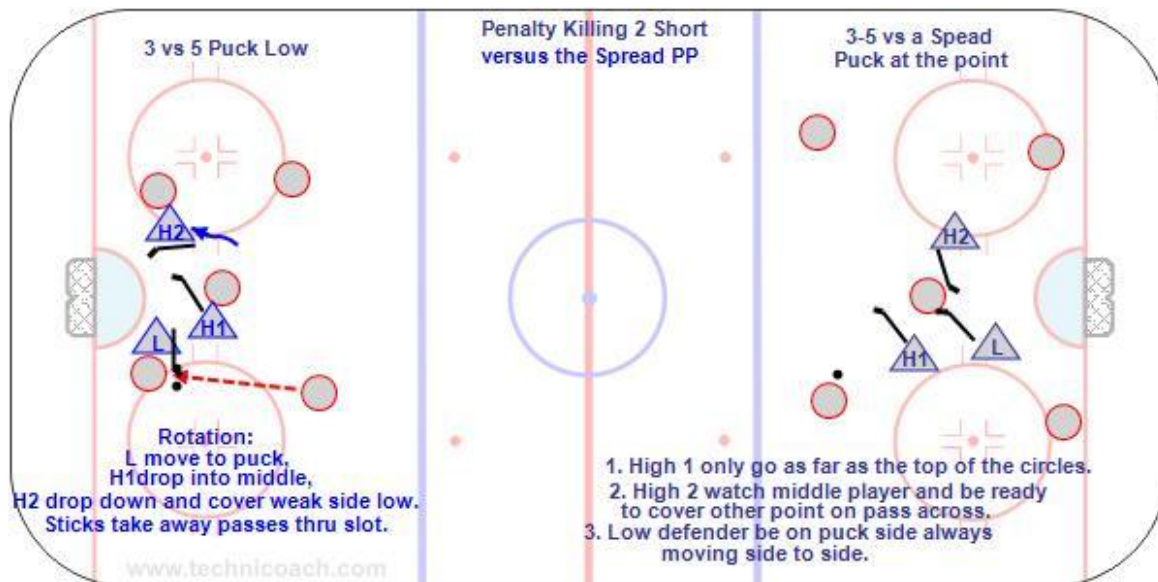
-5 vs 3 versus a Spread with the Puck at the Point

1. High 1 only go as far as the top of the circles.
2. High 2 watch middle player and be ready to cover other point on pass across.
3. Low defender be on puck side always moving side to side.
4. When puck is passed to low player.

Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low or if the middle player stays at the top of the crease cover him.

Sticks take away passes thru the slot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>



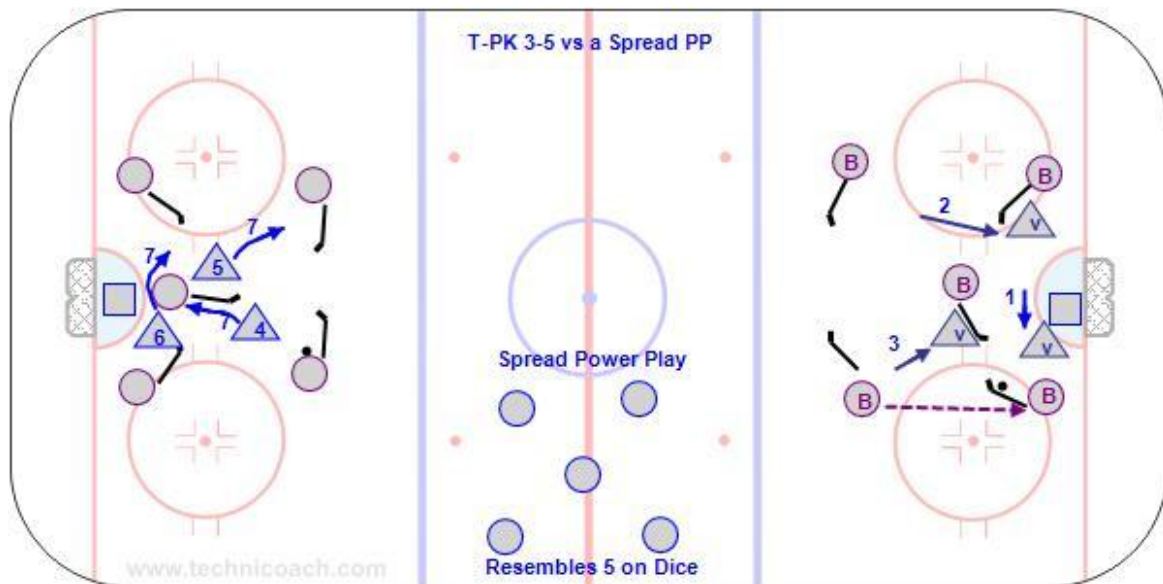
## T-PK 3-5 vs a Spread PP

### **Key Points:**

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

### **Description:**

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.



