

**BVHS COACHING
AND TEAM
TACTICS MANUAL
2018-2019
HOCKEY SEASON**



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BVHS Coaching Philosophy

All players should be given the opportunity to play in all situations. It should be obvious to all coaches that players are not going to develop or get better by sitting on the bench. It is the coaches' responsibility to provide all players with a positive sport experience. BVHS expects our coaches to following the Hockey Calgary Fairplay Codes at all times.

Players who are given an opportunity and genuine encouragement; often surprise their coaches, teammates and selves with their improved play. All players deserve this chance unless their actions clearly demonstrate otherwise.

Bench Coaching Philosophy

The age and ability levels of the players involved dictate to a great degree the bench philosophy of the coach. Factors to be considered when developing a personal bench coaching philosophy may include the seasonal plan and where this particular game fits, timing of the game (only one this week vs. three games in three days), practice evaluation (effort, attendance), recent results (including vs. this particular opponent), travel, discipline (unnecessary penalties, extended shift lengths). Some of these factors are dynamic and may change during the game and require active coaching decisions. As part of their game preparation, the coaching staff should go through all possible scenarios, discuss alternatives and make some preliminary decisions but always considering the effects of their decisions.

Bench Personnel

BVHS will select 5-6 Coaches for each BVHS Team. The Head Coach is ultimately in charge of running the team, and may decide to propose that not all coaches go on the bench for every game. This will ultimately vary depending on the age group and division of the team.

The number of non-playing personnel on the bench, who they are and what their specific roles are must be clearly understood by all involved. This should be discussed and outlined in a coaches meeting at the start of the season, and these details should be shared with the parent group. The obvious areas of concern are clutter and confusion.

Factors for consideration:

- a system for quickly dealing with equipment problems and broken sticks
- Injured players (who deals with them? who goes on the ice if necessary?)
- Emergency procedures? who communicates to the coach about the status of injured players? EAP
- Support staff job descriptions (who is responsible for what – avoids duplication, hesitation and misunderstanding- Goalie Coach, D Men Coach, and Forwards Coach)
- Who runs the bench doors? Monitors shift times? Takes stats? Communicates to players on the ice (ie. delayed penalty situation)? Has license to talk to the players on the bench, to officials and opponents. The Head Coach needs to clearly define this in the pre season meeting.

Player Communication

The coach must clearly relay important game-related information to the players as required. The most obvious function is to inform, as preparation, those players that are going on to the ice next. The coach must insure each player's name is called and acknowledged well in advance of the possible line change. Players must be alert and change for their position only as appropriate. Players coming off the ice may be instructed to call out their position upon arriving at the bench area to assist this process. This is particularly helpful if odd numbers of players make up the defense pairings and forward lines. A situation that can become complicated if neglected is when a player comes from the penalty box to the players' bench during active play. The coach must anticipate this situation and make sure that everyone knows who is going to replace this player. Coaches must insure they do not get caught up in the heat of the action and neglect their duties here. An organized, efficient bench takes both planning and active communication and is a reflection of a team that is well-coached and alert in all on-ice situations. A goal worth considering is a maximum number of too many players on the ice penalties in a season.

It is critical that communication takes place between all the coaches on the bench to avoid players hearing the same message from two coaches or worse hearing two different messages from coaches. The Head Coach needs to take the lead on the bench and ensure that communication takes place between him/her and the assistant coaches.

Procedures and Adjustments during the Game

There are numerous factors that must be addressed by the coach in the area of bench management. Operating procedures that are relatively simple, logical and are well- thought out will complete this process. Obviously on-going, informal evaluations which may result in changes to procedures that are either not working or too confusing is important as well.

These factors include:

- player's bench gate(s): position specific(F,D) and which is which (closest to defensive zone – D, closest to attacking zone – F, switch each period); system of coming in/going out and whether to use the gate or go over the boards.
- recognizing when the D have the "long" change (1 or 2 periods per game) and making necessary adjustments. When D have the long change, the fresh D should always take the side opposite of the bench regardless if they normally play that side as this will give the tired D man a shorter distance to change when the opportunity comes.
- rules when needing to change on the "fly": dumping the puck to the bench side of the ice to prevent a quick-up breakout and attack by the opponent; all 5 skaters not changing at the same time – possibly leave 1 forward to maintain checking pressure or have the 1st forward on establish position in the far lane as opposed to chasing the puck, have the D change 1 at a time and establish a system of switching sides so that the change is always a short one; have a "quick-up" play for when the opponent changes on the fly – particularly if the goaltender is a good passer.
- Feedback (error correction) to individuals vs. criticism – ask the players what they did wrong opposed to tell them.

- How to respond when players ask questions
- Use of a coach rink board at the bench to assist explanations
- Dealing with unnecessary penalties (discipline), lack of effort, extended shift times (45 second shift time rule)
- Player interaction (particularly if criticizing others)
- Restricting players' ice time is the most effective "hammer" that the coach has at his/her disposal but it must be used wisely and as a last alternative after all others have been exhausted.

Game adjustments are also numerous and include:

- delayed penalties (for/against, goalie to the bench – rule for which player goes on the ice)
- signal from goalie to players on ice when opponent's penalty is close to being over
- pulling the goalie for an extra attacker (when, signal to the goalie to come to the bench, which player goes on the ice and tactics to take advantage of this extra player)
- player coming out of the penalty box (signal from bench on whether to stay on the ice or come to the players' bench, if coming to the bench does the player come right away regardless of the situation or when it's appropriate, if staying on the ice what position does the player assume – have a rule when play is in the defensive zone that the player assumes the low support forward role and communicates that to his/her teammates)
- reactions to calls by the officials (a "bad" call, merits of arguing with the officials to make a statement or take a stand, a "good" call, emotional control – role model)
- the use of and reference to a coaching game card (quick and easy reminders for line-ups, game plan, space to make notes for between periods discussion and player/team/game evaluations, 4/4 line-up, specialty teams' line-ups, 6/5 and 5/6 face-off plays – who takes the draw, other personnel, strategy)
- Technical/tactical adjustments (face-offs, possible line match-ups- particularly if home team, time-out). Note: with the new "quick" face-off rules in place at several levels of play, face-off plays and line matching is much more difficult, if not virtually impossible, and distracting to the point where its recommendation is questionable.

While on the bench the coach has to focus on what possibilities exist, be aware of the present situation and be ready (anticipate) for what's next – there should be as few surprises as possible. It is important that all bench personnel send a consistent message to the players and offer, for the most part, positive encouragement. The motto should be to "let the players play" – coaches cannot expect perfection from the players and must allow for the inevitable mistakes that will occur. The coaching challenge is to teach or educate through positive correction vs. negative criticism. Coaches should strive to have a positive bench with few, if any, moments of panic. Encourage a high tempo, intense, short shift type of game – players enjoy playing this style much more so than any other. Keep them on their toes through how they are utilized in game situations – as a coach don't become too predictable or get into a rut without realizing it.

Captains and Assistants Selection

Each BVHS team can decide whether or not you want to designate Captains and Assistants for the entire season, or if they prefer to rotate them throughout the season. Coaches need to identify what they feel makes a great leadership group, and ensure this is shared with the team as a part of the team's mission/vision and goals/objectives for the season. Having a strong leadership group in the dressing room will help to ensure the team cohesiveness throughout the season.

Discussion on Captains Roles with the team. Below are ideas for what is expected of the team and or of the Captains.

- What kinds of roles do you feel you as captains should take on?
- What kinds of specific roles can each of you fill?
- Is there anything that you require from the coaches that will help you fulfill this role?
Please visualize and role play what you might do in these situations
- Be positive, show pride – celebrate the little things – good body language
- Help to discourage cliques – make an effort to interact with everyone or deal with individuals that are demonstrating this behavior early....if things don't change talk to coaches.
- Ensure that team does the little respectful things (push chairs in, polite to staff, encourage cleanliness of dressing room, etc.) (All by example or reminders)
- Lighten the mood (all)
- Get tough when need to with team (all)
- Talk one on one with all players (usually to console, motivate, encourage) (All – dependent on existing relationships?)
- Address team between periods or in meetings on non-game times (All)
- Vocal or by example (Everyone, depending on situation)
- Redirect them if things aren't going well or if Thunderbolt happens (All)
- Drive home coaches messages – must buy in to and be supporter of coaching staff (with parents also) (All)
- Liaison with coaches bringing players feelings to them (All) and act as a conduit to bring coaches' messages back to players

Discussion on Coaches' Expectations

- Be present and engaged
- Be with the team
- Display positive team and personal values – always
- Classy – represent your community and Alberta in a positive light
- Do whatever it takes....regardless of the role given to you
- Buy in....trust in the coaches decisions and demonstrate your commitment to the team
- Truly believe that we can reach our goals
- Show respect for everyone
- Maintain your composure always
- Body language – never show frustration
- Exude confidence
- Never quit

- Play a team game and in so doing, be a hero
- Recognize the significance of your responsibility – it can help us win or help us fail
- Be a good person/player/teammate
- Help the team have fun....in good times and bad.

Pre Game Off Ice Warm Up

Pre Game Off Ice Warm ups are an important part of any team's success. Teams should have the players arrive at least 45-60 minutes prior to the start of their game. 45 Minutes before the start time for the game the team should warm up as a team for 15 minutes. This provides the players with an opportunity to work on a little bit of conditioning as well as provides more time for team bonding. Stretching off ice also helps to reduce the chance of injury and it also helps to get players focused.

Below is a warm up that will take approximately 8-10 minutes for the team to complete if they take a rest to work ratio of 1:1.

1. Ankle Hops- 20 Reps
2. A March- 20 Secs
3. A Skips- 20 Secs
4. Butt Kicks- 20 Secs
5. Arm Swings- Cross and Front- 20 Reps
6. Arm Swings Forwards- 20 Reps
7. Arm Swings Front- Bent Over- 20 Reps
8. Reverse Lung to High Knee- 20 Reps
9. Lateral Squat- 8 Reps Each Side
10. Over Head Squat- 8 Reps
11. Hip Circles- 8 reps per each side
12. Hip Swings Side- 8 Reps per each side
13. Hip Swings Front- 8 Reps per each leg
14. Inch Worm to Push Up- 20 reps
15. High Knees- 20 secs

[Click Here](#) to watch a Gary Roberts Video that shows you the exercises being done.

At the conclusion of the off ice warm up players should be given 15 minutes to dress, and then the coaches should address the team 15 minutes prior to the game time.

On Ice Pre Game Warm Ups

Beginner Warm Up- Each drills will be done for approx. 1-1.5 Minutes. These drills are ideal for Novice-Atom Coaches in the lower divisions.

Diagram # 1- S Warm Up- Coach will select one player to shoot on the goalies. All the other players line up on the blue line, then skate around the bottom of the near circle, around the player shooting on the goalie then around the bottom of the far side circle. Once they get to the other side they line up and do the same movements back to the other side of the ice. Players more advanced can incorporate where they always face their goalie while doing the drill and this will work on their transitional skating.

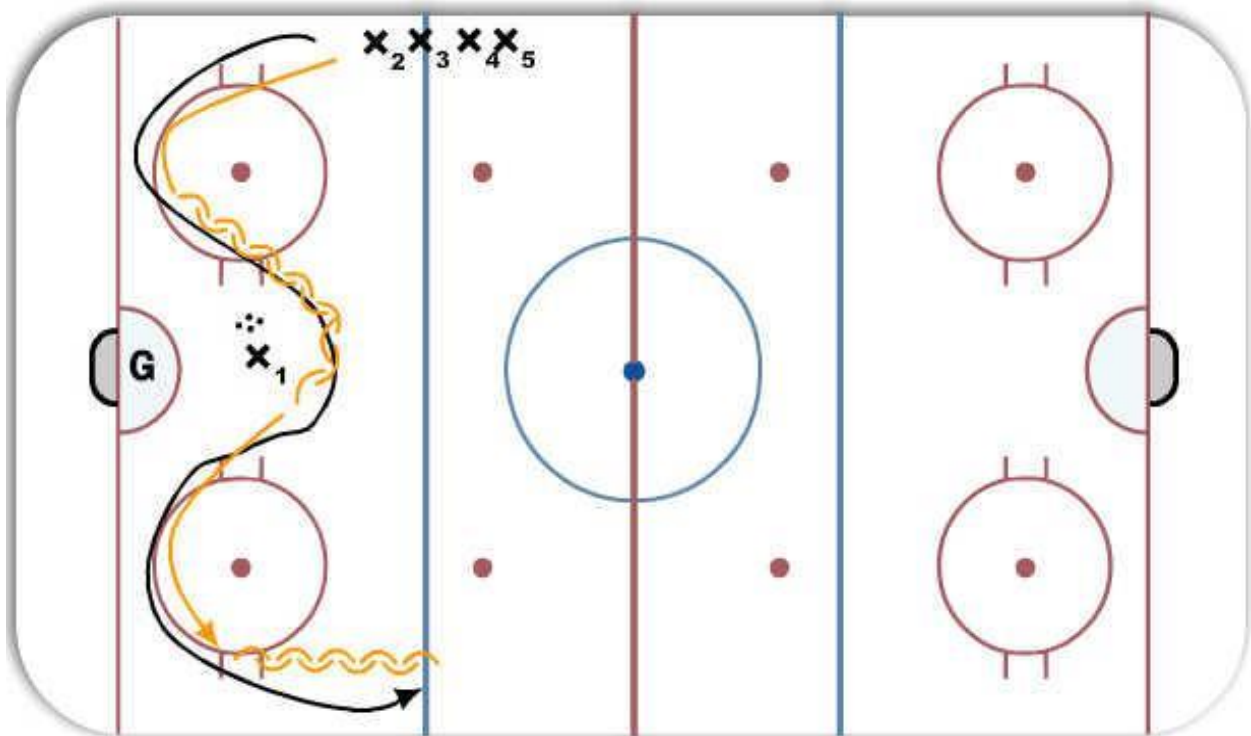


Diagram # 2- Passing and Shooting- D Men will be between the blue lines facing each other and one player will skate forwards and the other will skate backwards. Players will pair pass with another the entire time. When they get across the ice they go back the other way and switch who goes forwards and who goes backwards.

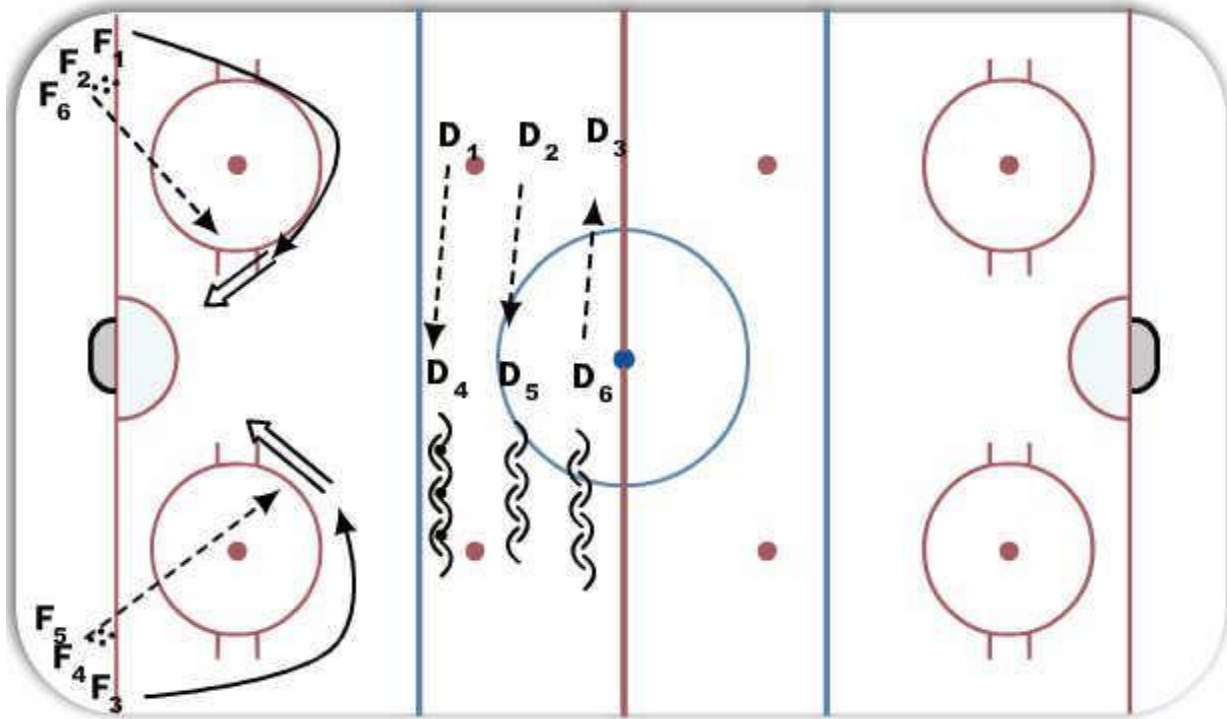
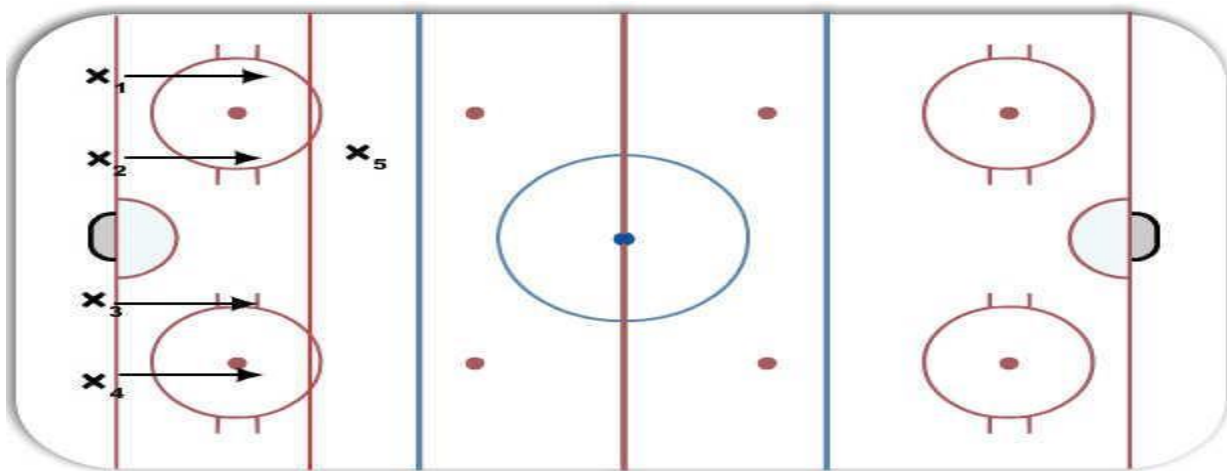


Diagram # 3- Shrek- One Player is shrek and can't leave the swamp the area between the tops line and blue line. Players skate the red line and if the shrek gets the puck and shots it back towards the net outside the swamp area that player becomes it. Players will go next time one of the shrek player's yells go. This is a fun drill to work on stick lifts and get their competitive drill going before the game starts.



Advanced Warm Up- Each Drills will be done for approx. 1-1.5 minutes.

Diagram # 1- Lane Shooting and D Men Transition

The Forwards line up on three lines on the blue line. The players go in and take a shot on net- at the goalie to warm him or her up. Forwards need to make sure they don't hit the D Men doing their skating.

One D Man from each side skates to the blue and pivots towards the inside, and then skates backwards. Once they get across the tops line they pivot towards the wall then skate around the net to the other line.

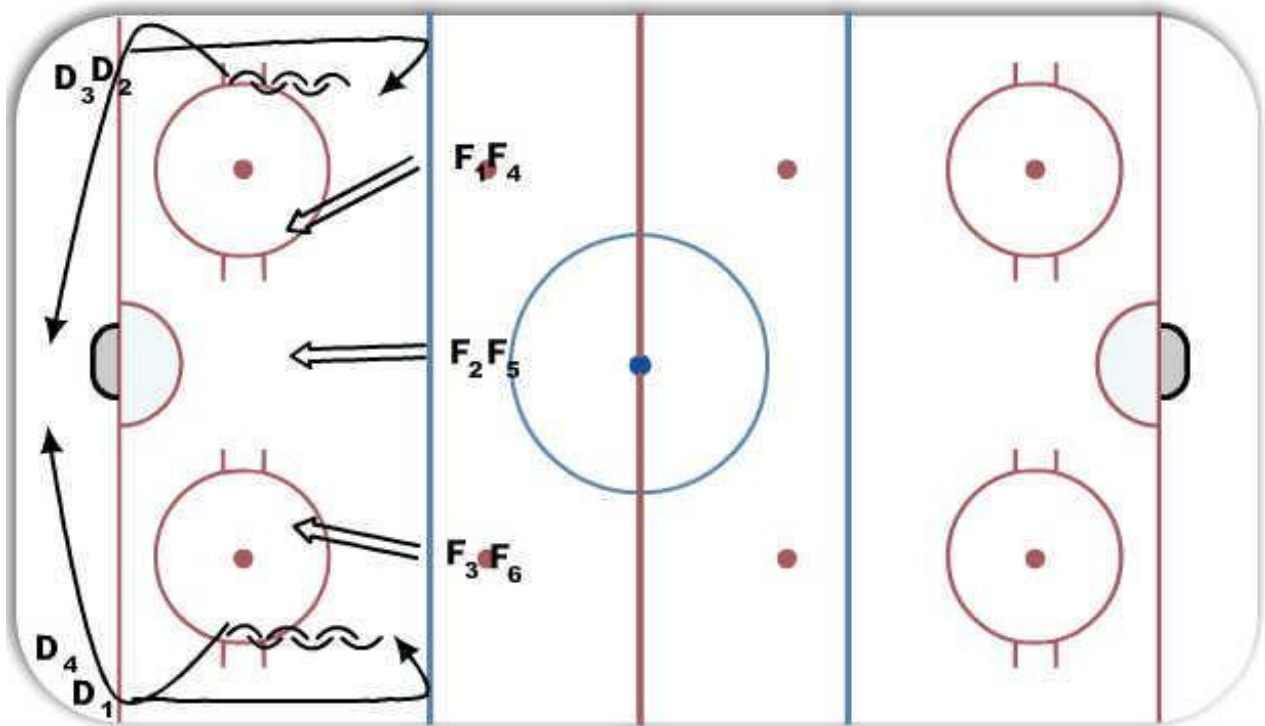


Diagram # 2- Give and Go- One Side Goes at a Time- Player on Red Line starts with a puck and passes it to the player coming up the wall. The Player on the wall leaves the puck for the other player by putting it towards the wall. He/she then goes around the top of the circle. X 5 Picks up the puck and then makes a quick pass to X1 coming up around the top of the circle.

