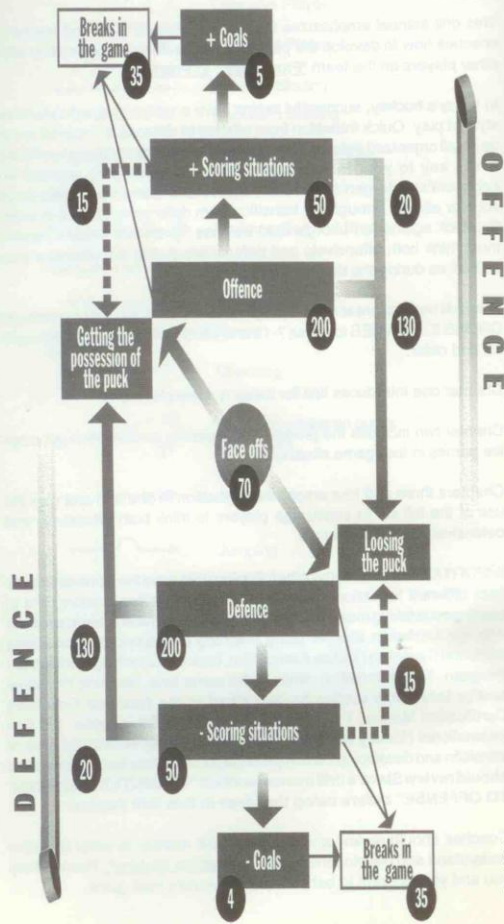


Research in Finland

THE GAME



Explanation of Diagram

In the average 60 minute game, a team has approximately 200 opportunities to attack on offence. An offensive attack starts when the team (player) has good possession of the puck. The attack ends when the team loses possession of the puck. The average result of 200 offensive attacks are that a team will:

- * score approximately 5 times
- * shoot on goal approximately 50 times
- * have a stoppage of play approximately 35 times
- * lose possession of the puck approximately 150 times

Vice versa, a team will have approximately 200 opportunities to play defense. The defense starts to play when the opposing team has possession of the puck. The average result of 200 defensive opportunities are that:

- * the opponent will score approximately 4 times
- * your goalkeeper will have approximately 50 shots
- * have a stoppage of play approximately 35 times
- * your team will gain possession of the puck approximately 150 times

The research information shown in the diagram, emphasizes that:

- 1) If you want to play good offense you must first play good defense since your team will gain possession of the puck about 150 times.
- 2) If you want to play good defense you must be ready during offense to start the defensive play 150 times.

In summary, this research emphasizes the need for players to have the ability to think both defensively and offensively in cooperation with other players on the team.

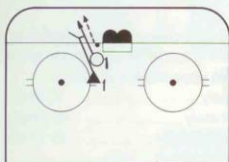
This drill manual also emphasizes this important aspect in the game of hockey.

I. TIPS FOR MINOR HOCKEY COACHES

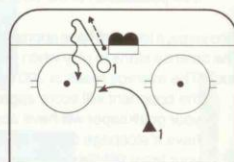
Forechecking or Backchecking

One of the most common situations in hockey occurs when the offensive player loses possession of the puck and must apply transition from offense to defense. After losing possession of the puck (ie. in the offensive zone) ▲1 has two basic defensive options: (1) to check the opponent or (2) to back up and angle/steer the opponent towards the boards.

FORECHECKING



BACKCHECKING



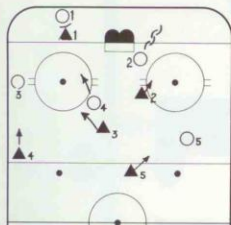
FROM OFFENSE TO DEFENSE

FORECHECKING: When ▲1 reads that he/she has better opportunities to win a 1 on 1 situation than the puckcarrier, ▲1 should forecheck. 1) ▲1 is close to the opponent, 2) the opponent is close to the boards, 3) the opponent does not have good possession of the puck, 4) the opponent is facing the boards, then ▲1 should forecheck.

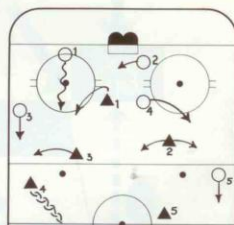
BACKCHECKING: 1) If the opponent has good control of the puck, ▲1 should protect the middle of the ice by angling/steering.

MOST IMPORTANT: The decision and action of this first player (▲1) determines the decisions and actions of the rest of the team.

FORECHECKING



BACKCHECKING



FORECHECKING: If ▲1 forechecks then the team sets up to forecheck.

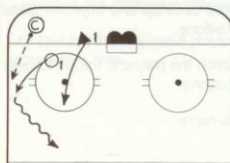
BACKCHECKING: If ▲1 backchecks and/or steers/angles, then the rest of the team must also backcheck. Backchecking can also be called contain forechecking.

To better understand and teach transition from offense to defense you must understand the difference between forechecking and backchecking.

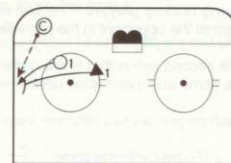
Counter attack or organized attack

After gaining possession of the puck 01 has two basic offensive options: (1) to counter attack against an unorganized defense or (2) to set up an organized attack against a well organized defense.

COUNTER ATTACK



ORGANIZED ATTACK



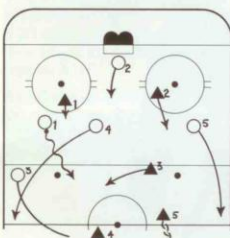
FROM DEFENSE TO OFFENSE

COUNTER ATTACK: When 01 gains possession of the puck and has space and time to pass or skate to the middle of the ice, 01 should read the situation and start counter attacking quickly by skating or passing forwards.

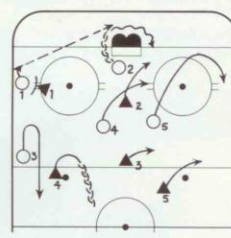
ORGANIZED ATTACK: When 01 is pressured by the defensive player (ie. forechecking) 01 does not have space and time, 01 should try to control the puck and create more space by passing backwards or laterally to start the organized attack.

MOST IMPORTANT: The decision/action of this first player (01) determines the decisions/actions of the rest of the team.

COUNTER ATTACK



ORGANIZED ATTACK



COUNTER ATTACK: If 01 counter attacks, then the team sets up to also counter attack.

ORGANIZED ATTACK: If 01 starts the organized attacks, then the rest of the team must set up for the organized attack.

To better understand and teach transition from defense to offense you must understand difference between the counter attack and the organized attack.

NOTE: * The third decision could be to dump the puck in the offensive zone where-by the defensive team must now apply the forecheck or backcheck.