# T4 Teaching Defensive Zone Coverage 2-1-2

## **Key Points:**

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

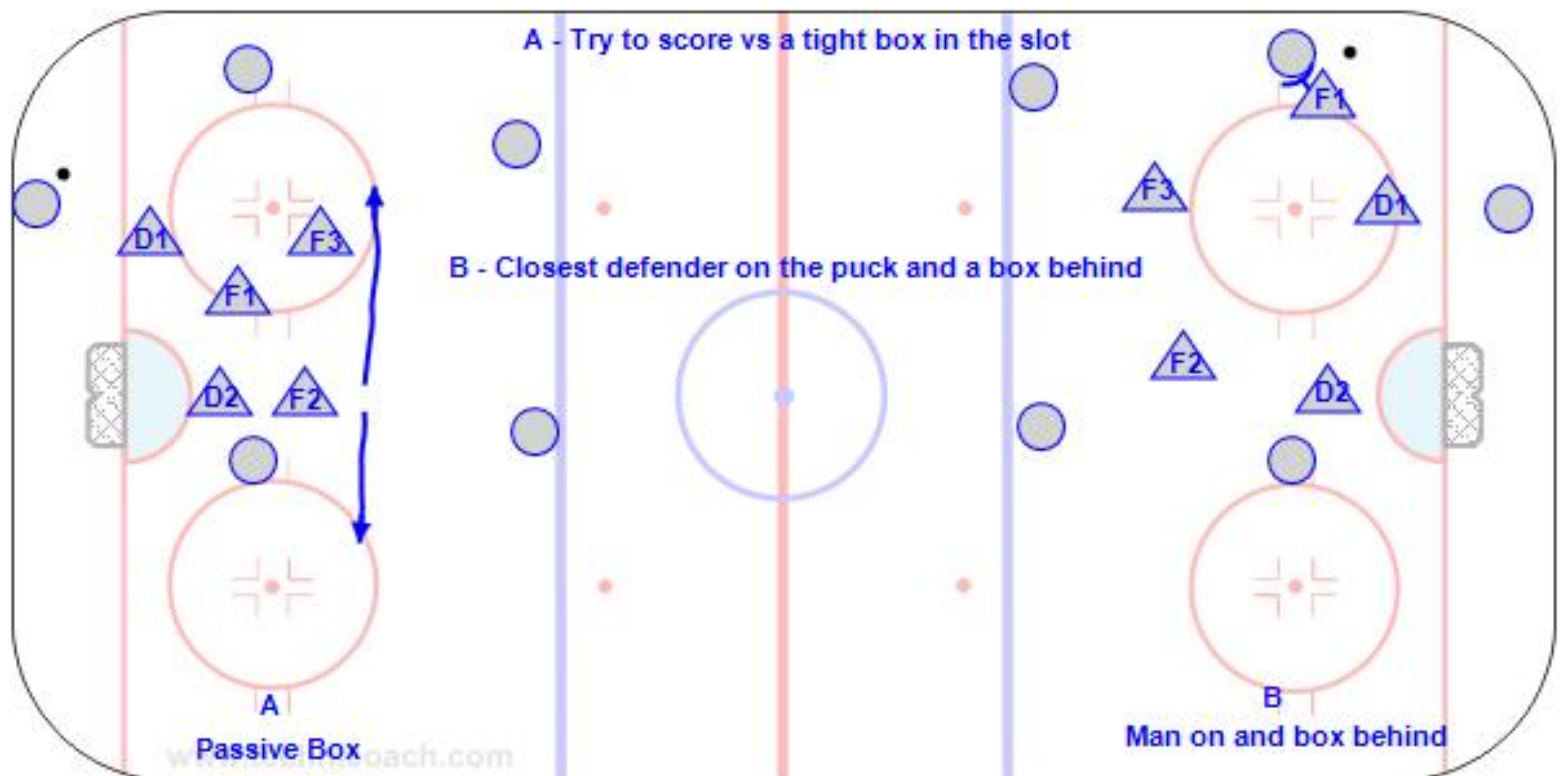
When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

## **Description:**

Teach defensive zone coverage by giving the offense 45 seconds to score.

A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind. When the puck is passed away drop to a corner of the box or take the player to the net. If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.





## T4, 5-2 Forecheck and Regroup - Czech U17

### Key Points:

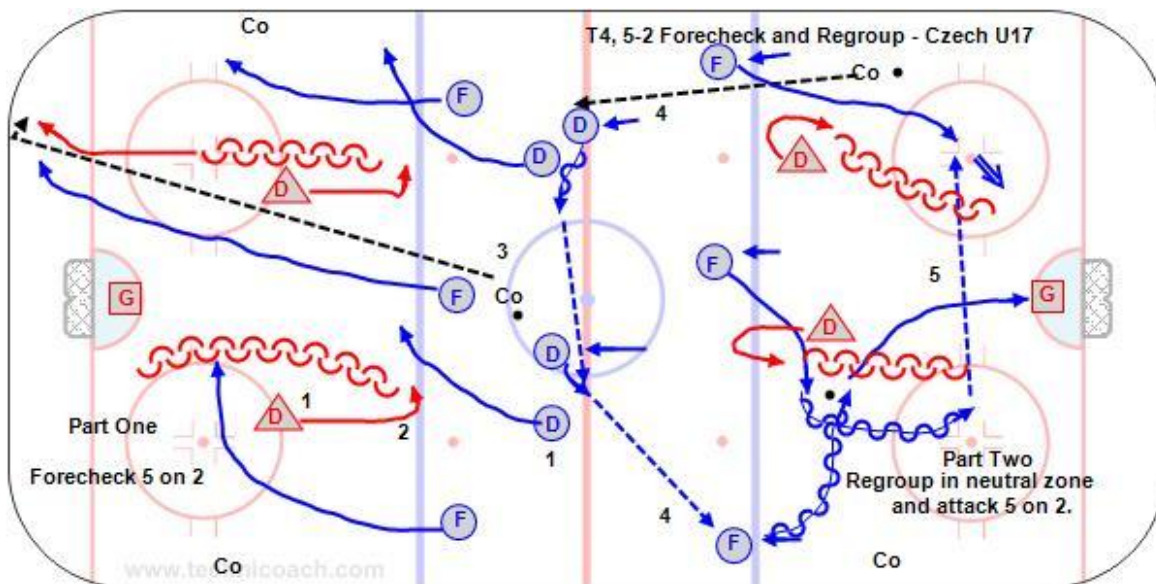
Teaching method for instructing the forecheck so all the players understand. This can be used to teach any forecheck.

### Description:

1. Two defenders are at the top for the circle and five attackers in the neutral zone.
2. Start with 2 D who skate forward to the blue line and then backward.
3. The coach dumps the puck in and 5 players forecheck vs. the 2 D and two coaches who are outlets along the boards.
4. When the D pass to a coach, or on a goal the puck is dumped down to the far blue line where the attackers regroup and attack 5-2.
5. Play until the attack is finished.

\*Rotate so all the lines and D pairs practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130228092314602>





## T4-2 5-5 Low Breakout 5-2 – Detroit

### Key Points:

Defenders communicate to play man on man or switch. Weak side forward cover the front of the net if defending 3 on 3 on one side.