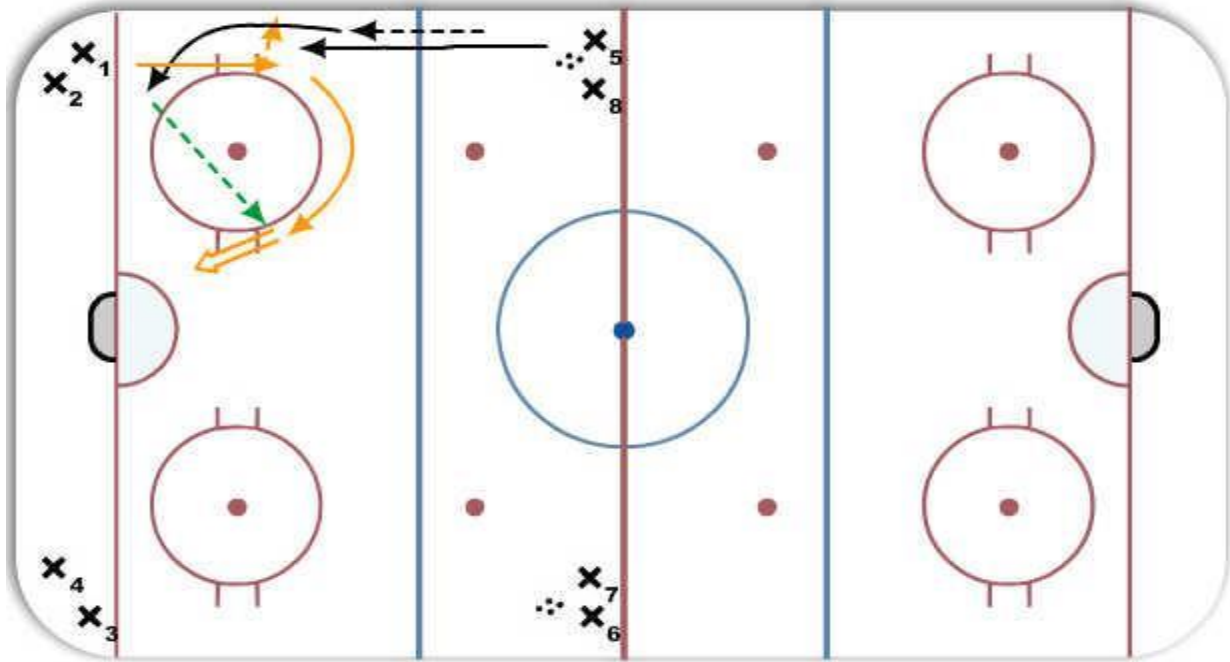
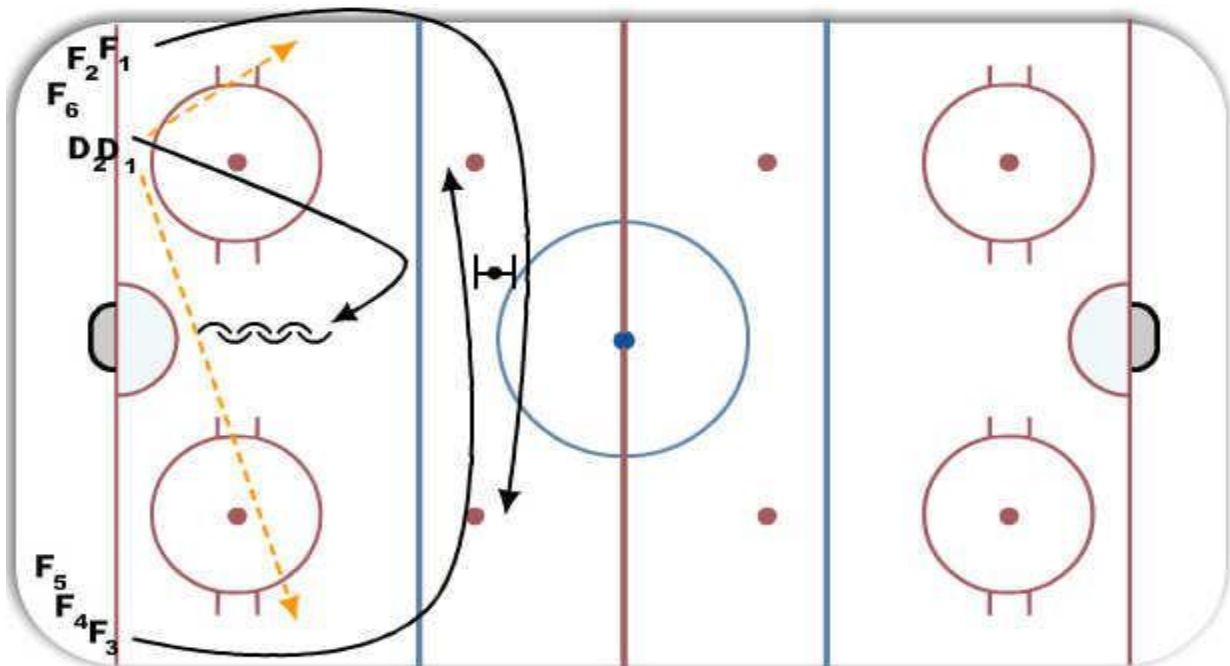


Diagram # 3- 2 on 1- The D Man starts with the puck and passes it to either forward going up the wall. The Forwards then pick up the puck and make a drop pass on the blue and go back in 2 on 1 on the D Man.



BVHS Team Tactics

Defensive Zone

- Tactics involved – puck retrieval, dealing with checking pressure (escapes) and initiation (first pass) – usually D’s but F’s should also practice these tactics; hold-up fore-checkers (keep feet moving, establish body position, referee tolerance); W’s making plays on the wall (chips vs. pressure, rim reception, relay passing, forehand vs. backhand reception on the off-wing); C timing (cue phrase – “mirror the flow of the puck 1 stride behind”; how? Skate slower, wider, deeper - this is called “saving ice”, use dots as landmarks, eye contact).
- Review of basic options – puck retriever to take an “early peek” (shoulder check) to establish direction and intensity of checking pressure – assistance from offside D in this process (makes the call) – must face up ice (eyes); possible fake well before arriving at the puck; head up and feet moving!

Checking Pressure

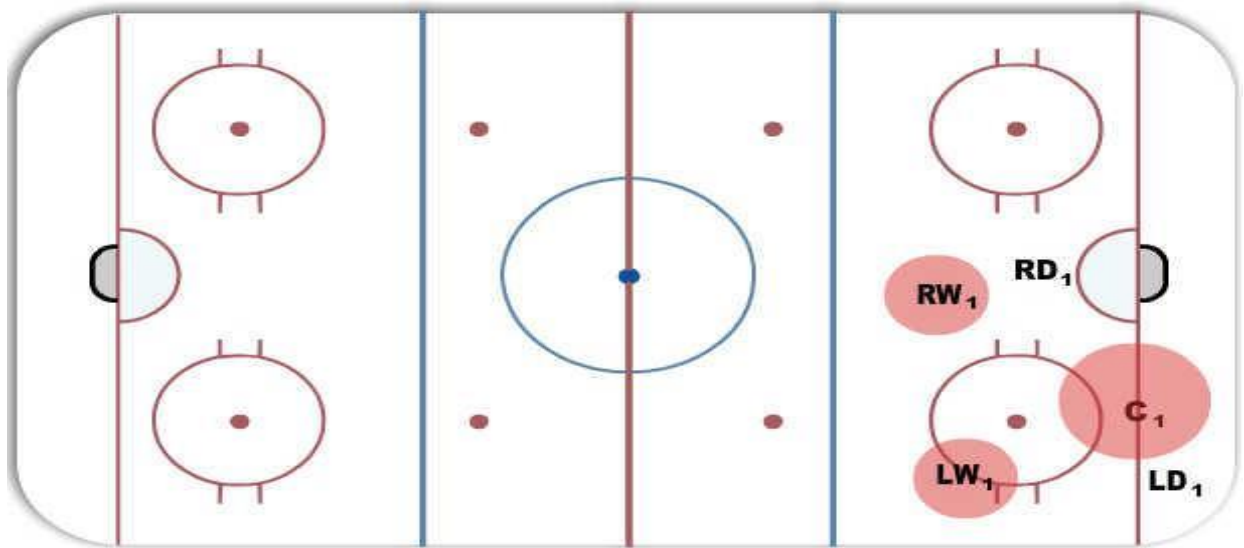
Appropriate breakout call option:

Pressure overload from outside

Inside	Up
Outside	Wheel
Straight On	Over
Pressure Overload from Outside	Reverse

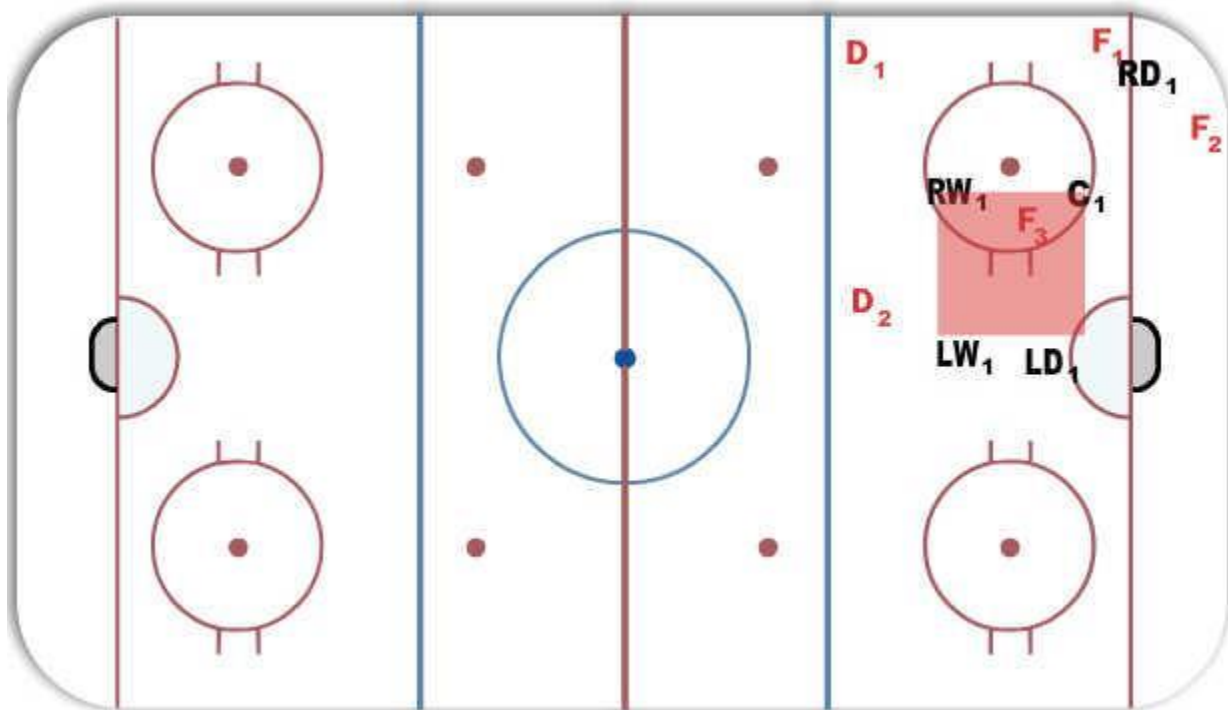
- F’s provide board and middle options. Direct passes if possible. Relay passes to diagonal F support – these can be indirect (chips) if under checking pressure.
- Advanced options – usually involved misdirection (longer reverses, W reverses) or rims to deal with more intense checking pressure, turn backs, stop/go.
- Transition breakout (from DZC positions) – “out the other side” to avoid congestion
- Control breakouts vs. 1-2-2 forecheck (trap) – turn up and go (do not set up behind the net unless forced to), beat the trap with speed, if forced to set up – use an “up –back – over” puck movement approach, keep the puck out of the middle – chip it down the wall to support skating on to it
- Activate the D – either the initial passer or when executing a control breakout – the offside D.
- Goaltenders must learn to retrieve shoot-ins (particularly rims) and either set or pass the puck – 3 options: set (optimal position), pass in 1 direction or the other (move it, reverse)–D communication. Goaltenders must also develop the ability to pass the puck directly up to teammates – “quick-up” plays can be very effective, particularly when the opponent is changing on the fly (especially on PP, no red line).
- Drill rules (prevents laziness and poor execution)
- tag-up (any of 3 F’s dump)
- 1 D force dump and holdup, other D quickly retrieves (no cheating)
- quality dumps
- W’s return to the defensive zone through the dots – use a reverse pivot to maintain speed and eye contact with the puck carrier, allows for improved DZC recovery if the puck is turned over as well as diagonal support

D Zone Coverage



The centers playing low means man on man coverage down low in the defensive zone. Every player has a responsibility but there are also some key objectives as a group. 1. Try to keep offensive players to the perimeter when they have possession of the puck. 2. As players finish check they should make sure they beat players off the boards towards the net. 3. All players have to stay disciplined and do their own job, don't run around trying to do someone else's job. 4. Players should have active sticks and use them to take away passing lanes and create turnovers. Strong Side Wing - This player has to eliminate their strong side defense from the play by taking away the pass up the wall. It is key for them to keep their heels to the net so they can keep an eye on the puck and their weak side defense. Weak Side Wing - The weak side wing should provide extra help in the slot area. There should always be one defense in front of the net, but just in case, the weak side wing should be low enough in the slot area to help out. Center - The center needs to work with the defense down low. Once they have an opposing player they should stay on the defensive side of them. Strong Side Defense - This player should also maintain good defensive positioning against the other team's F1 or F2. If the puck rotates to the other side of the ice then they will go to the front of the net and allow the weak side defense to go challenge the opponents. Weak Side Defense - The weak side defense's first priority is in front of the net, making sure that F3 does not have much space. If the opposing team comes out of the corner with the puck then this player can provide an extra layer of defense before the scoring area. They heels should always be facing the net so they can keep track of F3 at all times.

D Zone Coverage- Box Plus 1



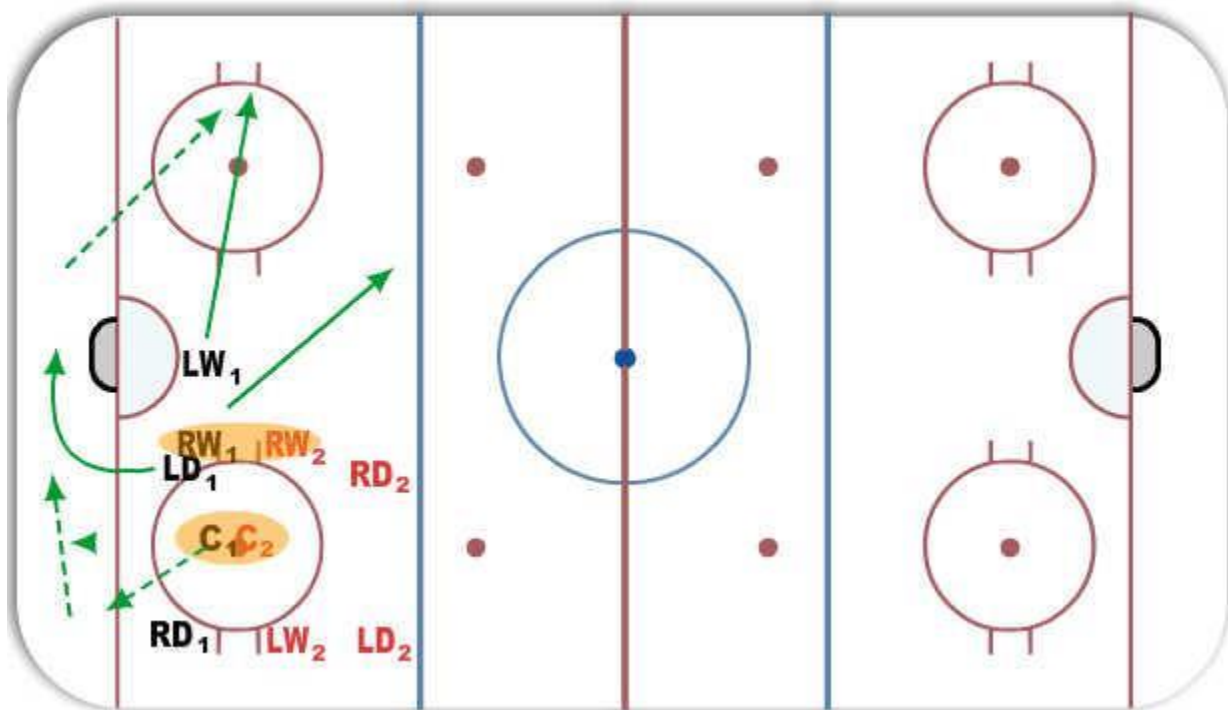
Start in the formation of a Box +1. RD is in the corner trying to turnover the puck possession. If the puck squirts behind the net, LD then chases the puck, with C sliding into LD's position, and RD taking the weakside goal position that C left.

If the puck then continues to travel along the boards on the left side, the LW will pressure/force the puck with C sliding into his position.

Another option is if the puck heads along the right wing boards out of the RD's possession, RW will force the opposing defensemen with C sliding into his position, and RD assuming the post position.

The Box +1 is a great way to introduce structured defensive zone positioning, without a lot of risk. It is a passive system, which means it's very forgiving if a player makes a mistake (since you always have 4 players in front of the net!).

D Zone Face Off Win

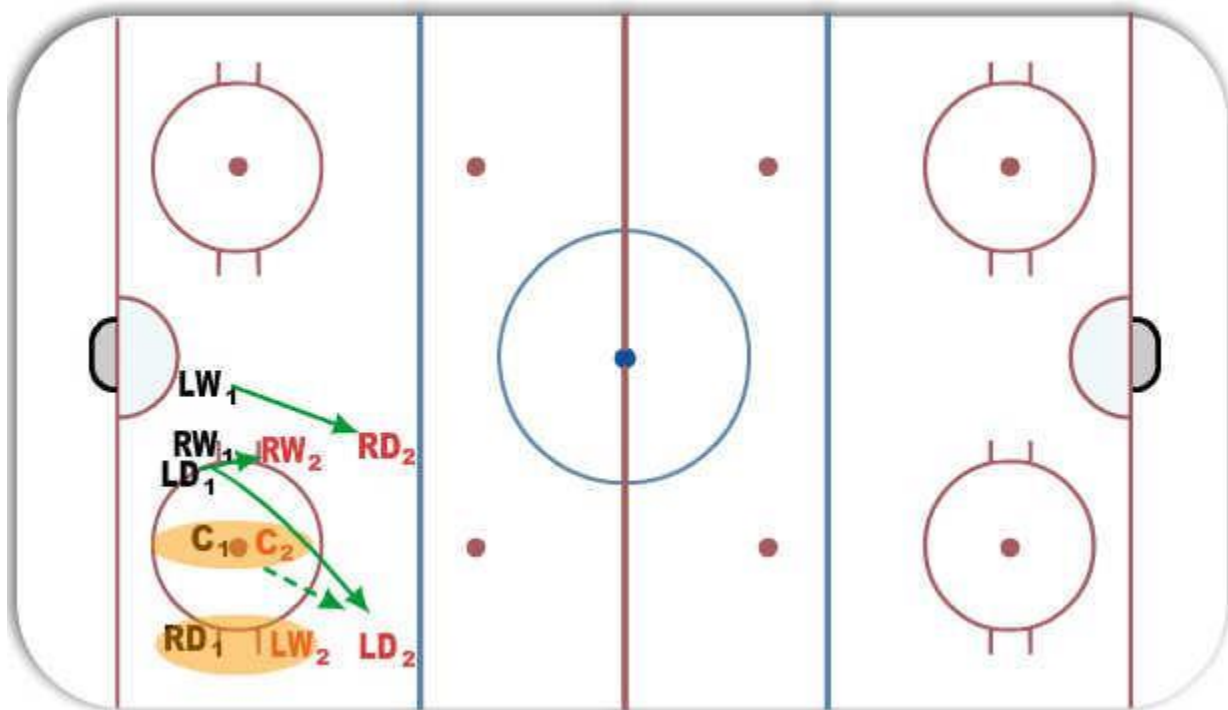


For PW-Midget the D Men can switch sides on D Zone Face Offs so that they can make the pass quicker and more easily to the Winger on the wall. This can be a coaches decision based on players skill sets.

The Centre should always win the puck back to the strong side corner. The Centre then ties up the other teams Centre. The Centre will then read and react to where the puck is once he/she is done tying up for 3-4 seconds.

The RD will pick up the puck and pass it to the LD who supports behind the net. The RD can also wheel depending on the situation and where pressure is coming from. The RW will tie up the other teams RW giving the BV left winger time to get to the wall. The RW then supports the middle lane. The LW will either carry the puck out of the zone and then make a play accordingly or they will go tape to tape with the RW or may bank the puck off the boards (chip) around the RD for the RW who will support.

BVHS Faceoff Loss



The RD will tie up the LW.

Centre will tie up the other centre. The Centre should never go to the point to block a shot.

LD will tie up the RD in front of the net.

RW will go through the circle taking away the LD shooting lane. The RW can also pick up loose pucks etc depending on where they end up off the draw.

LW goes to the RD- But does not go higher than two feet past the tops line unless the RD has the puck and is about to take a shot on net.

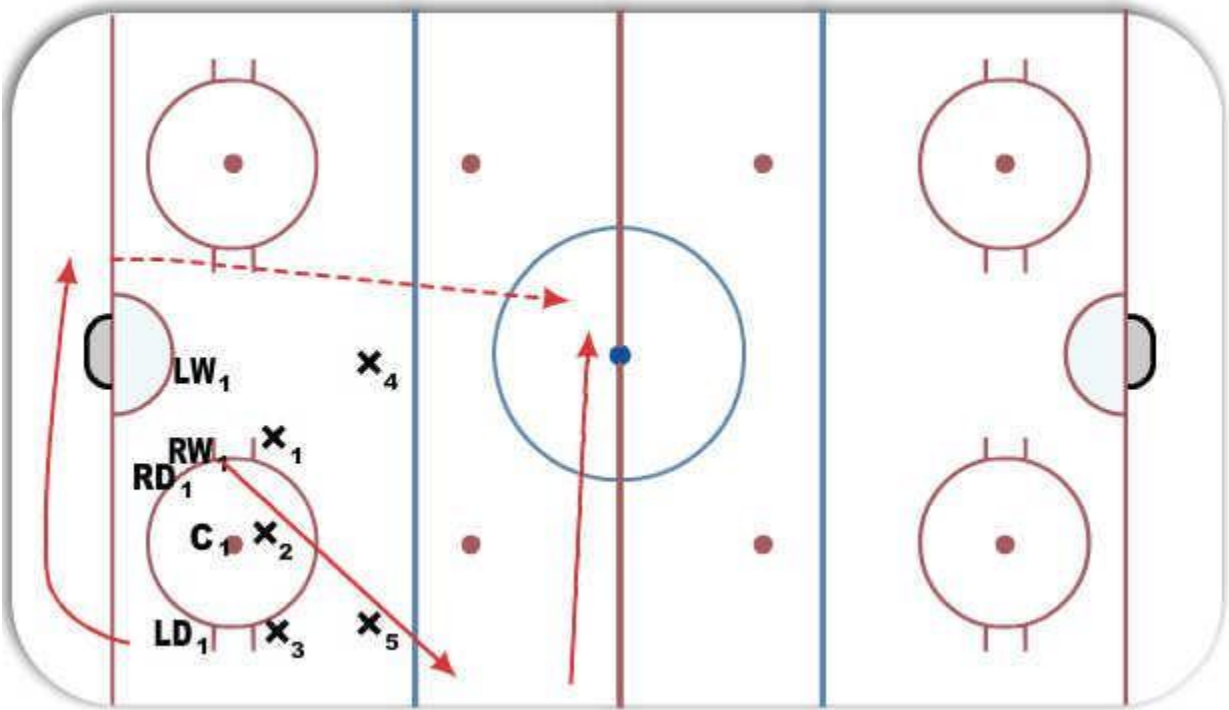
In the NHL, the majority of the goals that happen after a Defensive Zone faceoff take place within 11 seconds of the faceoff taking place. It is critical that the players know their roles in the Defensive zone and act quickly, otherwise the puck will end up in the back of your net.

D Zone Back Door Sleeper Play

Centre wins draw back to corner, and Left handed D Man picks up puck and goes around net. D needs to ensure that the puck clears the blue line otherwise it will be a turn over at his or hers own blue line.

RW goes hard to D Gate and a new forward leaves from the forwards gate and goes hard to red line.

The D man makes a stretch pass to the new player off the bench for a breakaway pass.

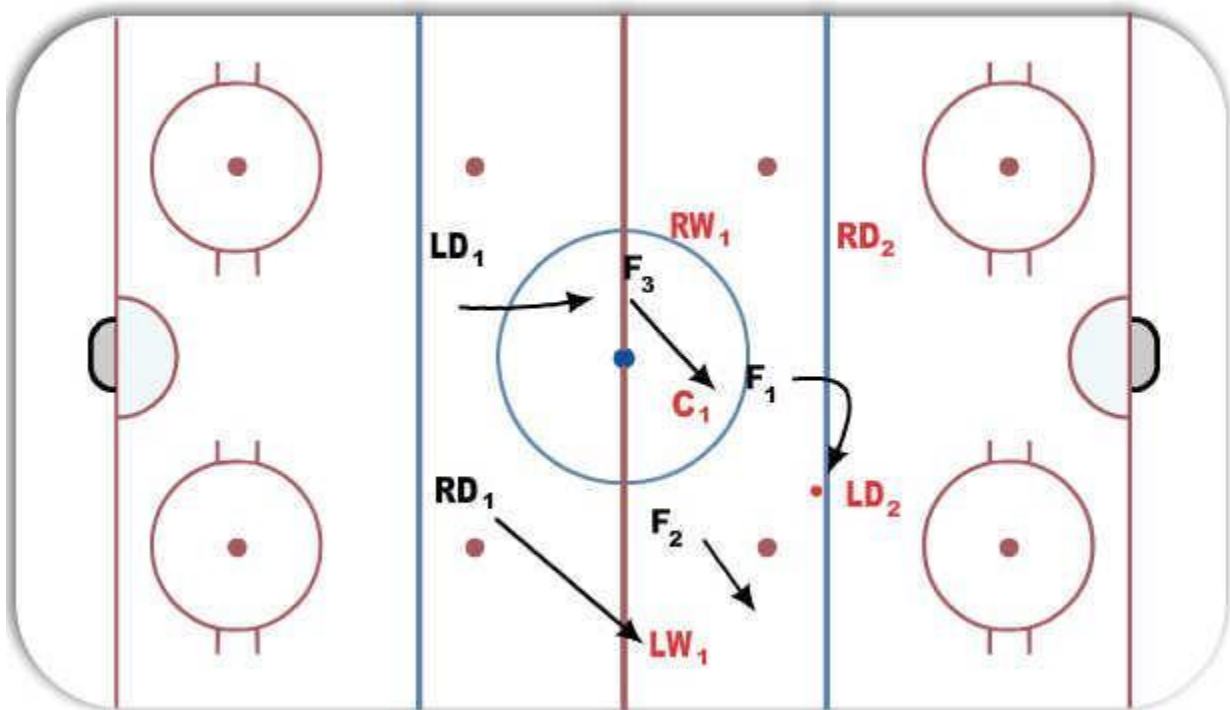


2. Neutral Zone – Regroups, Counterattacks

- Avoid turnovers at the respective bluelines.
- If an offensive attack is stalled at the opponent's blueline or if the puck carrier is isolated, consider maintaining puck possession by regrouping the attack in the NZ and trying a second time. This tactic can also be useful when waiting for teammates caught in the opponent's end or during a line change on the fly.
- After an opponent's NZ turnover, the offensive team should look to execute a quick counterattack.
- In either case, the F's should come back hard to the puck (create separation from the opponent's D – provides additional time and space). The puck side winger should "post up" or be an "anchor" on the wall as a low outlet while the other 2 F's provide middle and offside options. If the puck is passed to the wall – diagonal support, relay passes, chips etc. as per the breakout should be in place.
- Offside D should provide staggered support to the puck D.
- D's should follow the attack quickly up ice – close the gap while on offense.

Teams that can counter will speed on the regroup have a better success of scoring goals. In the NHL the majority of goals scored on a neutral zone turnover happen within 8 seconds of the turnover taking place.

BV Neutral Zone Forecheck



There are several things a team can do to regroup in neutral zone. This diagram breakdown a basic neutral zone forecheck. Players at all levels should learn the tactics involved in the neutral zone break out. The most important aspect of playing defence in all zones is D Side Pressure.

F1- Will go inside out towards LD who has control of the puck. If LD makes a D - D pass he will be off to the races on a breakaway. The LD will usually make a play up the strong side wall; unless he is smart and makes a play to the centre who might be open in the middle lane depending on how F3 plays the forecheck.

F2 will react and take away the passing lane to the LW. F2 will either take the pass away or he will take the D Side on the LW who will have received the pass from the LD.

F3 will take away the middle of the ice and get D Side positioning on the other teams centre who is in the middle lane. F3 needs to ensure that they take away the middle of the ice as an option for the LD who has the puck.

The BV RD will move towards the wall and will be in a good gap and good support position for the puck if it comes free.

The BV LD will then support in the middle of the ice, keeping an eye on the RW from the other team. The RW may try and fill in the middle lane if he is a smart player, but most players will stay out wide and eliminate themselves from being an option

Neutral Zone Regroups

For the following regroupings, the strong-side forward supports the boards while the back-side forward stretches. The center supports both sides either low or high (figure 2.11b). The sequence of options for the defensemen in the neutral zone depends on how the opponents forecheck. Do they forecheck with two forwards in a 2-1-2 system or with one forward in a 1-2-2 or 1-3-1 setup? If they forecheck with one forward, does he take away the D-to-D, or does he take away the flat pass to the wide forward? Teams that take away the D-to-D pass eliminate the hinge play, while teams that take away the cross ice pass give up the hinge play. These are important reads that help the defensemen choose which of the following options to use.

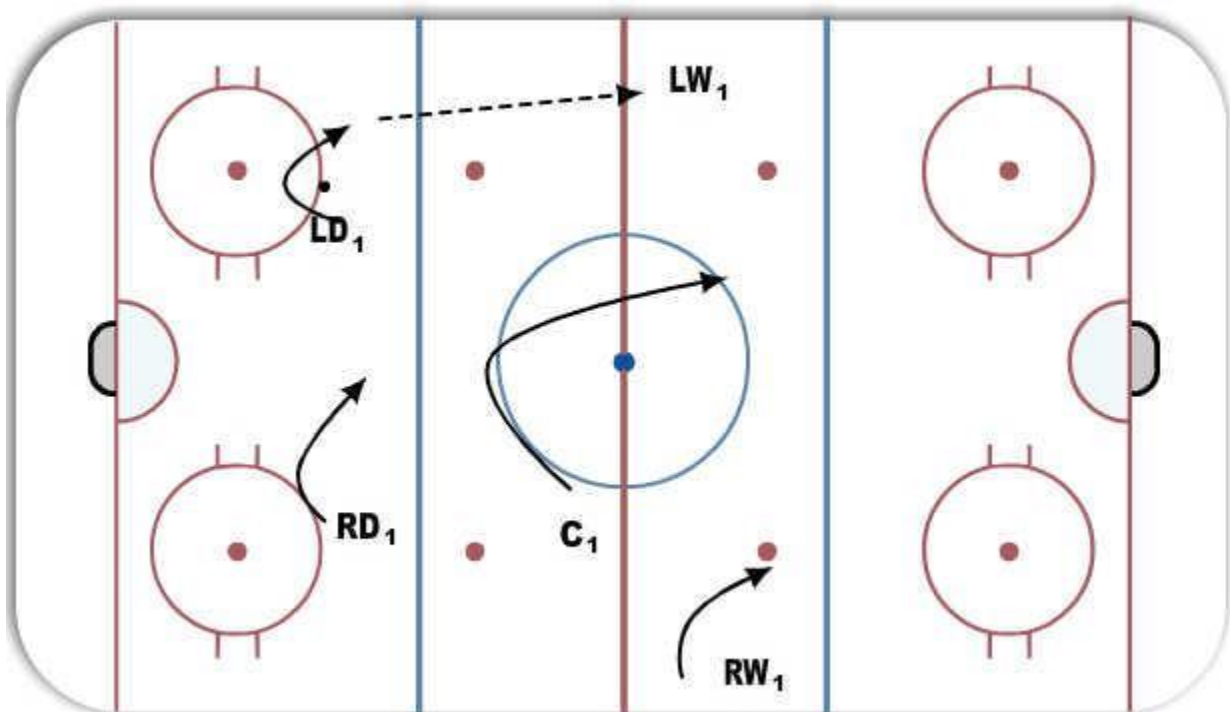
Quick Up

In this situation, LD₁ gets the puck just inside the blue line and turns it up quickly by passing to LW or C

This should be the first option for all teams because speed in transition usually results in odd-man rushes, plus the quick-up play don't give the opposition time to set up a trap.

Centre supports middle lane and becomes an option for the LW.

RW stretches on the wide side and then supports across the ice when the pass is made.

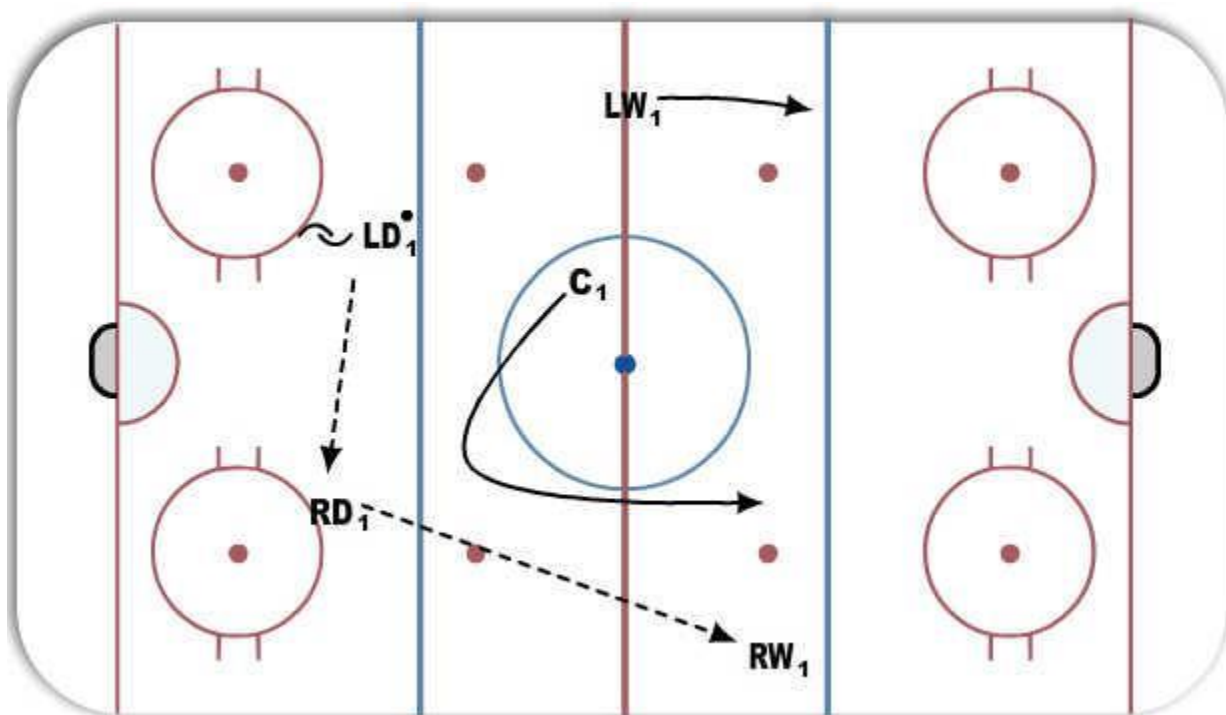


D-to-D Stretch

When LD gets the puck and the strong-side options are taken away, then he should immediately pass the puck to his partner.

Once the pass is made, LD1 should sink back to mid-ice to protect

his partner in case of a turnover and also to provide an option for RD. RD passes up to RW, who is in a stretch position by the far blue line, or to C in mid-ice. Once the pass is made the LW moves to support and reacts to what the RW does with the puck. The RW can give it to the Centre coming through the middle, carry the puck into the zone, or do hard rim to the LW coming in on the wall of the weak side.



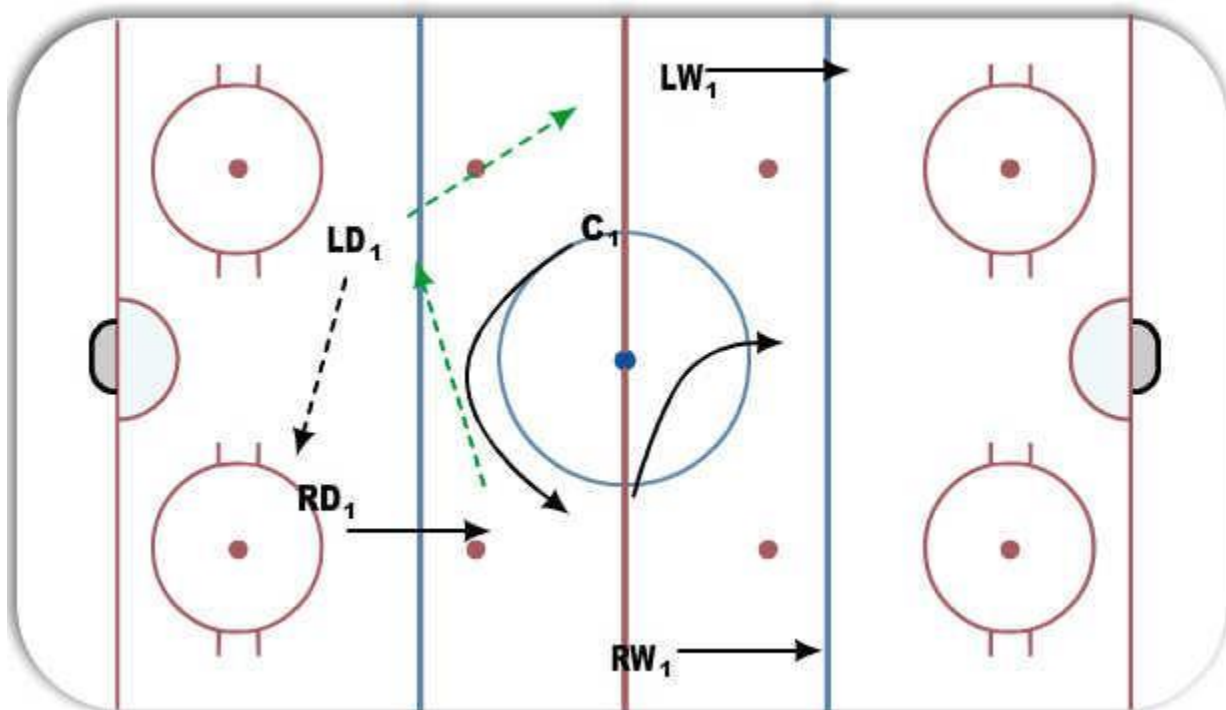
Hinge Play

LD passes to RD and then slides back to mid-ice to support his partner. RD moves up ice and looks to make a pass.

With no option available, he passes back to LD, who is behind and in mid ice. LD then moves the puck quickly to LW as the primary option or to c.

Initially when LD moves the puck to RD, he has the option to drop back deeper and perform a skating hinge- this is where the supporting defenseman moves back in behind the play and prepares to jump into the hinge pass with speed, catching the opponent off guard. Using the skating hinge also gives this defenseman room to

accelerate, time to read the play, and the ability to draw in a checker and move the puck to the best option.



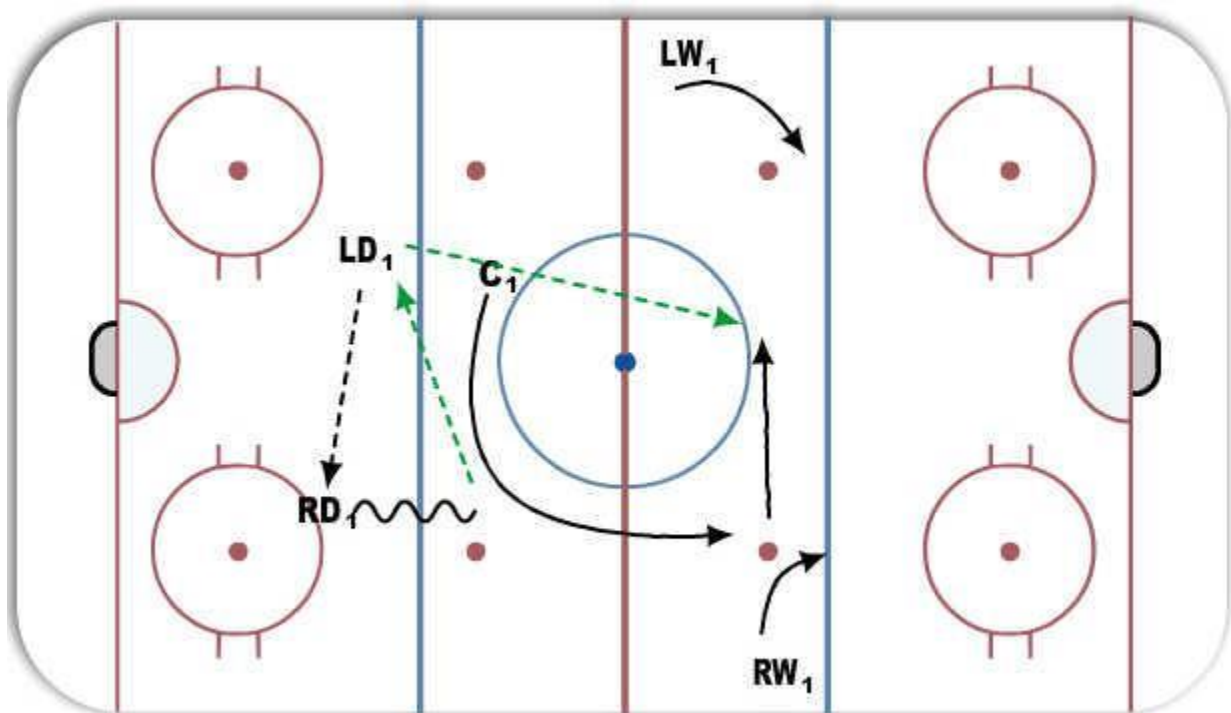
Centre Stretch

When a LD-to-RD pass is made in the neutral zone, C should support low, but once the puck is passed back to LD, C should have the option of returning low or moving into the high mid-ice stretch

area for a potential breakaway pass.