### Description:

1. Start 5-5, offense F1 has the puck in the corner.

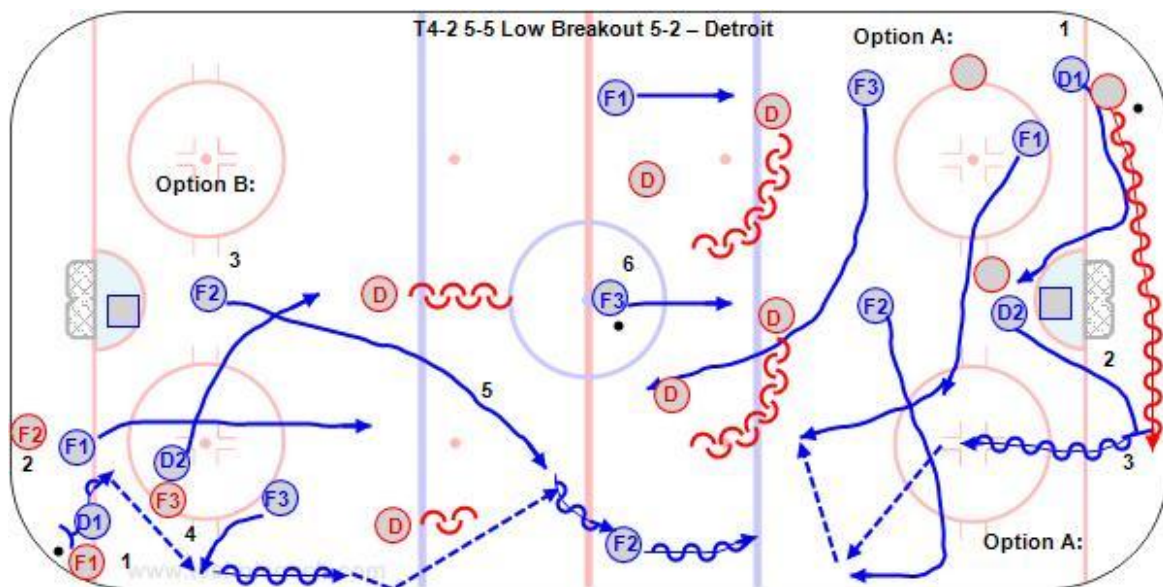
#### Option A:

2. Puck carrier goes behind the net, D1 switch with D2 in front who plays the puck carrier.
3. D2 takes the puck of F1 and makes a breakout pass.
4. Attack 5-2. Wide wing cut across then finish with a middle drive.

#### Option B:

1. Start 5-5 and F1 has the puck in the corner.
2. F1-F2-F3 cycle in the corner vs. D1-D2-F1 who play man on man low.
3. Defensive F2 has net coverage and F3 strong side point.
4. After one cycle defender take the puck and make a breakout pass.
5. F2 cut across the middle for a chip out behind the D.
6. Attack 5-2 with middle drive and 4 on the attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103083857792>



## TD400 Aggressive PK - Both Ends - Pro

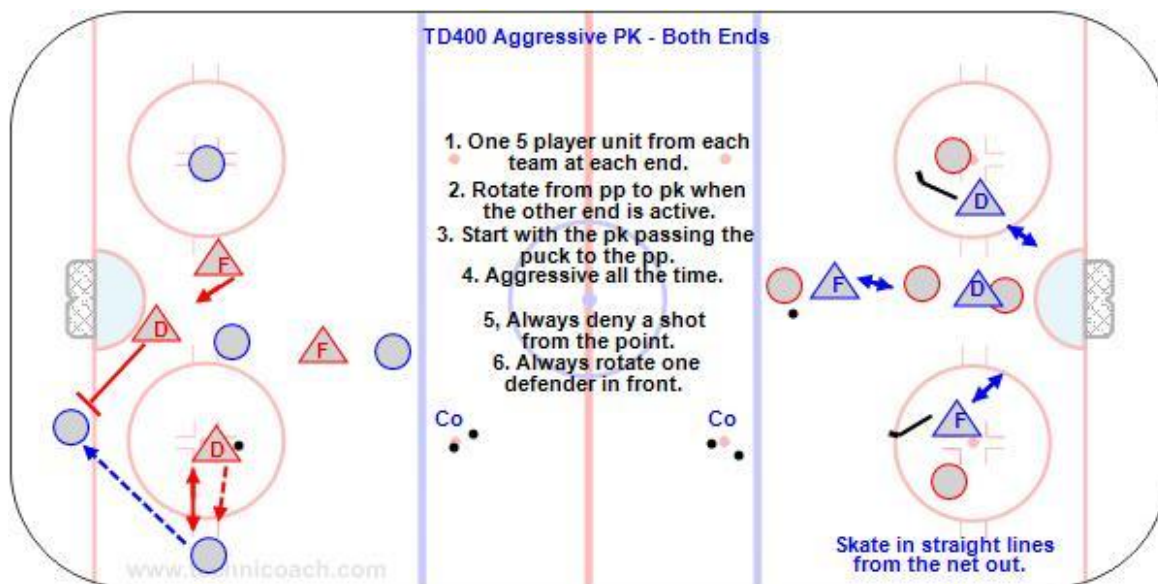
### Key Points:

Defenders skate in straight lines lined up with the net. Sticks in passing lanes and on the puck when pressuring. Shin pads in front of the puck to block shots. D pressure first when the puck is at the half boards or low, then rotate the diamond box.