If teams check center on center in the neutral zone, this is an effective way to lose your check and split the opponent's defense.

This is a high risk play so players need to be sure they can make the play happen.

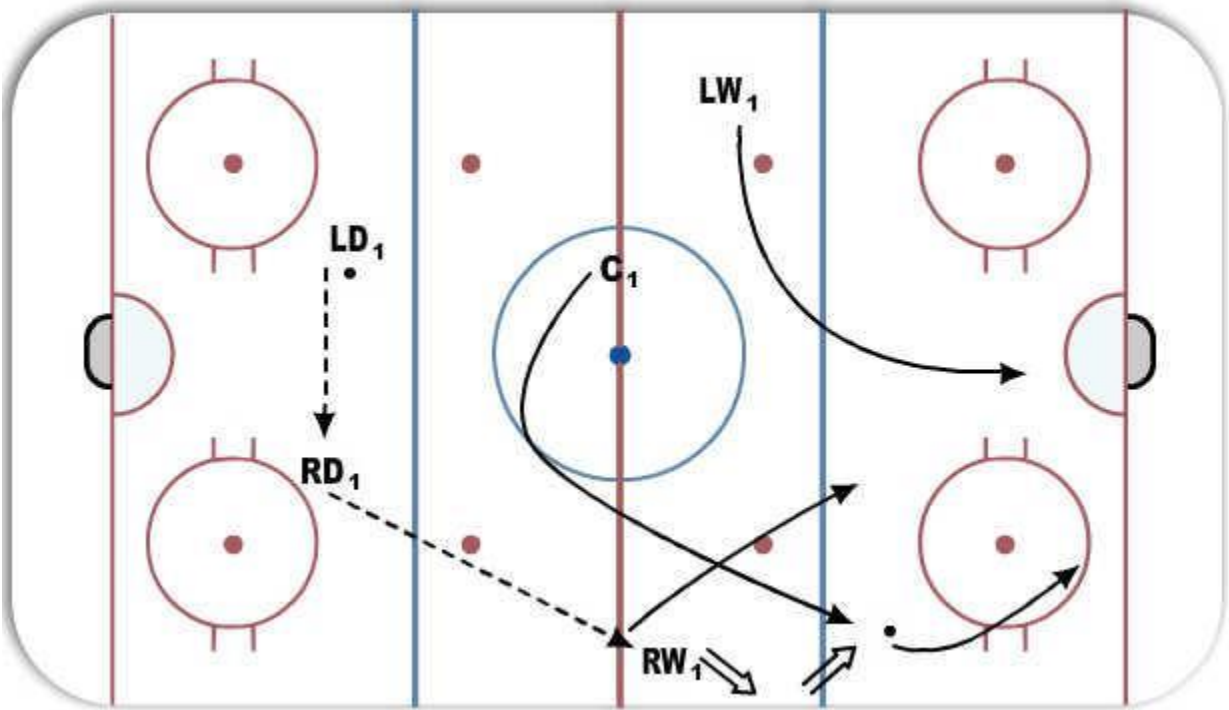


Chip Behind Pressure

Because most teams use tight-checking systems, there isn't a lot of room in the neutral zone. When a pass is made to a teammate in this area, it is important that the receiver have quick and close support.

If the pass receiver is confronted, he will now have the option of chipping the puck into the space behind the checker. The support player can anticipate this and get to the puck first. This is very

effective if the pass is confronted by the opposing defenseman stepping up to make a hit. In most cases, the center should be the player who is ready to support the chip.

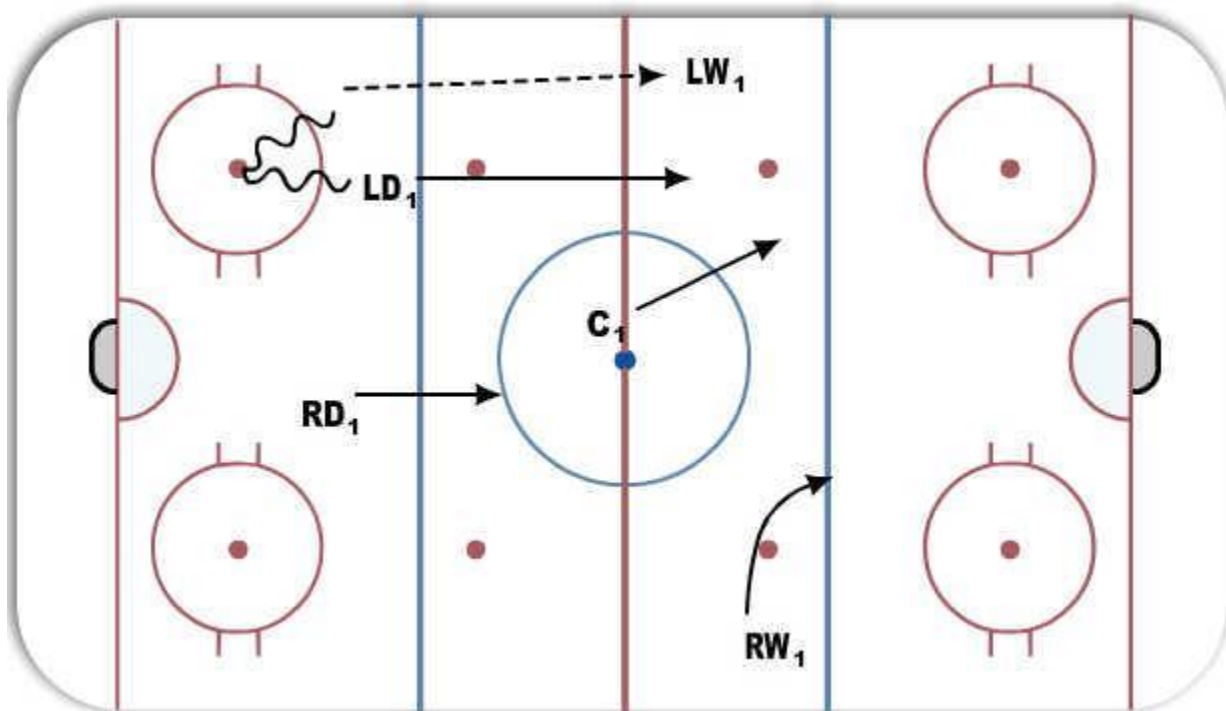


Defence Supporting Mid Ice

When a pass is made by a defenseman to a forward in the neutral zone, the passing D should be ready to move up through mid-ice and support the attack.

As the partner of LD, RD must remain in a strong center-ice position behind the attack. LD must again read the quality of puck possession to determine how far to move up and how quickly.

Attacking with pressure is an important aspect of the game in today's hockey so the D Men should be encouraged to join the rush and help attack with a four player rush.



Motion Regroups

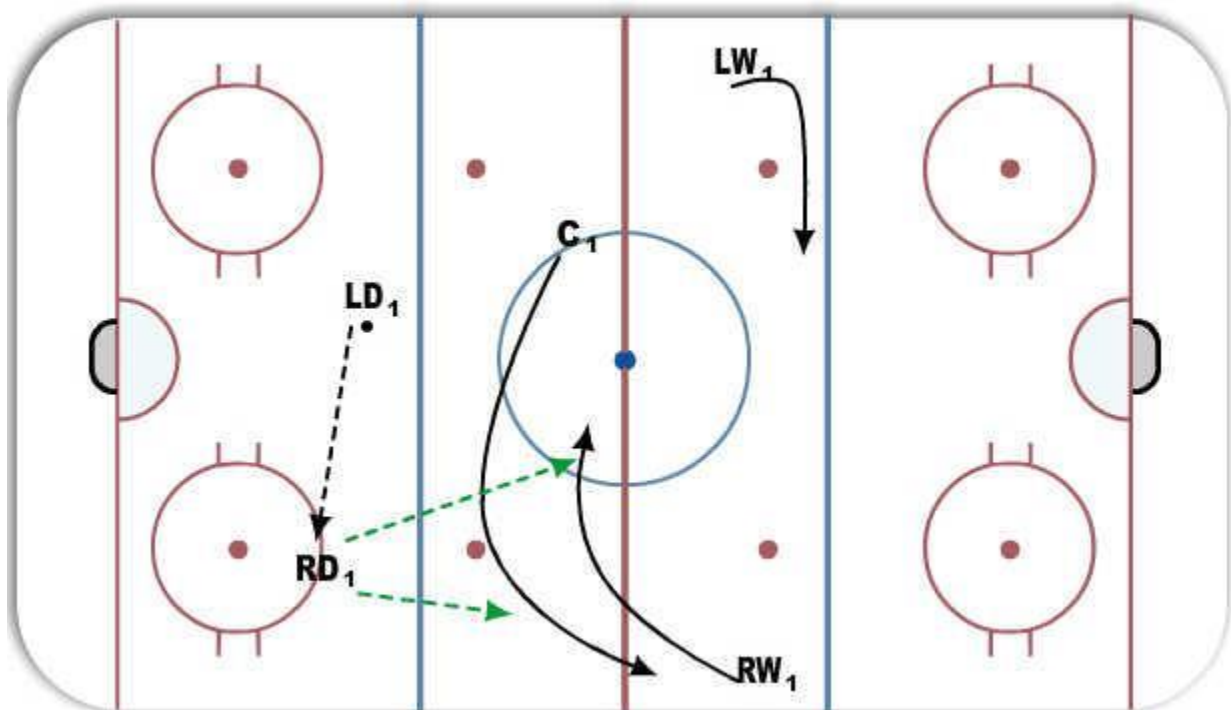
The difference with motion regroup is that the center now has the ability to exchange positions with the wingers. Once again, the sequence of option for defensemen in the neutral zone depends on how the opponents forecheck. The advantage of using motion regroup is that the players have more speed when getting the pass and often catch the opposition flat footed. The disadvantage is that the positioning of the forwards is not as predictable and as a result the defensemen can't always anticipate where they will be. At times the forwards are so focused on moving and building up speed that they lose eye contact with the passer. The forwards must remember to keep their eyes on the puck. With motion regroup, the center always changes lanes with one of the wingers, and then that winger moves into center ice. If the player in the middle moves to support a pass and it is not made, an exchange occurs with the winger on that side. The player in the center may also swing away to build up speed on the wide side.

Strong Side and Weak Side Regroups with Motion

Strong Side

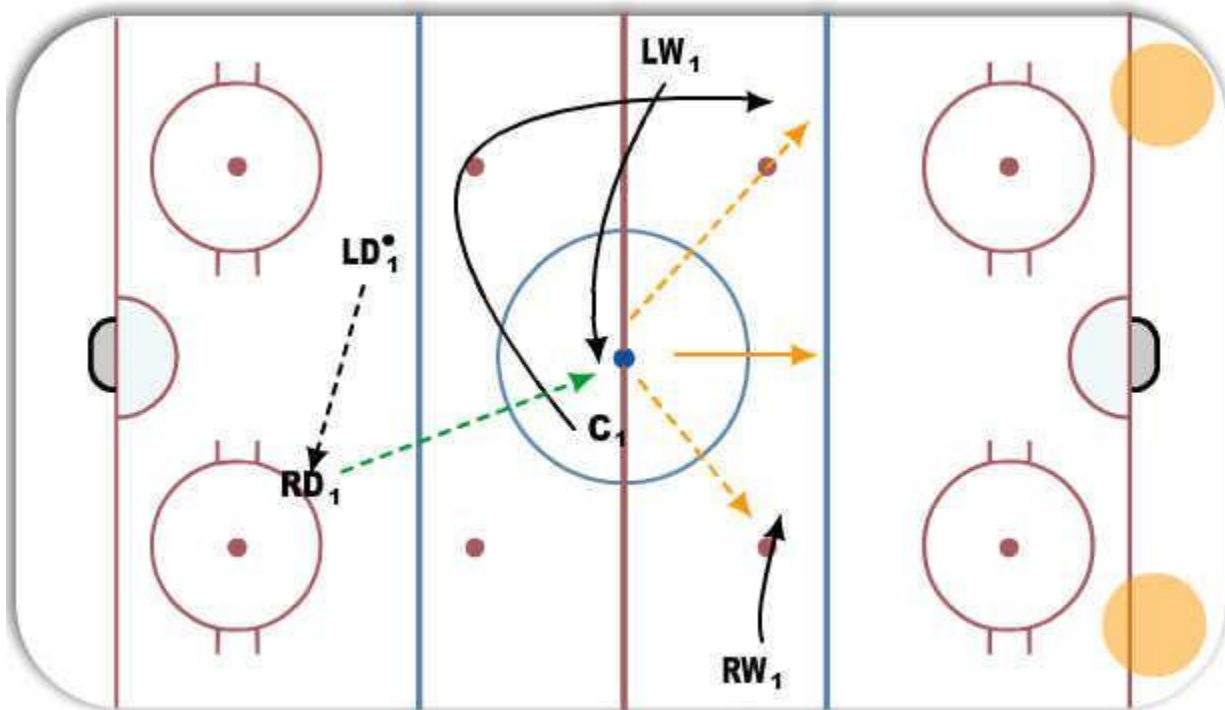
With motion regroupings, if teams check center on center in the neutral zone, having the center move into an outside lane often results in coverage confusion.

The Centre moves towards the strong side wall and changes places with the winger. The Winger supports the middle of the ice. The D Man can move the puck either the C or the Winger on the strong side of the ice.



Weak Side

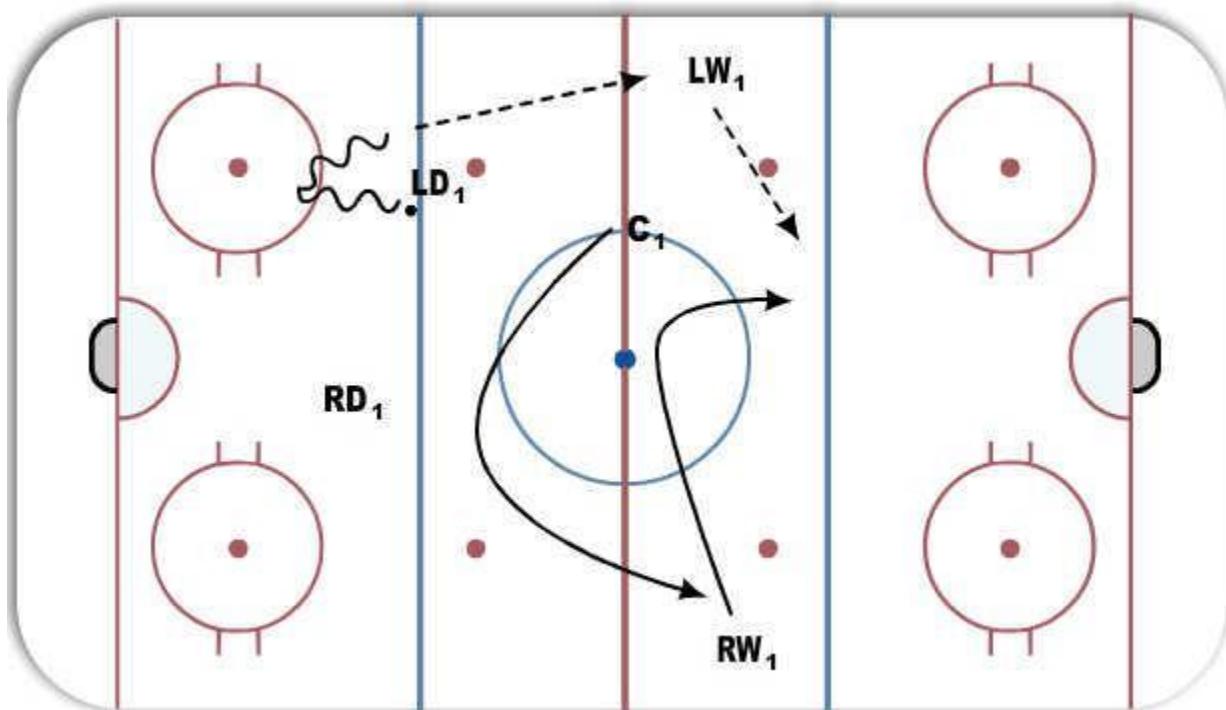
The Centre supports opposite direction of the puck to the weak side of the ice and changes places with the winger on the wall. The D Man gives the puck to the Winger in the middle of the ice. The winger (LW in diagram) then can move the puck to the C or RW on the walls, carry the puck into the zone, or dump it into the quiet areas outlined in the orange circles. Timing is crucial with this to work out.



Quick Up

In this situation, LD gets the puck just inside the blue line and turns it up quickly by passing to LW. The LW then moves the puck to the RW who has filled the middle lane as the Centre fills the weak outside lane.

The exchange between the center and RW must be made quickly in order to provide immediate support for LD.



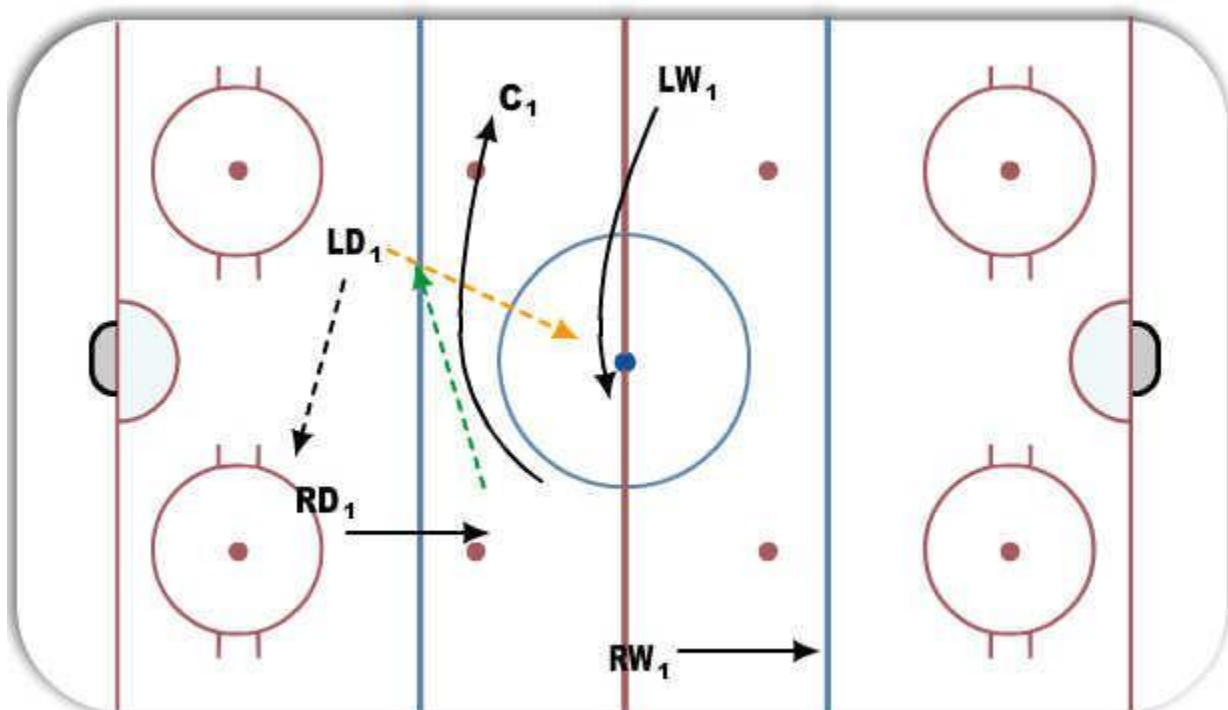
Hinge Play

LD passes to RD and then slides back to mid-ice to support his partner. RD moves up ice and looks to make a pass.

With no option available, he passes back to LD, who is behind and in mid ice. LD then moves the puck quickly to LW as the primary option or to c.

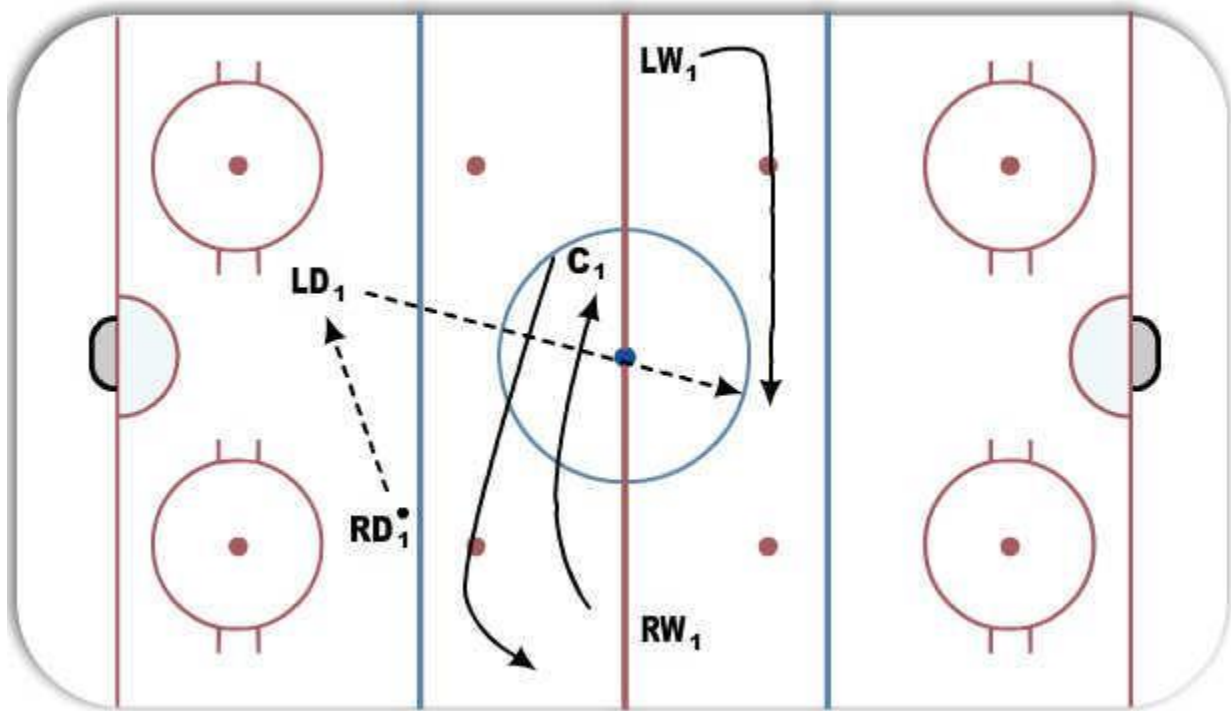
The Centre and Winger need to communicate and swap lanes as the play happens. They need to ensure that they are a passing option for the D Man at all times.

Initially when LD moves the puck to RD, he has the option to drop back deeper and perform a skating hinge- this is where the supporting defenseman moves back in behind the play and prepares to jump into the hinge pass with speed, catching the opponent off guard. Using the skating hinge also gives this defenseman room to accelerate, time to read the play, and the ability to draw in a checker and move the puck to the best option.



Stretch Pass

When a RD-to-LD pass is made in the neutral zone, C exchanges with the wing, and now LW has the option of moving out higher in behind the opposing defense. Because the center swings lower, this proves the defense with an alternative safer option if the stretch pass is not there. The RW must time it to hit the open space behind the opposition defense when LD is ready to pass.



3. Offensive Zone – Attacks

- It is very important to enter the offensive zone wide and with speed – either via a carry, chip to support or a crossing attack.
- 1-2-3 Principle of Attack review
- allows for width and depth on attack (triangulation)
- puck carrier must read defender's positioning to determine where the open space is and react accordingly:
- 1-2-3 Principle of Attack review
- Allows for width and depth on attack (triangulation)
- Puck carrier must read defender's positioning to determine where the open space is and react accordingly:
- Behind
- Side
- Cross
- Front
- Drive
- Delay

A willingness and determination to drive the net with the puck is the prerequisite to a successful attack. The puck carrier must be adept at faking (inside/out), keeping the feet moving, protecting the puck and cutting into the middle after beating the defender (prevents defensive recovery and improves shooting angle). This process often encounters physical resistance (body, stick), therefore, courage is also an important attribute. If no threat of a net drive is established in the defender's mind – other attack options are simply removed through overplay on the part of the defender.

- Attack triangle options: drive (F1) – trail (F2) – drive (F3) or drive (F1) – drive (F2) – trail (F3), which is also referred to as middle drive. This option is preferred as a lateral feed pass is only required to beat 1 defender.
- Trailer pass – backhand if in off-wing position
- “wrist across” if in proper wing position
- Receive must be in “I-up” position (respective stick blades)
- F1 and F2 stop at net front for rebounds. F3 stops in high slot – defensive support position (first back-checker, cover pinching D).
- Delay – drive defender as deep as possible, 3 options: attack net (if defender backs off), pass to support (usually F3 or point) or spot puck in quiet zone (if defender closes).
- At more elite levels of play, defenders eliminate the 1-2-3 attack very well. Attackers must then add a “second wave” to the attack by activating a D. In this situation, both F2 and F3 go to the net without the puck to create open ice for this 4th attack option.
- Important tactics in the offensive zone include walkouts, wraparounds, point shooting, screens/deflections and initiating attacks from behind the net.
- Shoot-ins must be smart (the purpose is to get the puck back) – hard rims, diagonal or soft chips. Puck placement is critical – keep it away from the goalie. Should have a plan to retrieve the puck.

- Crossing attacks – cross and drop, cross and carry, cross and feed. Insure the skating pattern is “flat” and that drop passes have “no tail”.
- oF3 positioning (during forecheck, loose puck battles)
- Mirror the puck – closer to loose pucks, easier position to back check from (can jump outlet pass, easier read for D’s). Avoid DZC via “grayzone” positioning – side slot (Hull).
- Cycling – initial objective is to maintain puck possession but evolves to creating score chances
- Turn backs vs. checking pressure, puck protection, playing puck with skates
- Rotation (cycle up, reverse, screen/pick)
- D activation (offside, slide, cycle roll, cycle roll fake)
- Team defense against the cycle has improved to the point where the attack must be spread out – cycle on both sides of the ice. F3 can stay high (defensive emphasis) and the cycle then involves 2 players or F3 can be involved in the rotation (offensive emphasis).
- o4/4 play

In the NHL a team that scores off the rush while controlling the puck upon entry into the zone does so on average within 7 seconds of entering the zone. It is crucial that the players know and understand the concepts involved in zone entry while controlling the puck.

In the NHL a team that scores off an uncontrolled entry (Dump and chase etc) does so within 13 seconds.

For both controlled and uncontrolled zone entries, players need to understand that they have less than 10 seconds to make a play happen. Statistically speaking if you take more than 13 seconds to setup a play it limits your chance of scoring significantly.

Forechecking- 2-1-2

Simple 2-1-2 Offensive Zone strategy. First 2 forwards entering zone put pressure on D1

First forward in attacks puck while second forward (F2) supports play and ensures F1 wins battle or awaits for loose puck

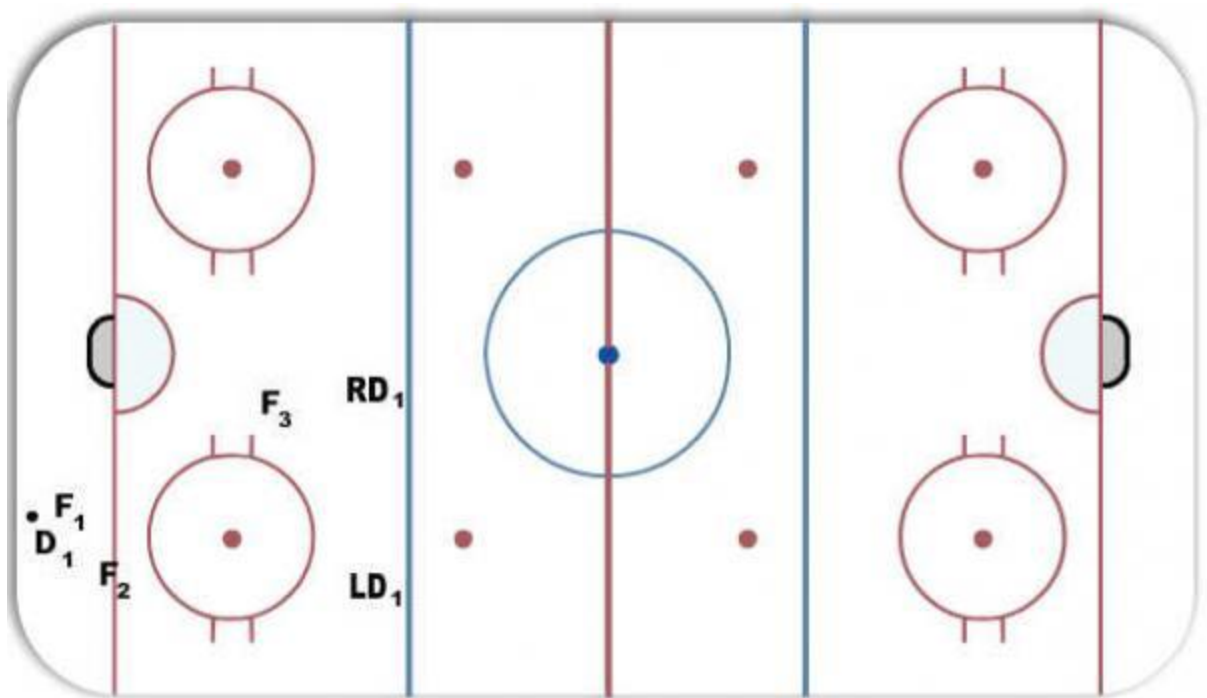
F3 stays high in the zone, roaming around to get in position for shot

D2 and D3 are inside of Blue Line supporting the play. Notice gap in between D2 and D3 is

short. Keep Defense in close proximity of each other in the event puck comes back to the point both D are within a short pass of each other.

Notes: F3 is important here, as he/she could be the best threat to score as well as he/she could be the best back checker to support Defense in the event the opposing team gets possession of the puck and initiates a break out.

Practice F1 and F2 to form a 2-1 situation (give n go) in the corners if there is only one defender.



Aggressive 1-2-2 Forecheck

LW chases after player with puck and forces him out from behind the net.

In this example, opposition player makes pass to hash marks.

C collapses onto new puck carrier.

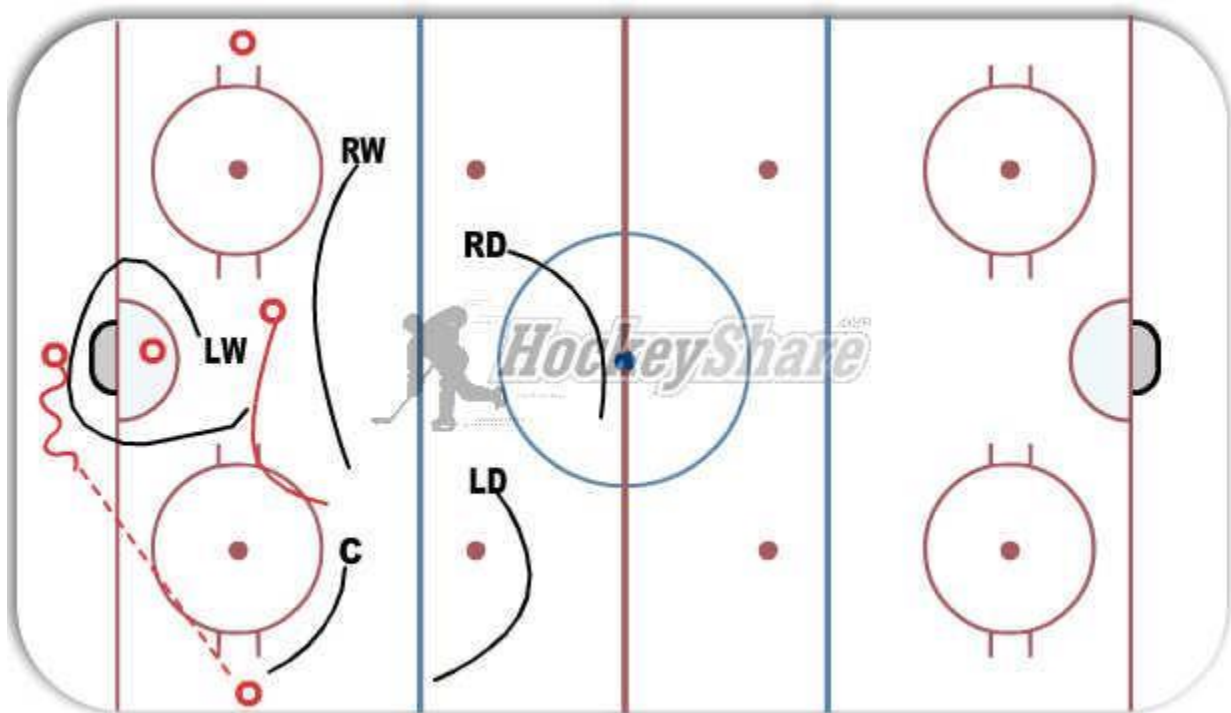
RW slides in towards middle to cover outlet pass.

LW stays in middle behind the play to cover cross ice pass.

RD slides back to create depth and relief for LD if he gains control of the puck.

Notes: The key is to not give the opposition time to get comfortable with the puck and always be in their faces.

Defender on weak side has to maintain depth.



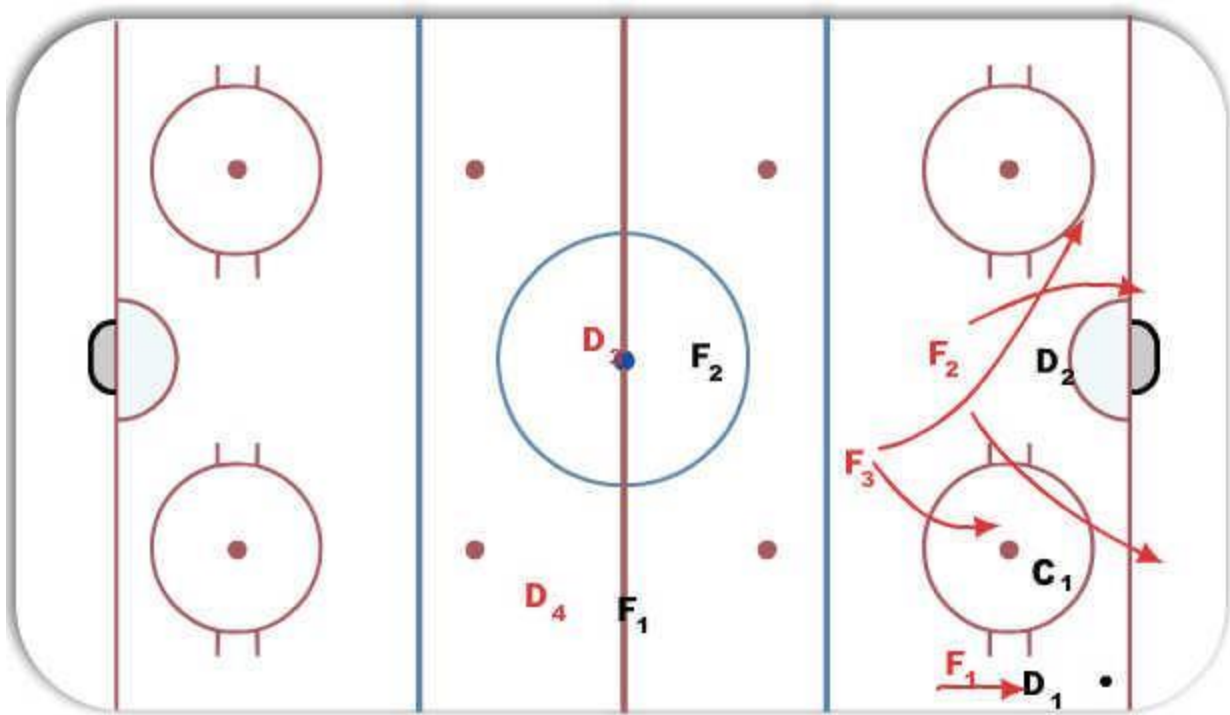
Forechecking- 2-1-2 Outside Pressure

F1 will forecheck the D Man from the outside forcing the D Man to take the puck and either wheel or go D to D behind his net.

F2 will reach to the play. The D Man goes D-D then he will put pressure on the D Man behind the net. If the D Man wheels, then he will cut the player off on either side of the net depending on his timing and speed.

F3 will support in the high slot and will reach to what the D Man does with the puck. If the D man goes D-D then F3 will shift and become F2 when the puck goes to the weak side of the ice, and F1 who was pressing D1 will then go and support as F3 in the high slot.

When forechecking from the outside- F2 needs to know that the D Man will usually carry the puck around the net to the weak side and or go D - D. This the best way to provide pressure on the opposing team, and provides the least amount of risk for giving up odd man rushes.

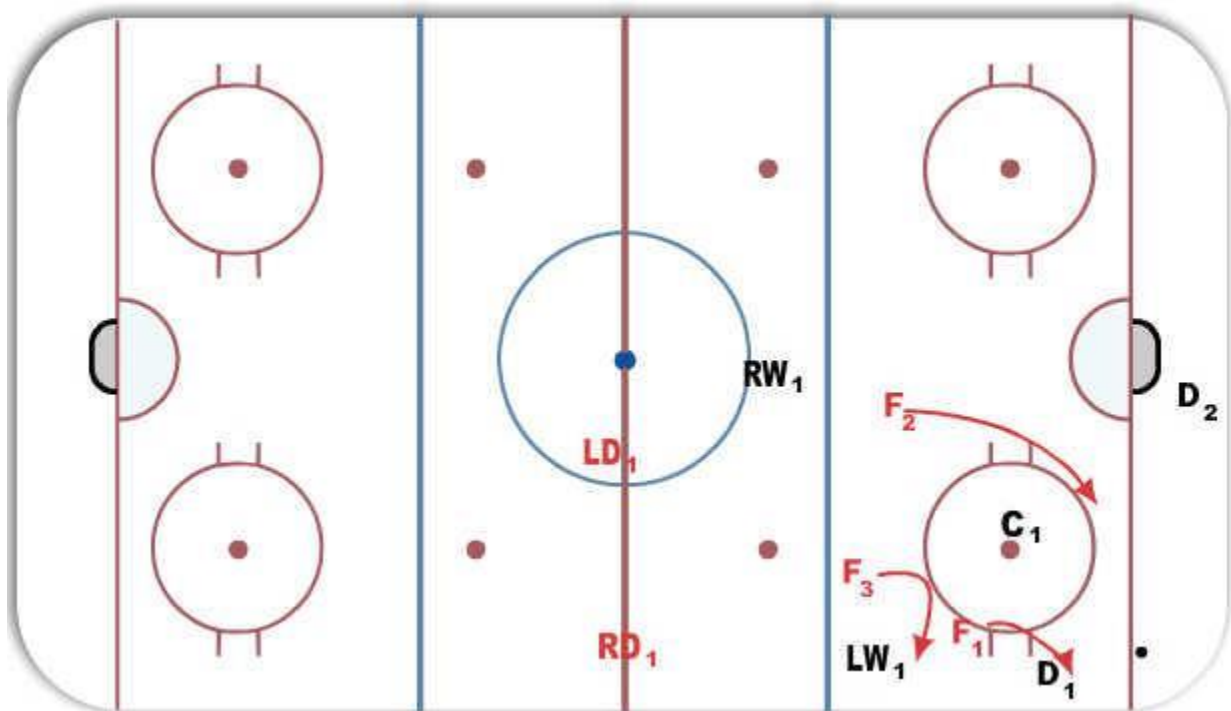


2-1-2 Forecheck- Inside Out Pressure

F1 will forecheck D1 from the inside hip, giving the D Man a quick up pass to the LW1 or D-D option depending on the timing of F2. For minor hockey if a Forechecker can provide inside pressure from the inside of the D Man, it will usually result in a turnover on the high wall as the D Men will make a quick move towards the wall and either pass to the winger on the wall or will just through the puck up the wall because they don't like to be pressured.

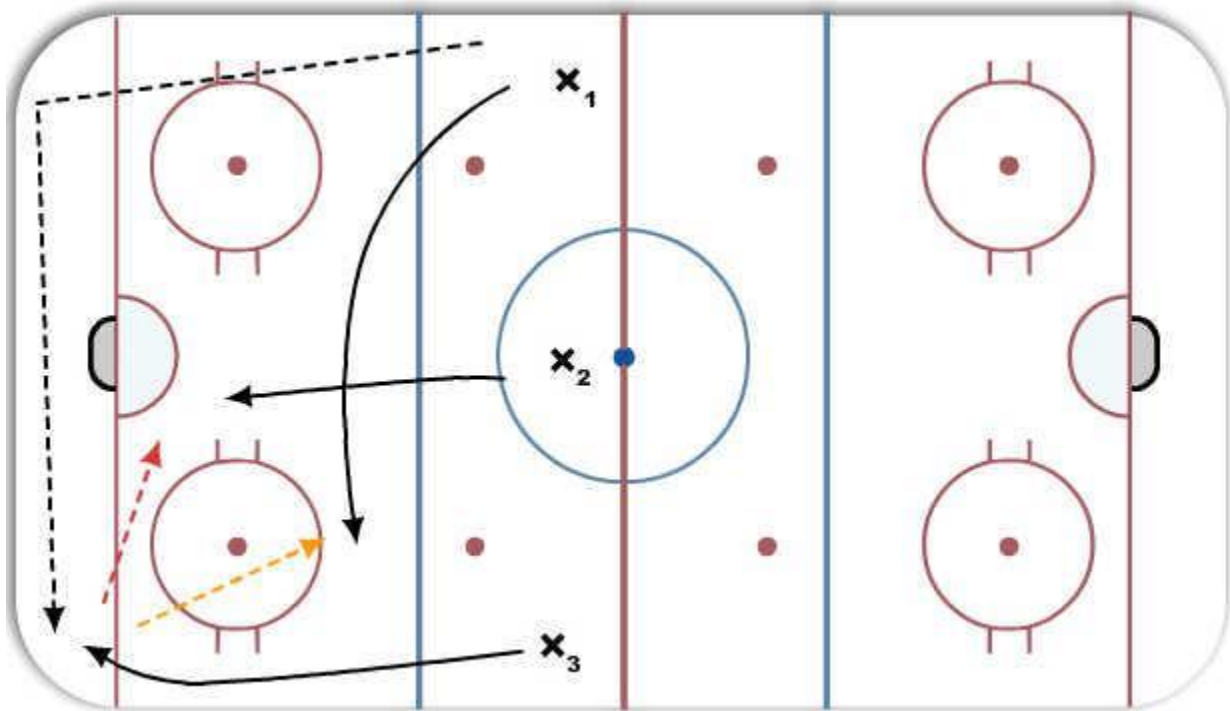
F3 then jumps on the winger resulting in a turnover.

F2 needs to take away the D-D option while ensuring they don't give up too much of the middle of the ice, this eliminates the Centre man as an option for D1.