### Description:

1. One 5 player unit from each team at each end.
2. Rotate from pp to pk when the other end is active.
3. Start with the pk passing the puck to the pp.
4. Aggressive all the time.
5. Always deny a shot from the point.
6. Always rotate one defender in front.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822220057310>



## T4-D400 Penalty Killing 4-5 - Pro

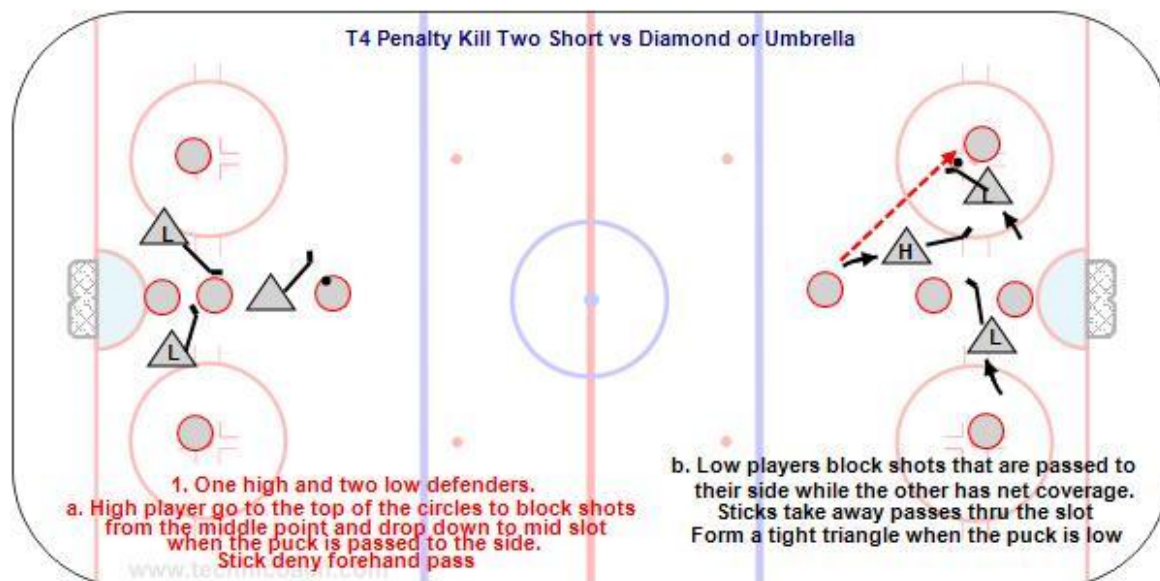
### Key Points:

Skate in straight lines from the net out. Sticks must deny the most dangerous pass. Stick on the puck when checking. Block shots.

### Description:

1. Practice specialty teams at both ends and rotate pp and pk when the puck is at the other end.
2. Coach spot a new puck when the original is out of play.
3. Closest defender check the puck carrier. Pressure when they see numbers or poor control and stay with player when they skate with the puck. Contain is there is complete control in the triple threat position.
4. Skate in straight lines from the net out.
5. Priority is to deny shots from the point and the slot.
6. On passes from mid-point to a player at the side the middle checker should drop straight back and not chase the puck (this team had a pk % in the 70's which was last in the NHL until they did this instead of chasing passes laterally. They got killed on the touch back which allowed the mid point time to do anything he wanted.)
7. Overload the strong side and give them the player who is two passes away but deny the cross ice pass with sticks in the passing lane.

[mediagallery/media.php?f=0&sort=0&s=20130916143513625](http://mediagallery/media.php?f=0&sort=0&s=20130916143513625)



A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germany if he would discuss his thought on specialty teams with me. Last year I was coaching with Pierre Page and he used a very aggressive PK that they used together as assistants on the Flames. So I wanted to compare their ideas. Mud agreed to meet with me and we went to an empty dressing room after our over 55 morning game and I listened for an hour.

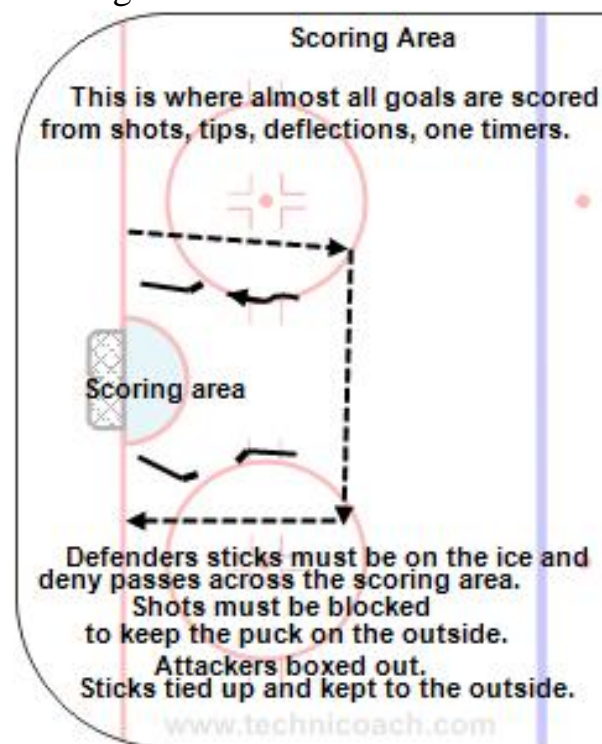
<http://hockeydb.com/ihdb/stats/pdisplay.php?pid=3847> is his hockey db profile and he played for legends like Fr. Bauer, Scotty Bowman and coached with Bob Johnson who he thing was the best teacher.

So here are the thoughts that we talked about and drew on the coaching board.

## **Penalty Killing:**

Murdoch has gone away from the ultra aggressive penalty kill rotation that Pierre uses with the Red Bulls. He thinks it works great if all 4 players move together every time but if they don't rotate or over rotate then it leave players open in scoring positions.