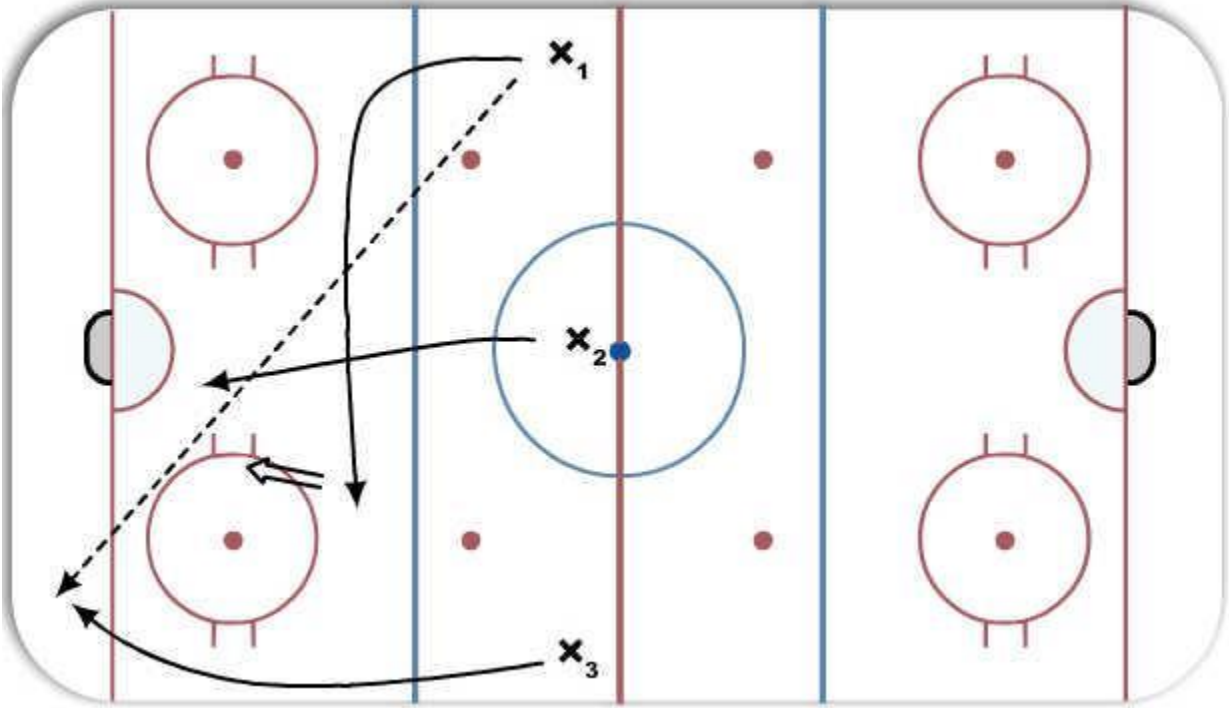


Zone Entries- Dumping the Puck With a Purpose

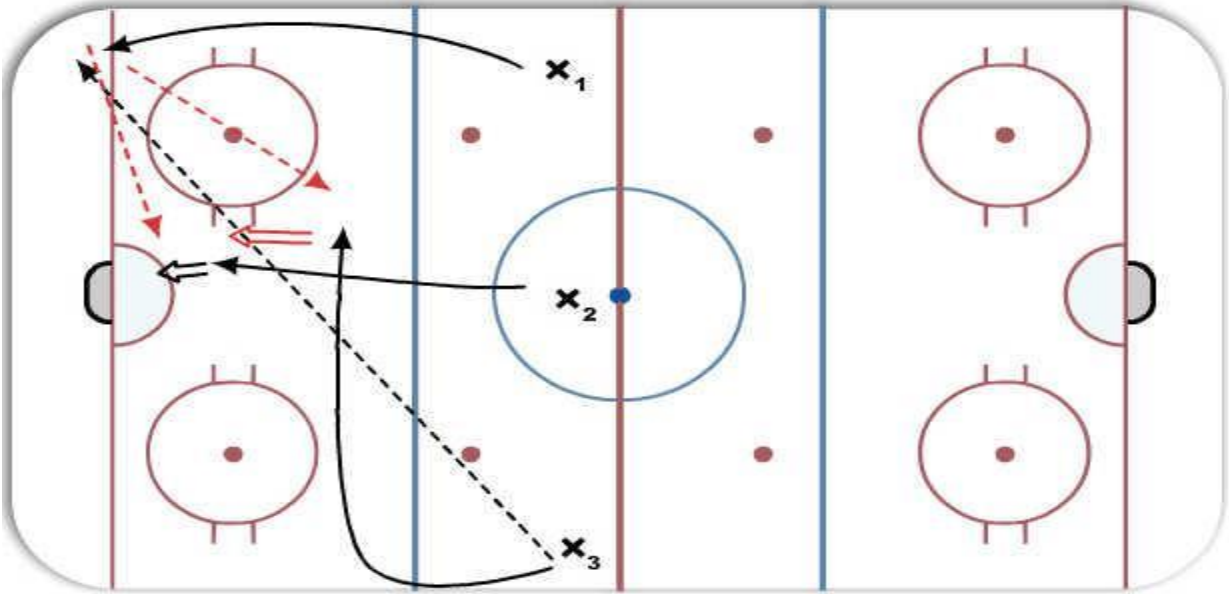
Sequence # 1- Hard Rim- The player with the pucks drives the puck hard and X3 drives hard wide and needs go hard and pick up the puck and will react to the play and try to get the puck out front to X2.



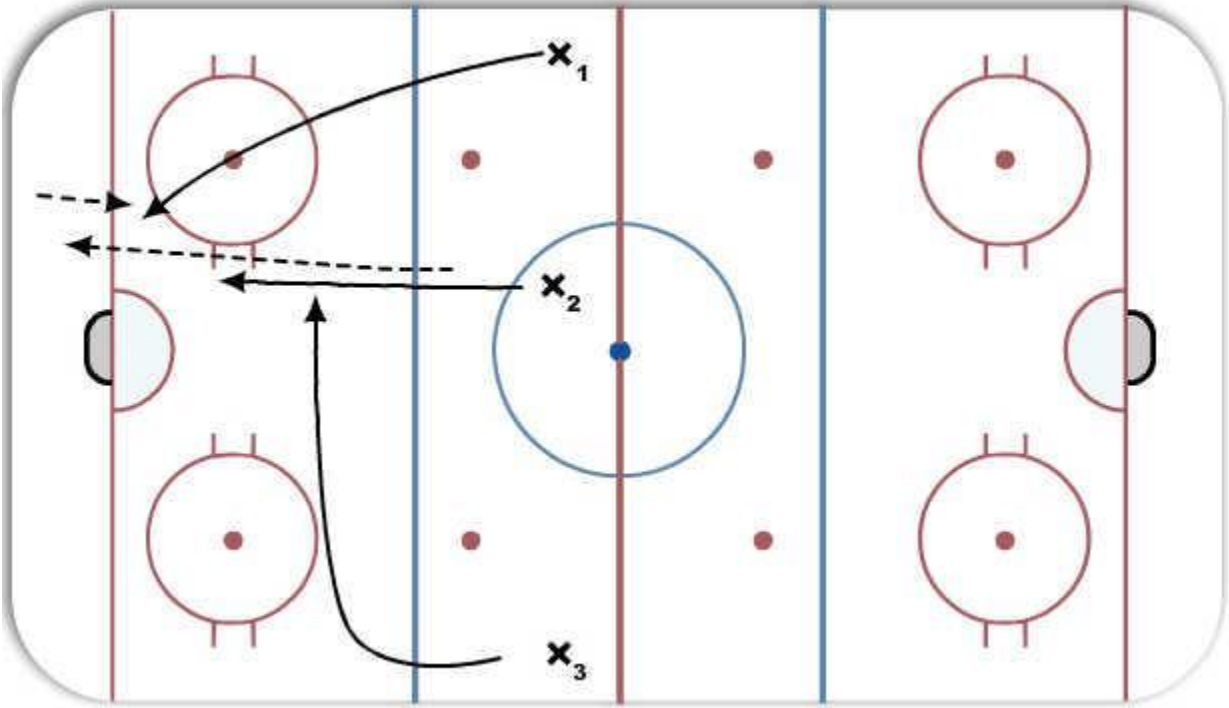
Sequence # 2- Cross Ice Dump- X1 with the puck makes a cross ice dump to the opposite corner where X3 is driving wide, and picks up the puck and makes a play to X2 who drives the strong side post.



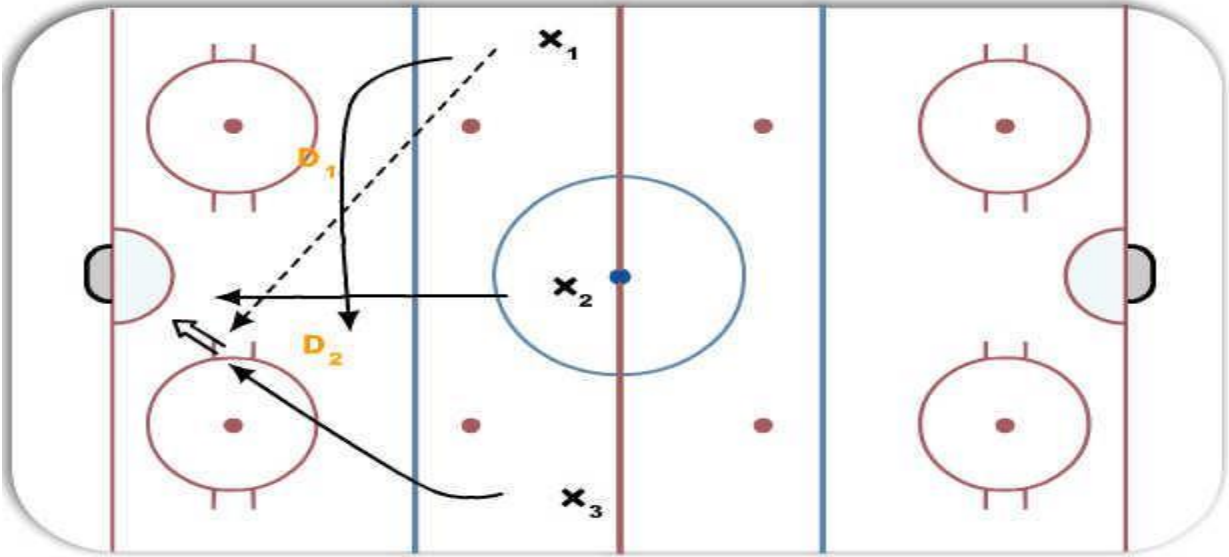
Sequence # 3- Cross Ice Dump- X3 with the puck makes a cross ice dump to the opposite corner where X1 is driving wide, and picks up the puck and makes a play to X2 who drives the strong side post. The Red Passes shows the options for who X1 can pass the puck to.



Sequence # 4- Net Side Dump- X2 Dumps the puck hard about three feet from the side of the net. X1 and X2 drive hard to be first on the puck for a quick shot on net. X3 saves their ice and time, and stays high.



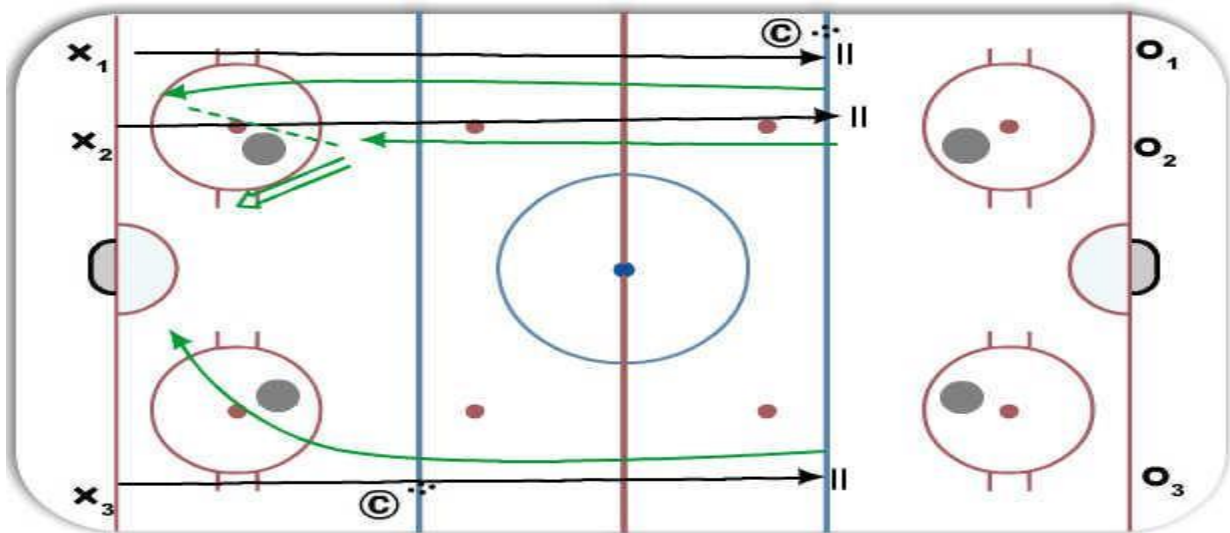
Sequence # 5- Soft Dump- X1 does a soft dump behind the D where X3 drives hard to the net and tries to pick up the puck and tries to drive the net.



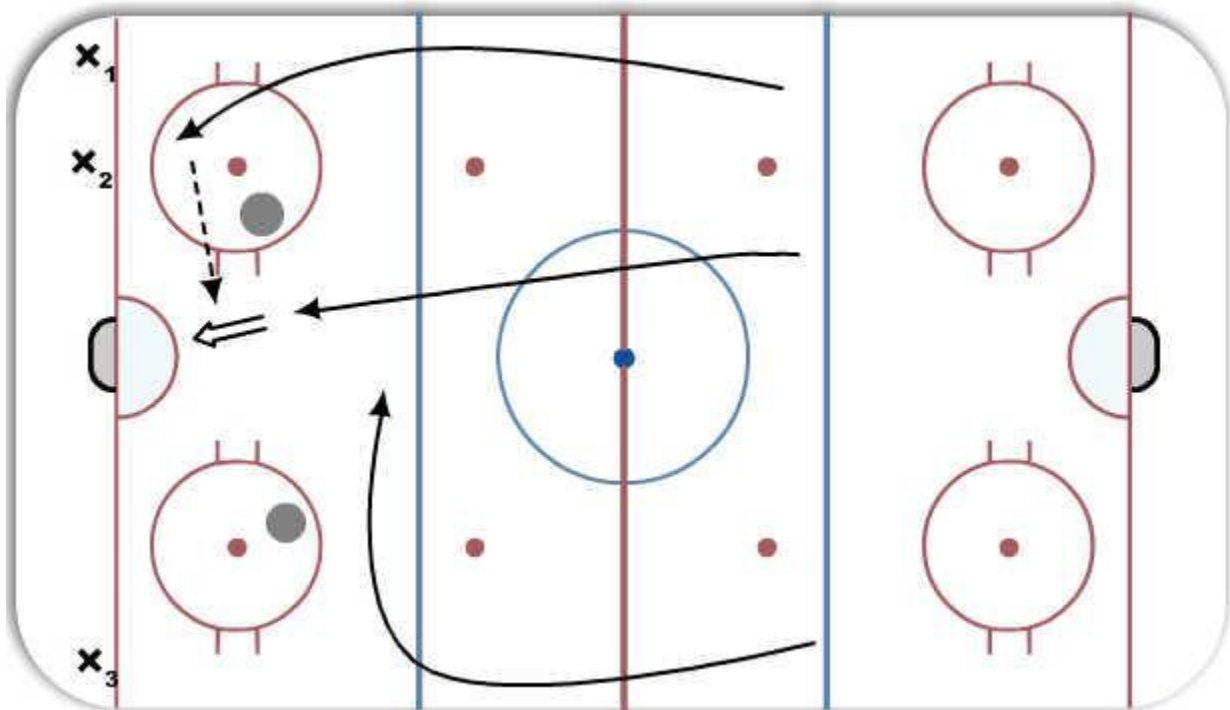
Zone Entries- Puck Possession

Sequence # 1- Wide Drives- X1 Drives wide with the puck. X2 follows strong side for support. X3 Drives hard to the net and X1 passes to X2. X2 takes a quick shot on net and X1 and X3 battle out front for the rebound.

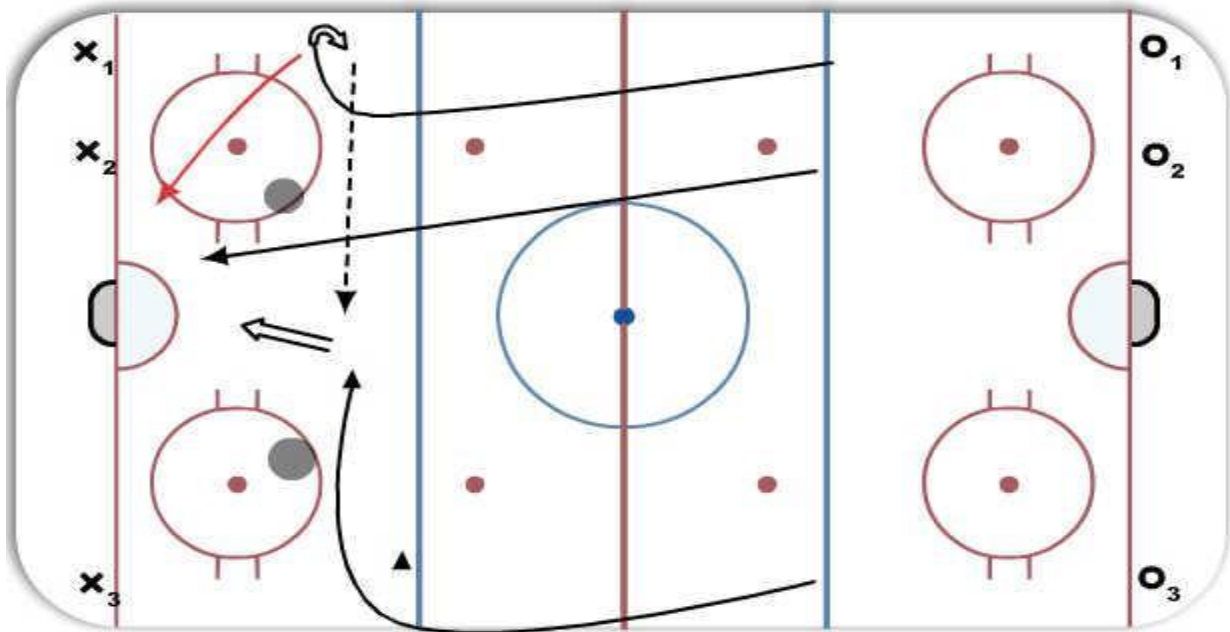
Once the players have this down they can work on the cross crease pass to X3.



Sequence # 2- Middle Net Drive- X1 drives wide, and X2 drives hard to the net. X3 cuts the blue line and stays high for support. X1 gives the puck to X2 who is driving hard to the net.



Sequence # 3- High Delay- X1 does a high delay- hard turn towards the wall and turns back up towards the blue line saving time and ice. X2 drives hard to the net. X3 cuts across the blue line for support and gets the puck from X3. Once X1 passes to X3 they go hard to the net.



Cycling the Puck

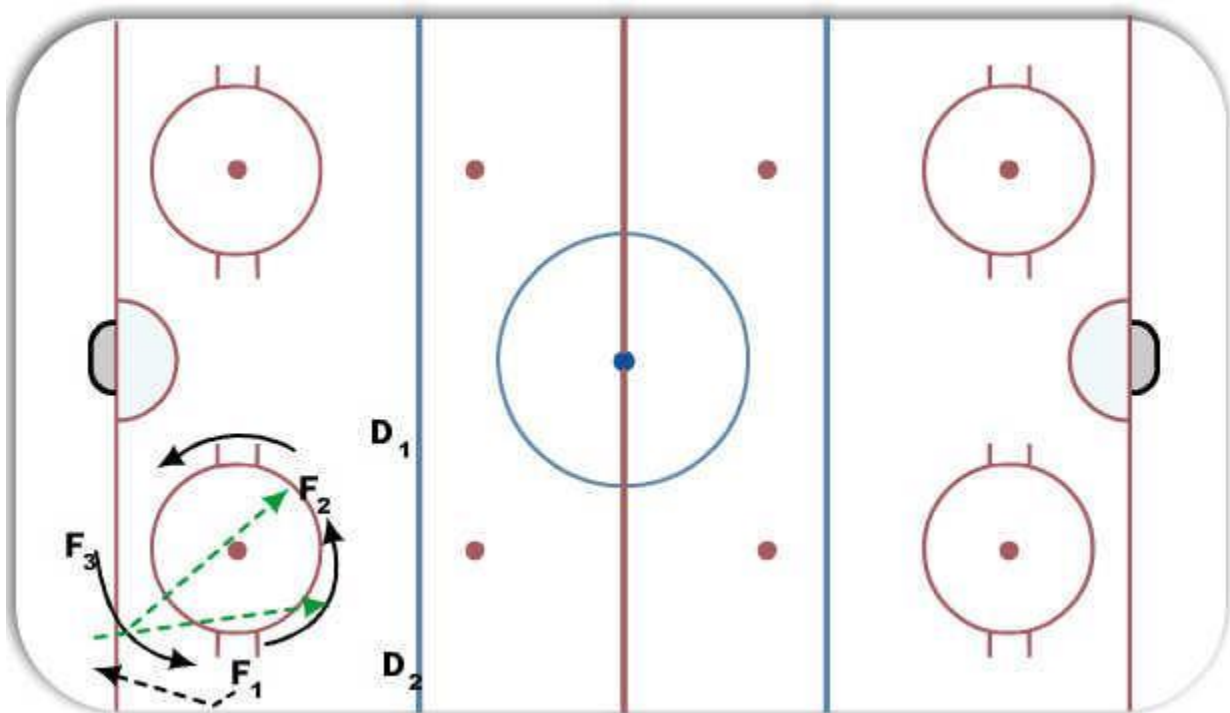
Cycling the puck is a part of the game that needs to be learned and understood by all players. It's not just enough to know how to cycle the puck, you also need to know why you are cycling the puck. Too many players just want to rush to the net and go through or around defensive players instead of using the open ice to create seams and space by cycling

When Cycling the puck, the puck always needs to get cycled towards the boards. If F1 in the diagram is a right handed shot then they need to use their backhand when they put the puck towards the wall and ensure it gets placed below the goal line.

At all times the three forwards should always make the shape of a triangle. Once the players seen an opportunity for time and space, then the player who picks up the puck off the cycle to make a pass to the players positioned where F2 and F3 are outlined above. (Green Arrows).

If F1 is a left handed shot, then will open up after they cycle, and by doing so they are in a position to receive a pass for a one timer.

The key to the cycle is speed, communication and getting the puck down low (below the goal line) every time the puck is cycled. If the puck doesn't get low, the D man or centre who is checking the player who is cycling will pick up the puck off the cycle and easily breakout of the zone.



Offensive Zone Face Off Plays

In the NHL goals that are scored off a faceoff happen within 11 seconds of the faceoff taking place. Players need to be on the same page and understand what is happening of the draw so that they can make something happen.

Diagram # 1- Winger Drive- Centre pushes through and leaves puck for off winger who cuts across and picks up puck for a quick shot on net.

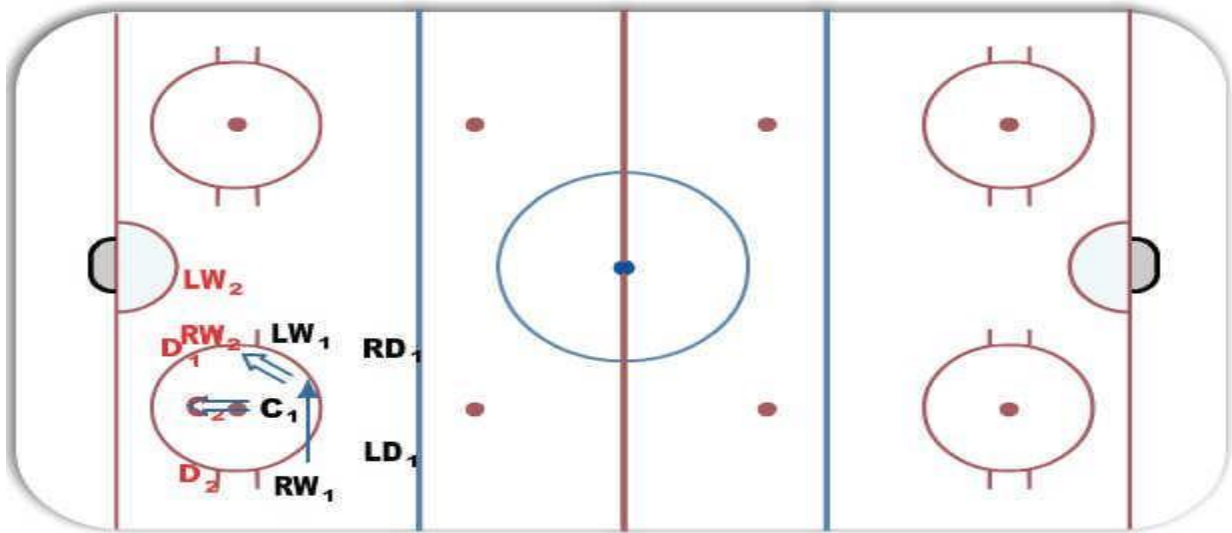


Diagram # 2- 4-1 Formation- Centre wins puck back to D who is playing on their opposite side. The D man walks the blue line and takes a quick shot on net. This will only work if everyone ties up.

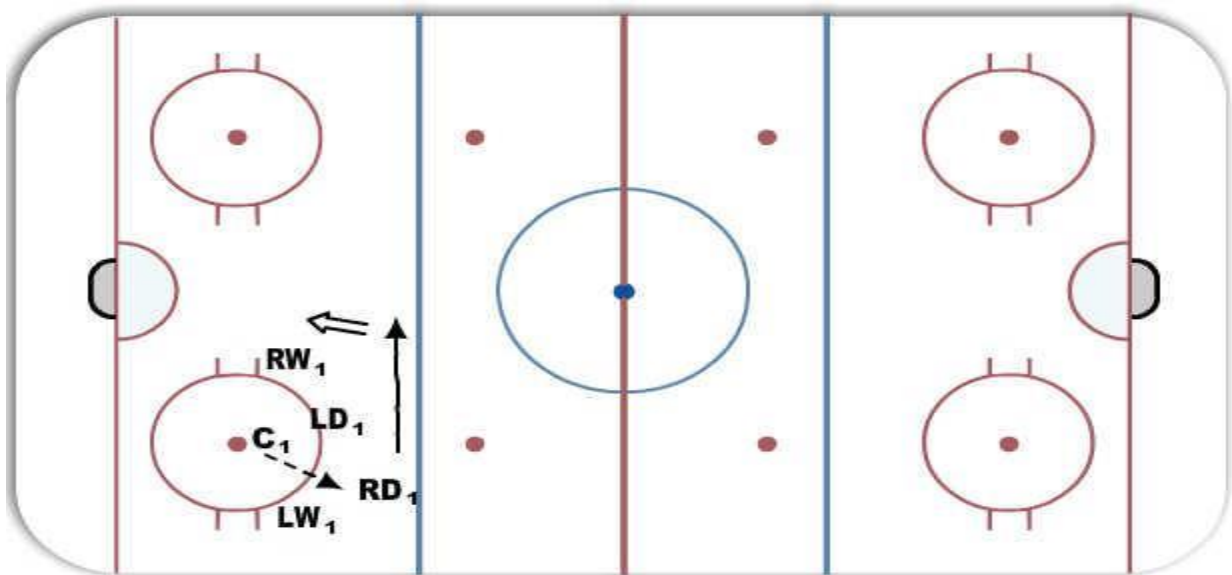


Diagram # 3- Centre wins puck back to RD. RD walks down low along boards. RW takes spot of D and is an option for the puck. The RD continues down low and also have the Centre out front for an option or he can go around the net and look for the LW who is wide open in front of the net.

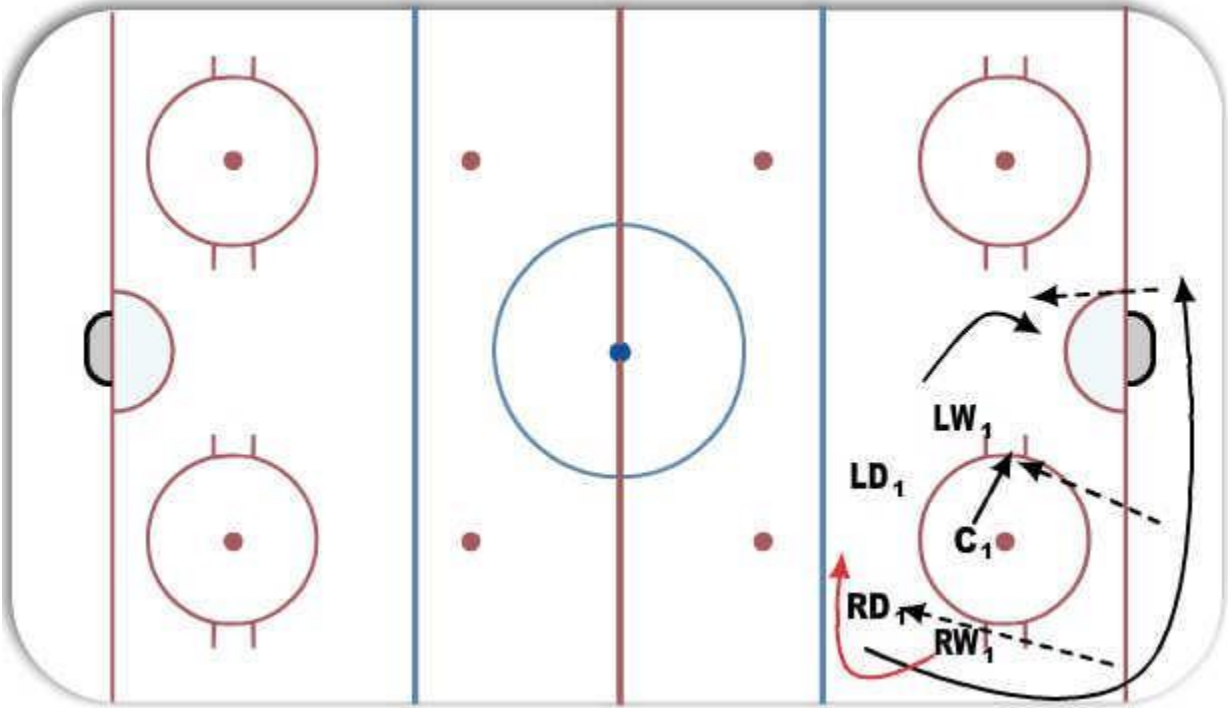


Diagram # 4- Clean Win- D-D. Centre wins puck pack to RD and he can take a quick shot on net or pass to LD for a quick one timer.

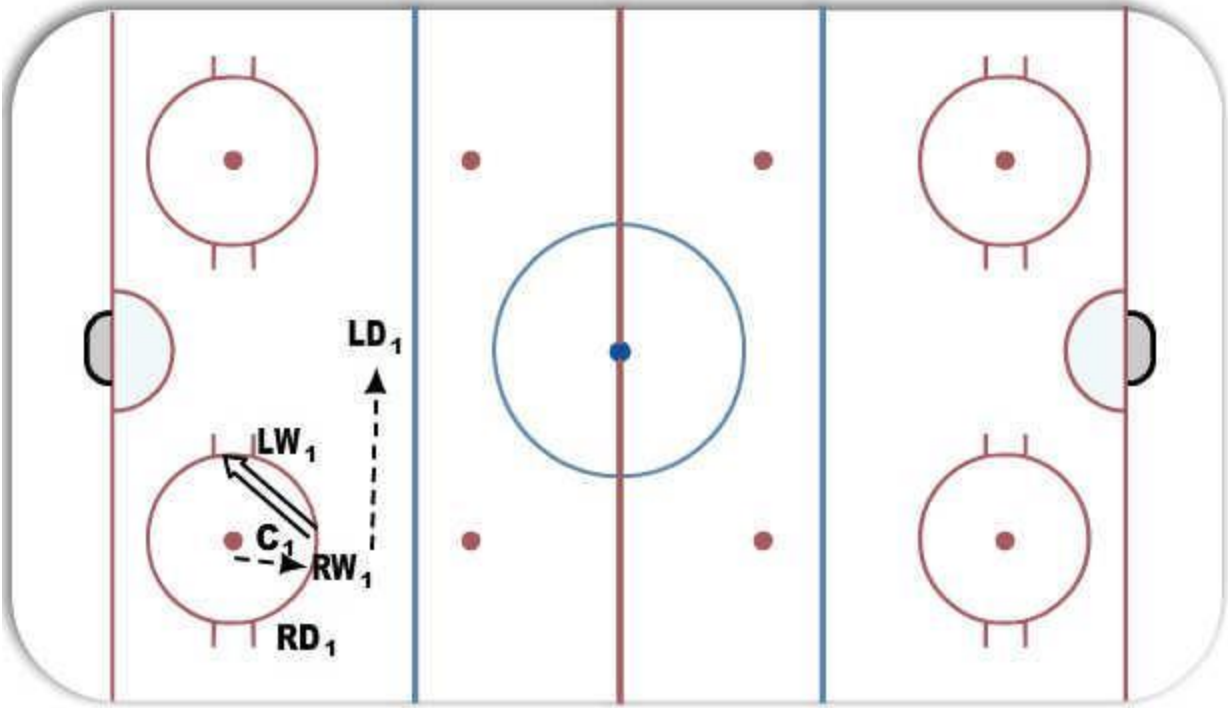
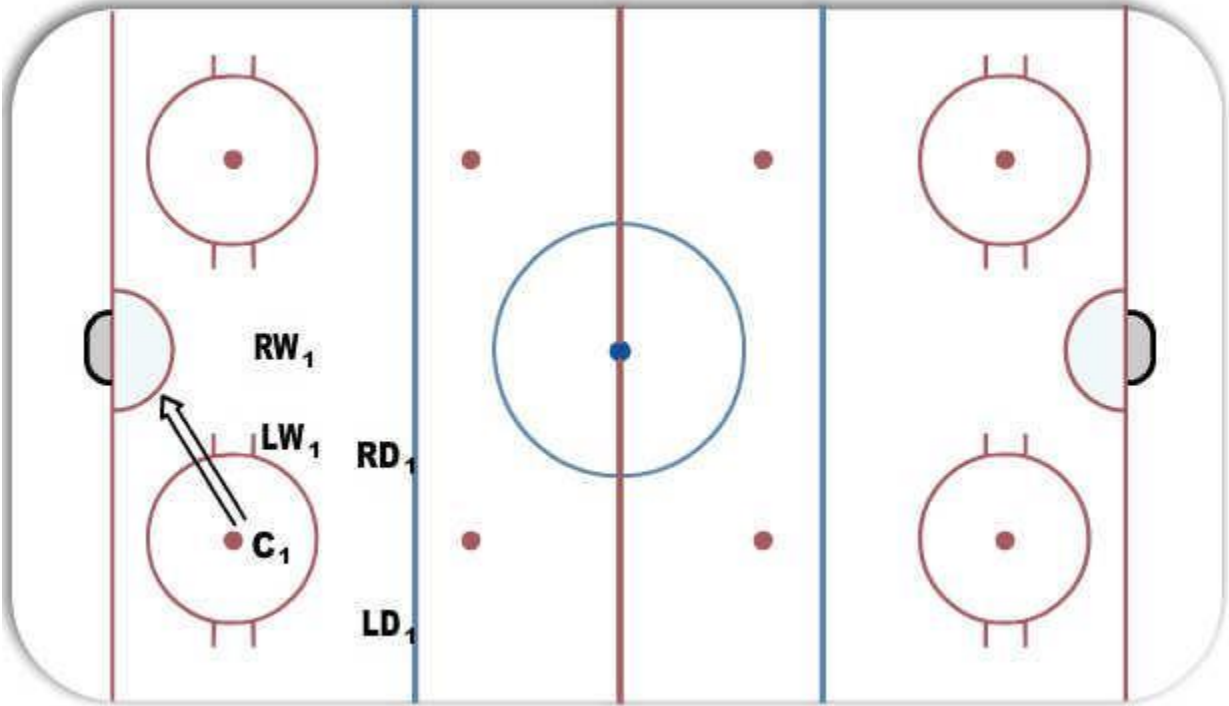


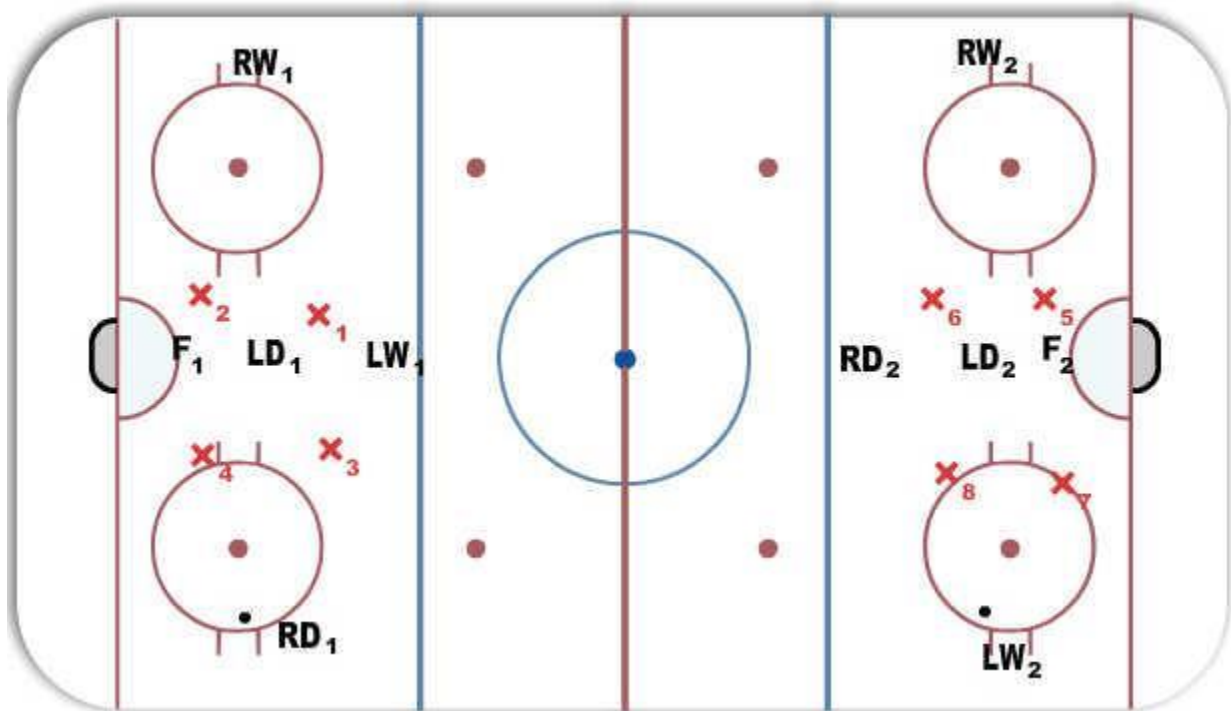
Diagram # 5- Centre Shots on Net- Centre shots puck on net and both wingers battle out front for the rebound. Centre needs to be on his or hers strong side for this play to work.



Special Teams

Power Play 1-3-1

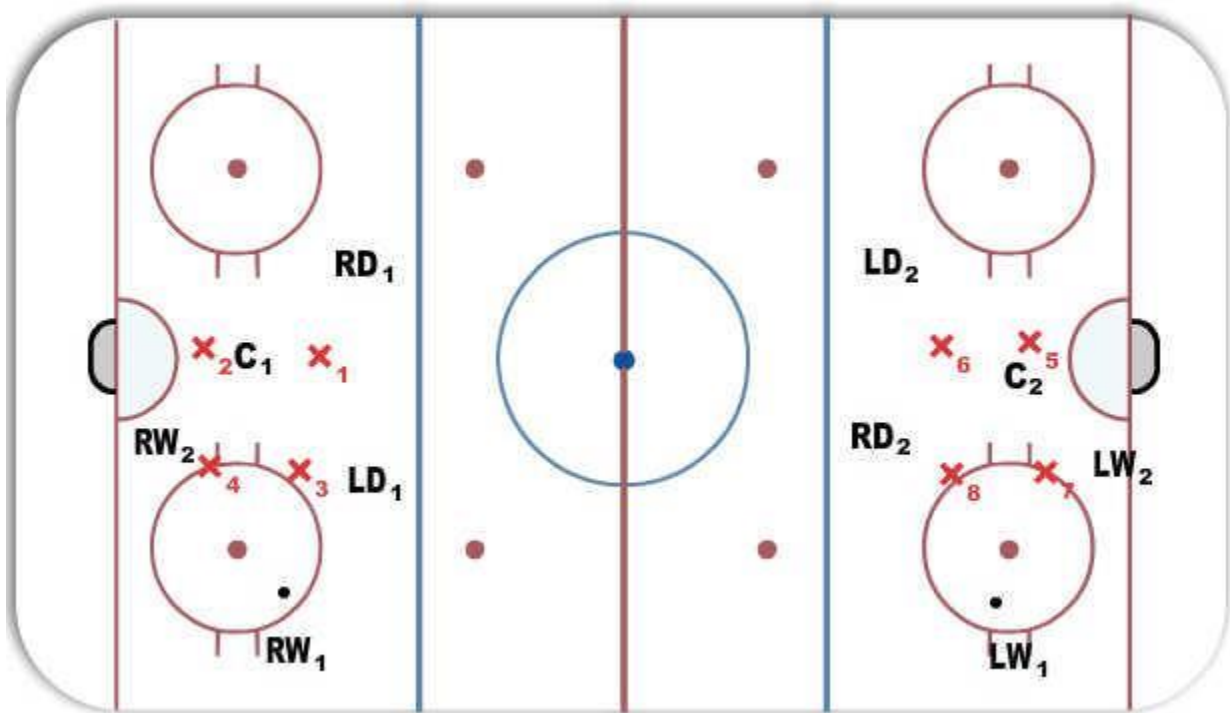
The 1-3-1 PP is the most commonly used PP Setup in the NHL. The teams setup one player on top the crease, a player on each half wall, one player is always moving between the hash marks and ringette line and a strong puck handling D Man at the Blue Line in the middle of the ice. The puck is moved back forth between the the top D Man and the players on the half walls. The players are usually looking for a one timer. Another play is pulling the defenders to the outside and then giving a pass to the player on the inside who then takes a quick shot on net. This setup puts lots of traffic in front of the net and leads to lots of goals because the goalie is almost always being screened.



Power Play- Modified Overload

This is a modified Over Load setup which works itself into an umbrella. The player on the half wall needs to be on their off wing, and you need the player next to the net on the strong side on their off wing as well. This is a great setup for the Bantam and Midget Age Groups and it is designed to pull the players on the PK out of position. Once a player is pulled out of position options open up for the player to make a play and get the puck to the net.

Players need to be alert and know their options and learn when it's their best opportunity to take one of their options.