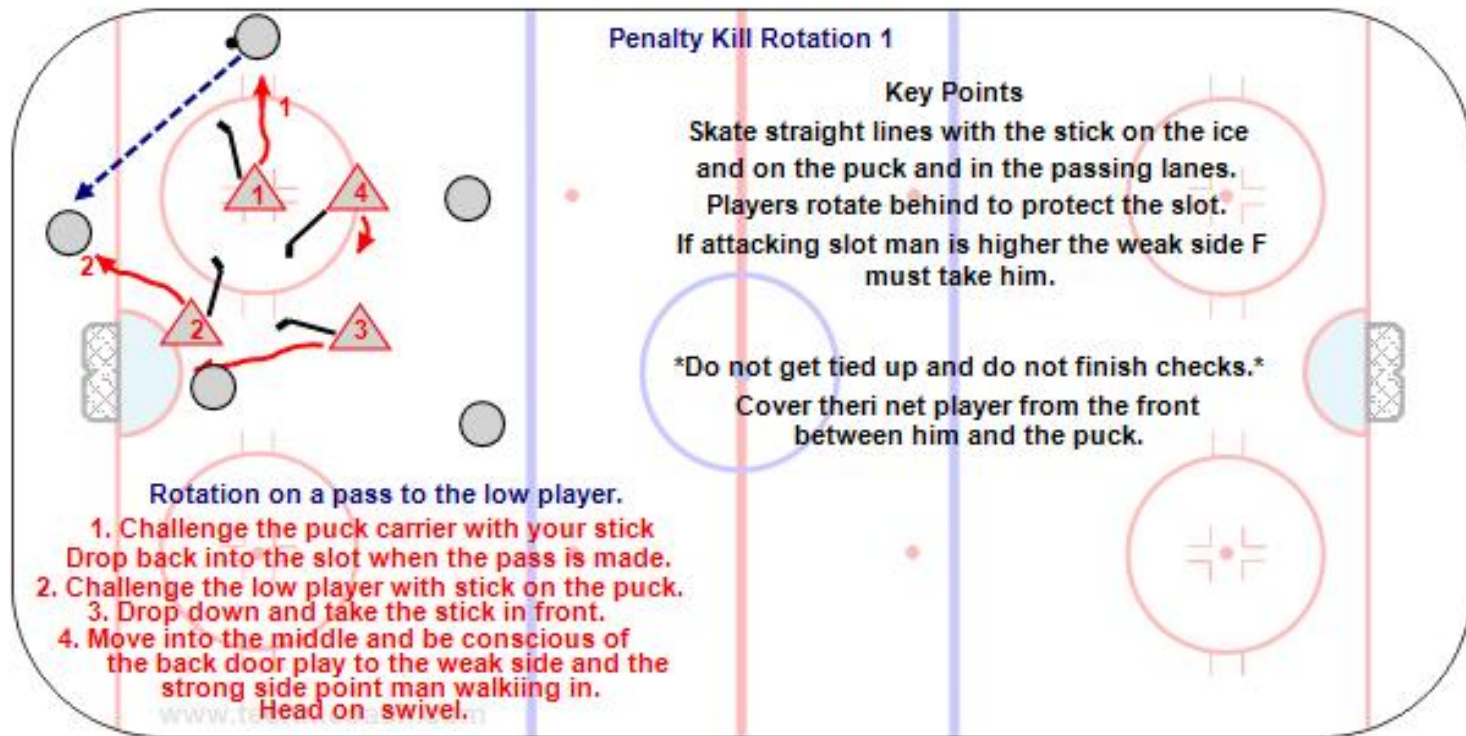
Scoring Area:



Guidelines:

- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.
- Go to the puck "through the net" in a straight line. Pads denying the shot and stick on the ice in a dangerous passing lane.
- Be aggressive with the stick on the puck if you can arrive at the same time or before the puck or if the attackers back is turned and he/she doesn't have complete puck control.

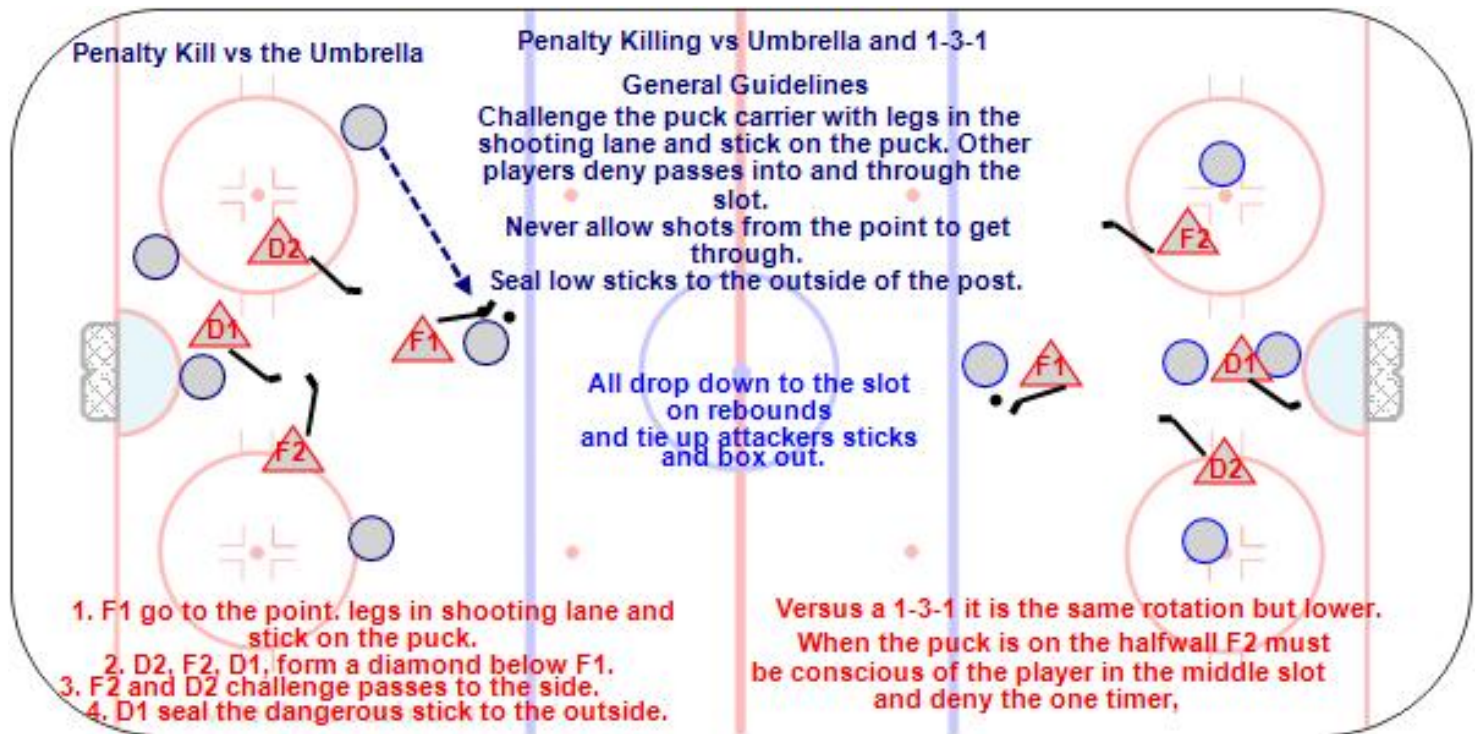
- The closest player always challenge with the stick on the ice, skating in a straight line while the other players rotate. Always 1. one player rotate to the front of the net 2. one on the puck, 3. one denying the slot pass but ready to move to a short passing option. 4. farthest player with the stick in the dangerous passing lane and usually has the 2-1.
- When they pass away drop down into the scoring area with the stick on the ice denying passes across or into the scoring area. Prevent passes through the slot.
- Penalty Killing vs the Slot Set Power Play.
- 



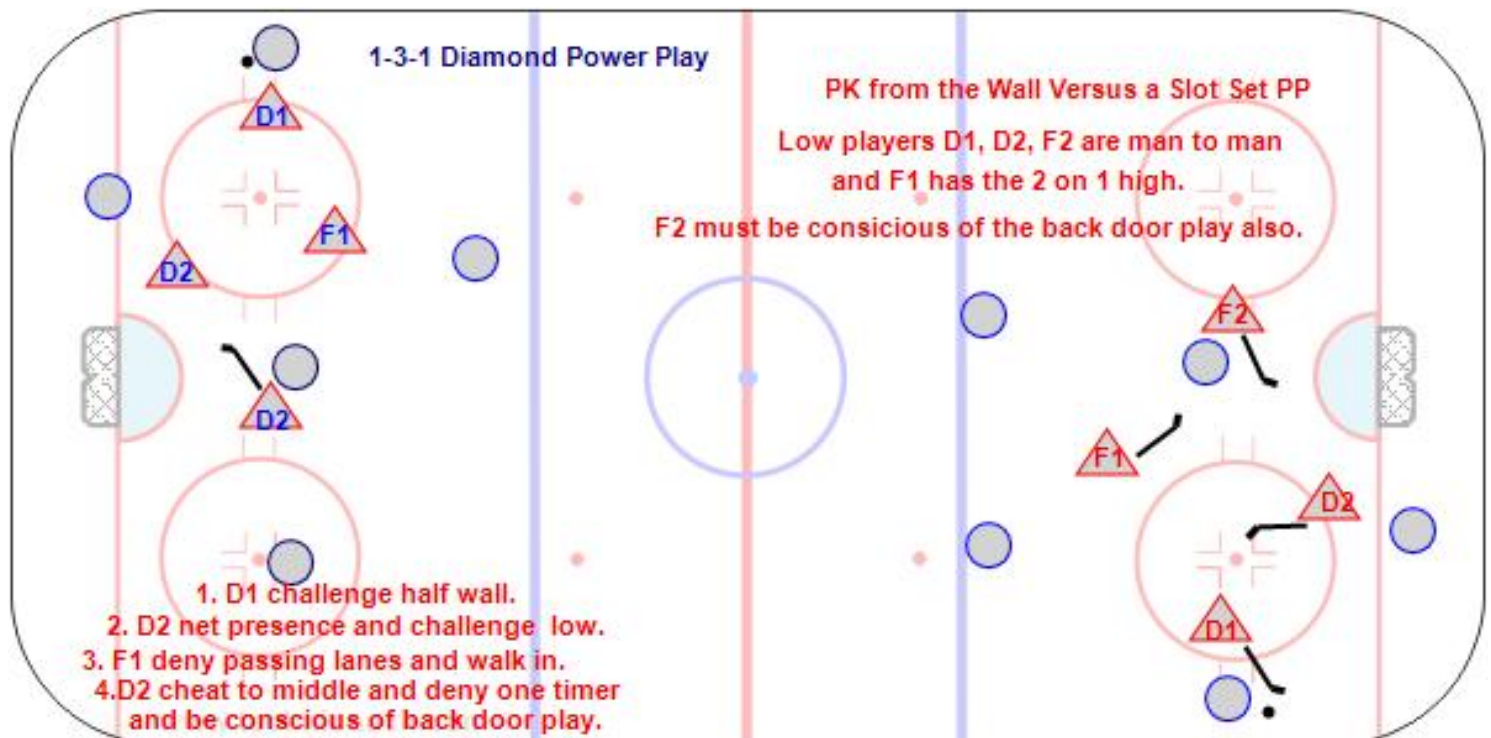
- 
- Don't get tied up with players, you must be free to rotate. Take their stick when the puck is coming don't wrestle them.
- Don't finish checks on the pk. It takes you out of the play and you can't rotate.
- Skate in straight lines up and back and Don't Chase to the Outside.
- D should not go to the point.
- Don't rotate positions but challenge the puck and then drop back into the slot area.
- Drop back quickly so they can't pass behind you. It is the most dangerous play.



## Penalty Killing Rotation vs the Umbrella and 1-3-1



## Penalty Killing Rotation when the Puck in at the Half Boards in the umbrella, 1-3-1 or the Slot Set.



A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germ



## *Penalty Killing 2 Short vs the Spread Power Play*

### **Key Points:**

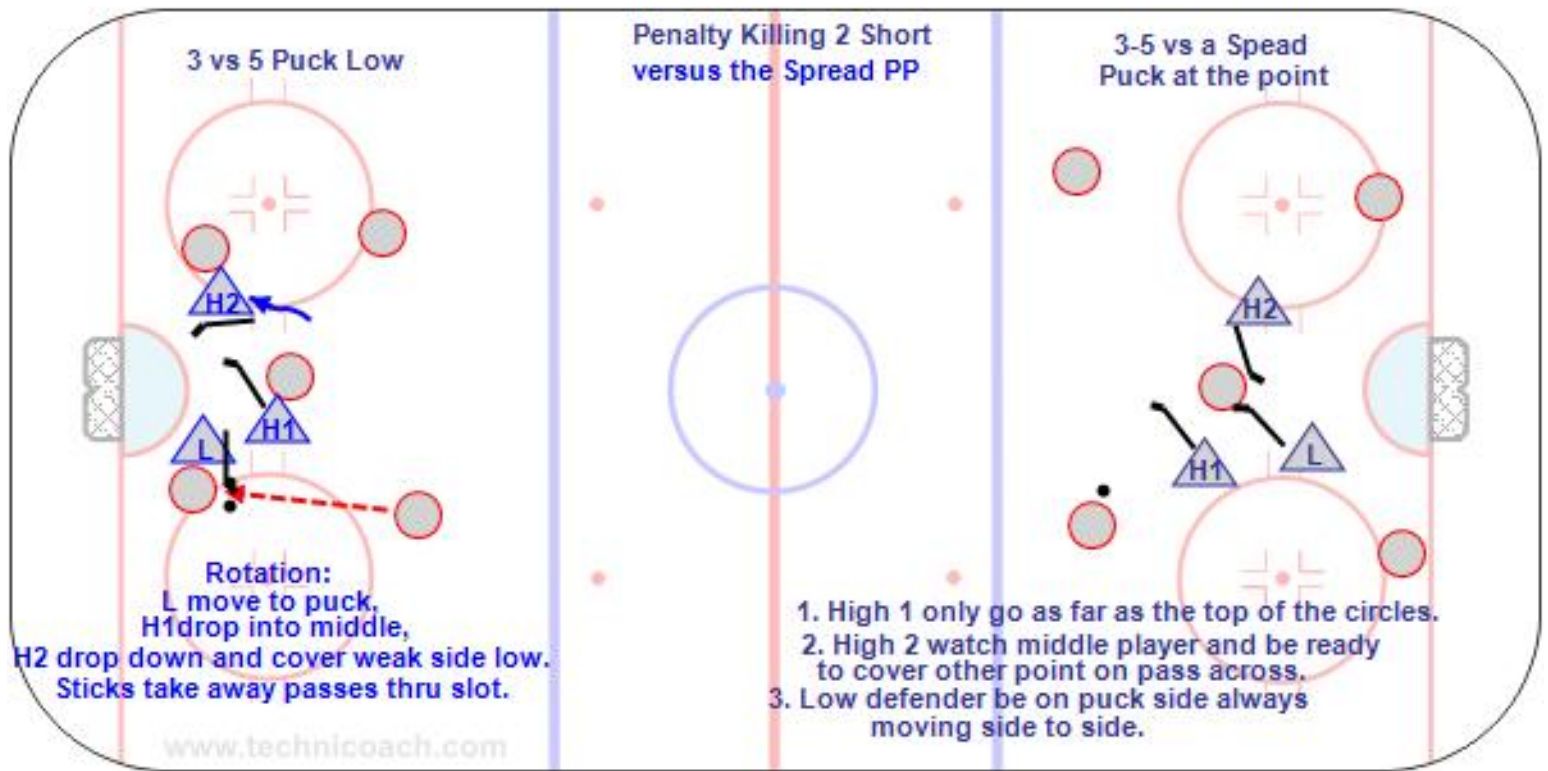
- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

### **Description:** 3-5 vs a Spread with the Puck at Point

1. High 1 only go as far as the top of the circles.
  2. High 2 watch middle player and be ready to cover other point on pass across.
  3. Low defender be on puck side always moving side to side.
- 3-5 when puck is passed to low player.

Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low.

Sticks take away passes thru the slot.



## **10 Great Drills to Practice Team Defense**

(The first link is to the Forum posting and the second to a video demonstration.)

### **T4 D400, 3 on 3 Team Play Practice - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6392&topic=6392#6392>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224302363>

### **T4, 5-2 Forecheck and Regroup - Czech U17**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6342&topic=6342#6342>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130228092314602>

### **T4 - Penalty Kill vs. Diamond - Fall Under**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5430&topic=5430#5430>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120521102728277>

### **T4 - Defensive Zone Coverage - A 3 Dimensional Description**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2511&topic=2511#2511>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110915103627656>

### **T4 D400 - 2 on 2 Below the Goal Line**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=714&topic=714#714>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224306239>

### **T4 Penalty Killing 2 Short vs Spread**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=409&topic=409#409>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>

### **T4 - Backchecking**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6616&topic=6616#6616>

### **T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6882&topic=6882#6882>

## **T4 Swarming in the Defensive Zone**

### ***Key Point:***

When the puck is loose in the defensive zone along the boards or in the corner the defenders collapse and outnumber the attackers by swarming.

### ***Description:***

Defense Swarm when the offensive player is facing the boards.

Puck at the half-boards

- F1 the low forward plays the puck carrier.
- D1 cover support player.
- F3 slide down along boards to get loose puck.
- D2 support from near the dot.
- F3 has net and mid point coverage.

*Puck in the corner.*

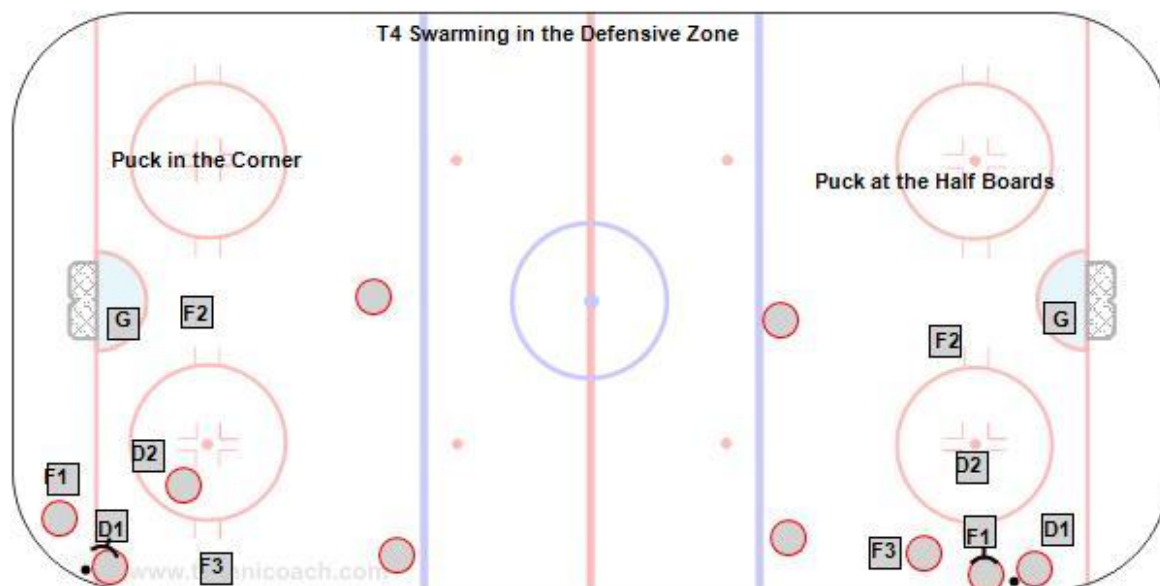
- D1 play the puck carrier and F1 support and - D2-F2-F3 have the same coverage.

Ottawa - <http://www.youtube.com/watch?v=xggV1lQSqWA>

Phoenix - <http://www.youtube.com/watch?v=nZ5K9wqoihk>

Washington - <http://www.youtube.com/watch?v=1AGxbzYINg0>

U of Wisconsin - [http://www.youtube.com/watch?v=SxXavoQBT\\_M](http://www.youtube.com/watch?v=SxXavoQBT_M)



## **T4 - TSUNAMI Forecheck 2-1-2 Wide Pressure**

### ***Key Points:***

This is basically man to man aggressive coverage. Players must create good checking angles, force inside to outside, stick on the puck and body on body. On a rim or any pass to the weak side wing the middle D pressures hard and the strong side D must support the pinching D and F3 fill. The pressuring D stays low and joins the attack. If the puck is moved across to the original side then F3 who covered the middle point now pressures the weak side boards. "THERE IS NO ESCAPE FROM THE TSUNAMI."

### ***Description:***

#### ***Original Pressure on Strong Side***

1. F1 on the puck.
2. F2 on the other D.
3. F3 cover F on wall.
4. D1 cover the weak side forward.
5. D2 lock on player in the middle.

#### ***When puck goes to weak side.***

- 1-F1 back thru middle.
- 2-F2 pressure D pursue puck denying regroup touch back to D.
- 3-F3 fill original strong side point.
- 4-D1 pinch on wide wing.
- 5-D2 slide across and fill behind D1.

*\*D1 stay low in the offensive end and join the F1 and F2 cycling and attacking.*

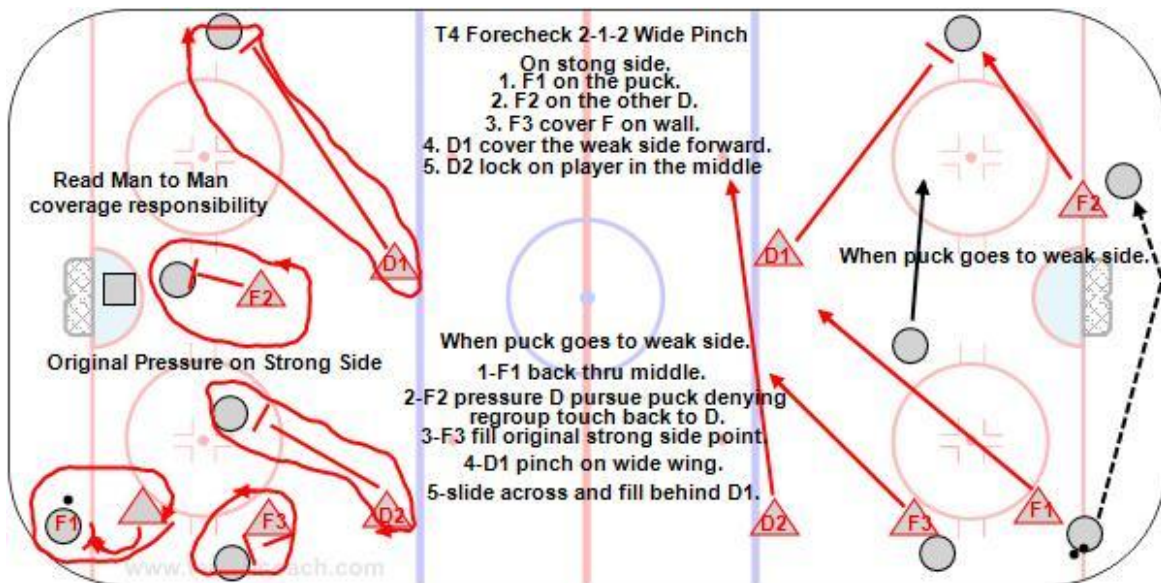
#### ***The puck goes back to the original side.***

- 1- Original F3 who is covering the mid-point pressure the weak side winger.
- 2- Original D2 slide across to support pinching F3.
- 3- #3 on the forecheck cover the middle point.
- 4- #2 pressure the puck denying pass back to their D.
- 5- #1 come hard back thru the middle and become the new #3.

## Back Pressure

-The high forward back pressure the puck carrier all the way into the zone to create a defensive 2-1. This player stay and play the low defensive 3-3.

TSUNAMI man to man responsibilities and rotation on the weak side pressure or pinch.



TSUNAMI rotation if the puck is moved back to the original side and BACK PRESSURE responsibility.