Overload Plays Off Half Wall

Diagram # 1- Give and Go off half wall. The player on the half way gives the puck to the player down low and drives to the net in the lane they see open. The player down low moves with the puck and gives it back to the player off the half wall for a quick shot on net.

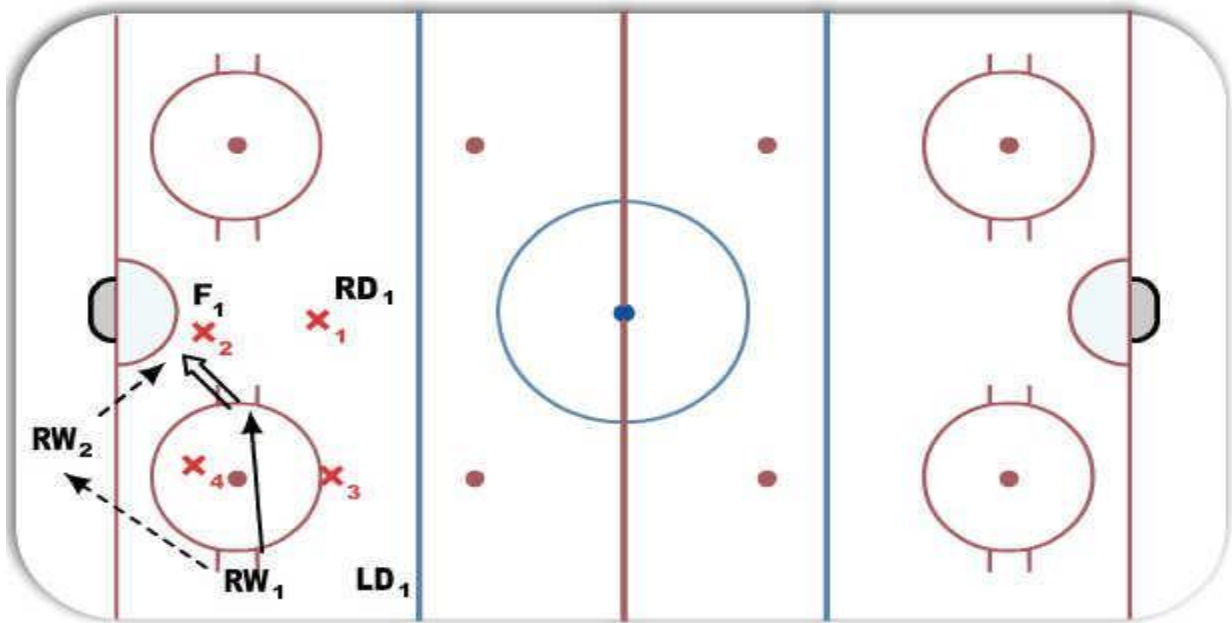


Diagram # 2- Half Wall Pick- The player off the half wall passes the puck to the player down low, and then run a pick on the D Mans inside shoulder while driving to the net. The player down low then steps out and walks out front to take a shot on net. This should create a 3 on 2 out front and the team on the PP should create a scramble out of front of net and or score a goal.

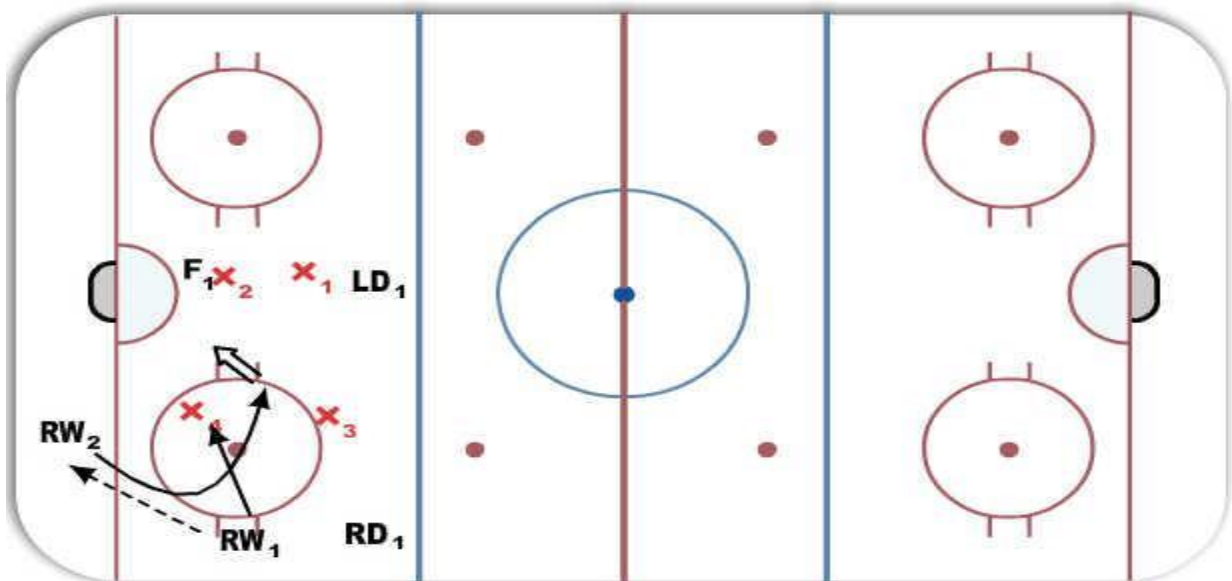


Diagram # 3- Low Walk Out- This is done when the Defenders are playing high because the D Man are a threat. The player on the half wall passes the puck to the player down low. The player down low then drives the net hard trying to score short side and or create a scramble out front. The D Man out front moves over to play this player, the pass cross crease is an option for an easy one timer into the empty net.

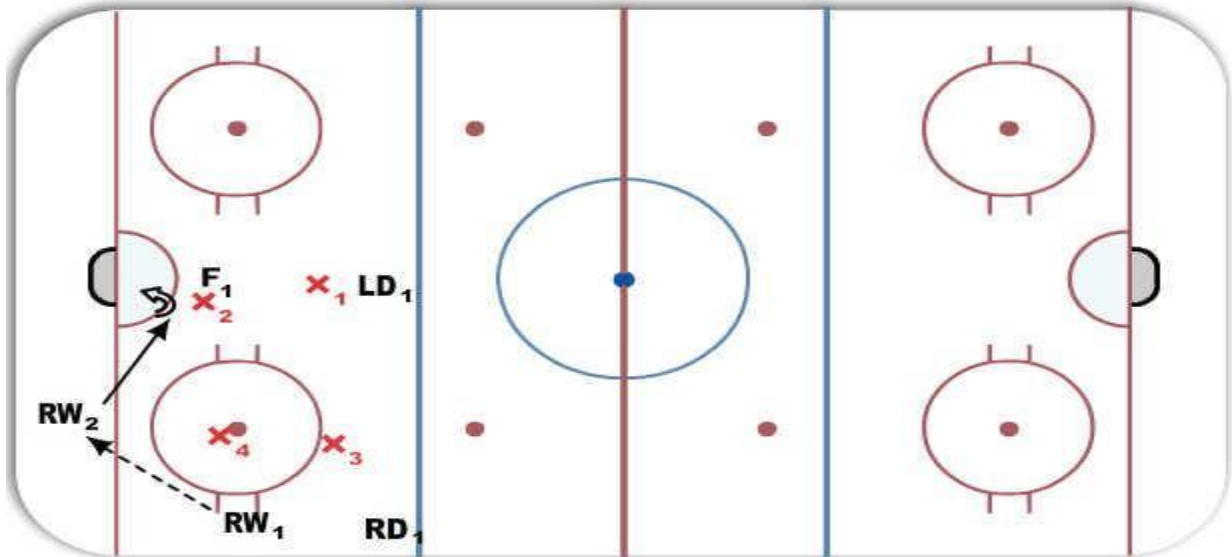


Diagram # 4- D Man Low Rotation- The Player on the half wall skates up towards the D Man on the point, the D Man begins to skate down the half wall. The Forward drops the puck for the D Man. If the high PK player stays with the D Man on the wall, RW1 then drives the net through the middle open lane and gets a pass from RD1 off the half wall. RW2 needs to read this play and drive the net for a rebound.

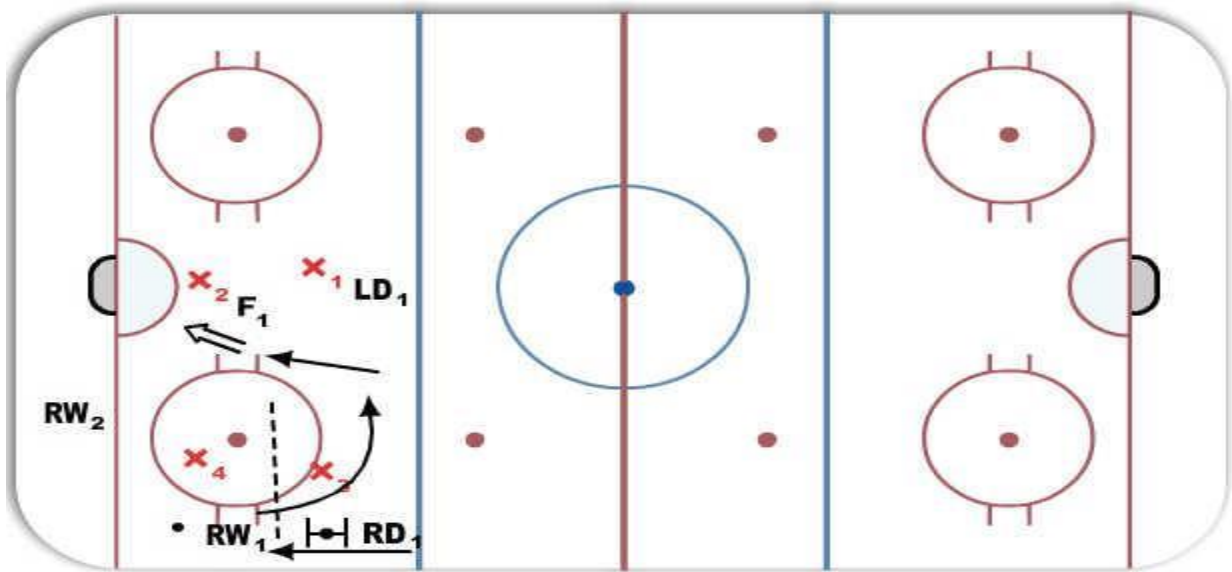


Diagram # 5- Sequence # 1- D Man Low Rotation- The Player on the half wall skates up towards the D Man on the point, the D Man begins to skate down the half wall. The Forward drops the puck for the D Man. If the high PK player stays with the RW1 and follows him up high to the blue line, RD1 then cuts into the slot and takes a shot on net. RW2 needs to read this play and drive the net for a rebound.

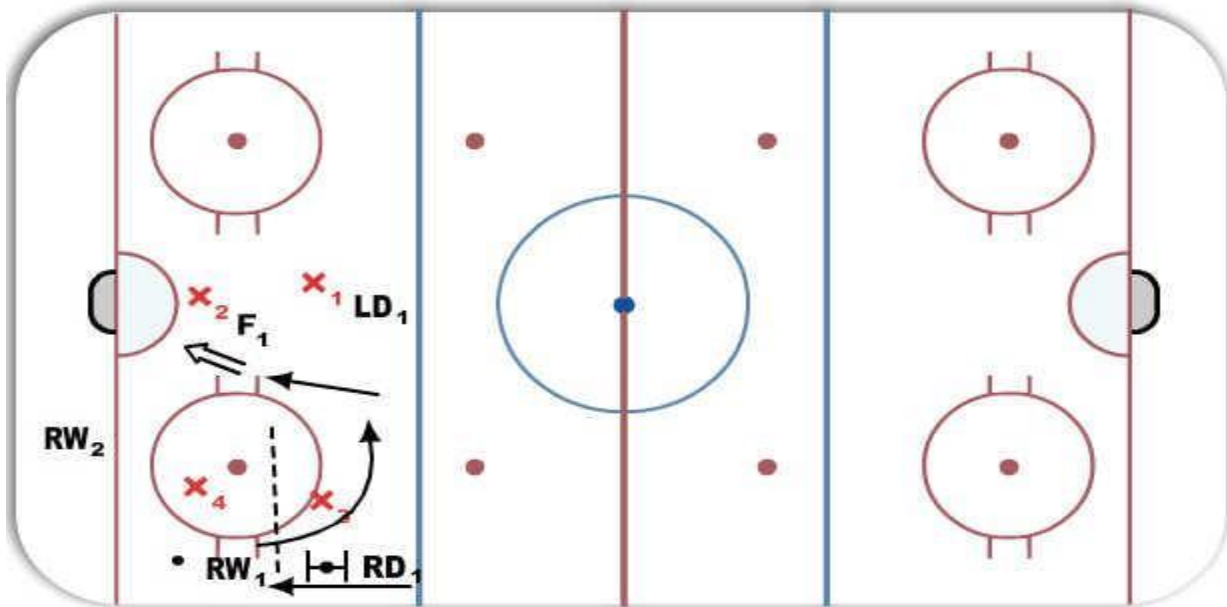
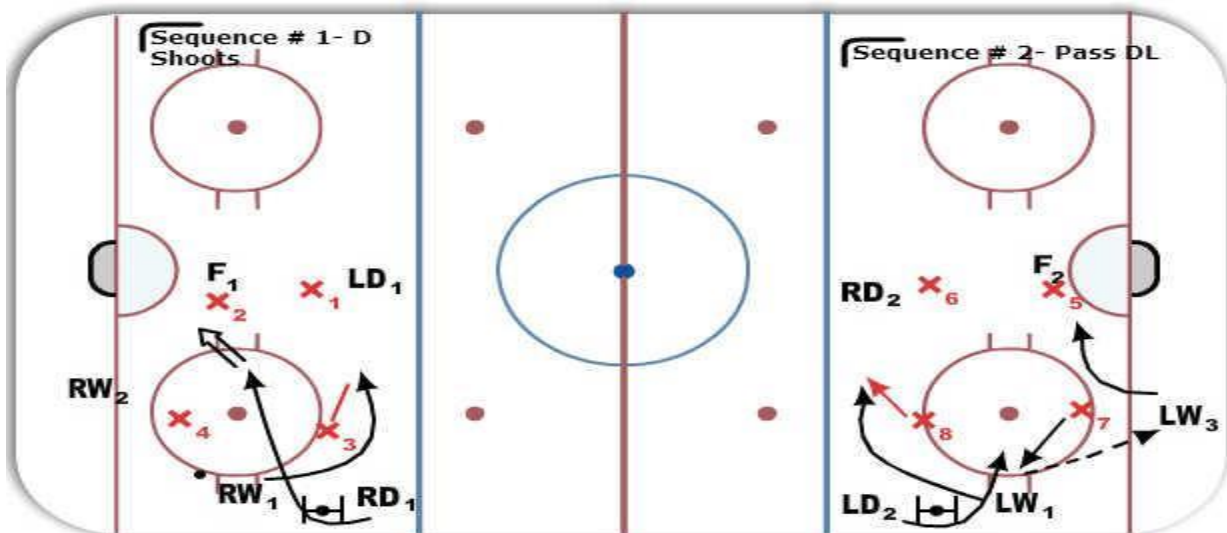
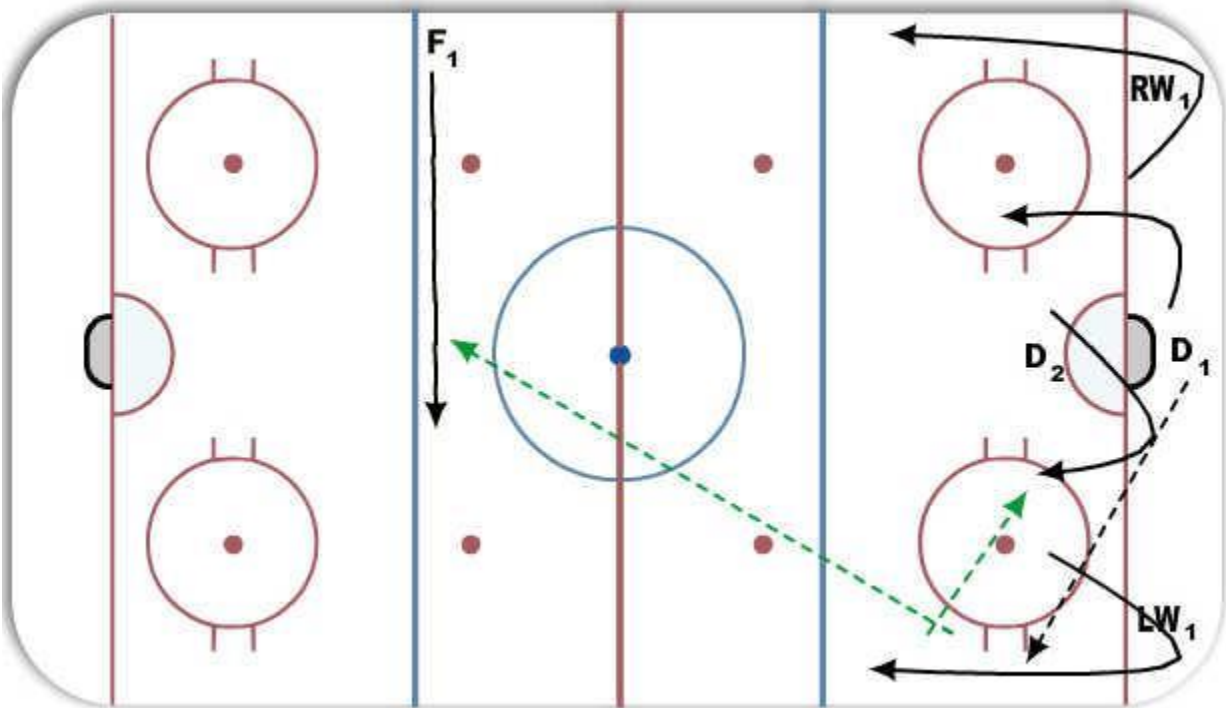


Diagram # 5- Sequence # 2- D Man Low Rotation- The Player on the half wall skates up towards the D Man on the point, the D Man begins to skate down the half wall. The Forward drops the puck for the D Man. If the high PK player stays with the LW1 and follows him up high to the blue line, LD1 then cuts into the slot. If X7 steps up to play LD1, then LD1 needs to read this play and move the puck down low to LW3. LW3 then drives the puck short side. LD1 drives the net for loose pucks. F2 will also battle out front for a rebound.



Power Play Breakout- High Guy Stretch

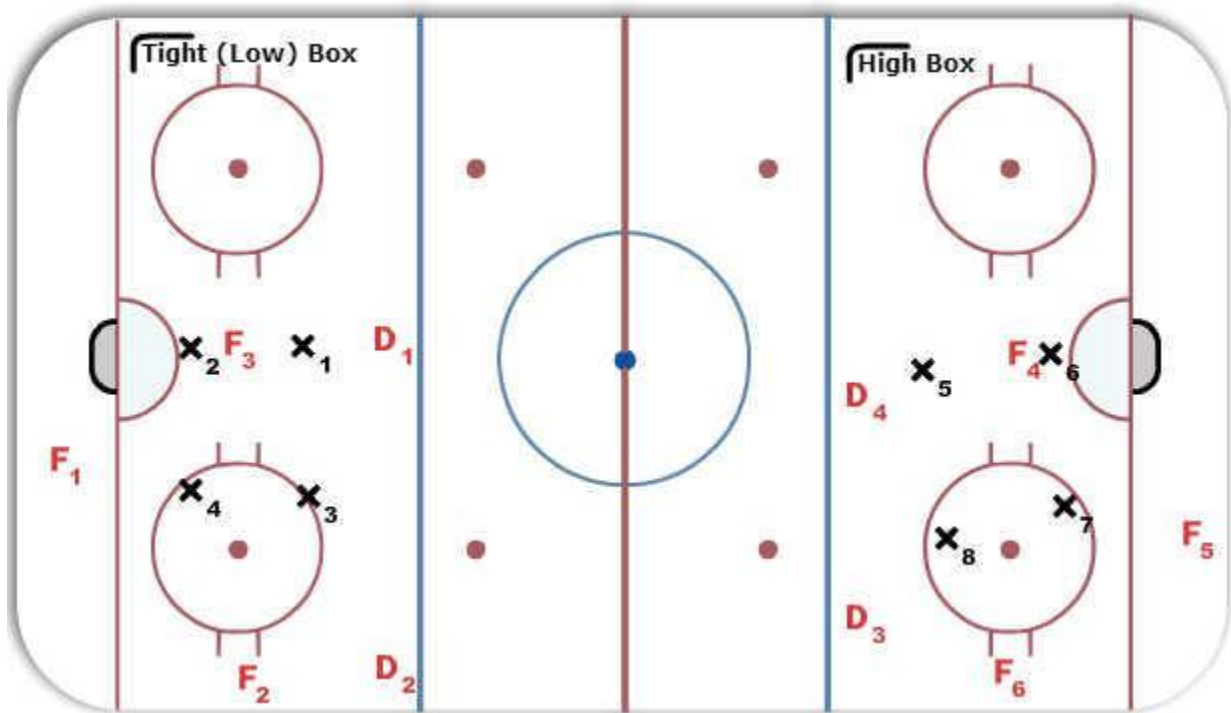
On this breakout, one F will line up on the bench side and will time when they cut across the blue line. The Breakout will begin with the D Man behind the net. The D will base what side they break out depending on what the PK forcheckers are doing. The D will move the puck to one of the forwards who swing up the wall on their forehand. The D Man out front will support strong side and be in position for a drop pass from the winger along the wall. The forward with the puck will bust up the wall and look for options as they move down the ice. RW1 will need to support up the middle and or up the wall depending on what the PK forcheckers are doing.



Penalty Kill- Box Formation

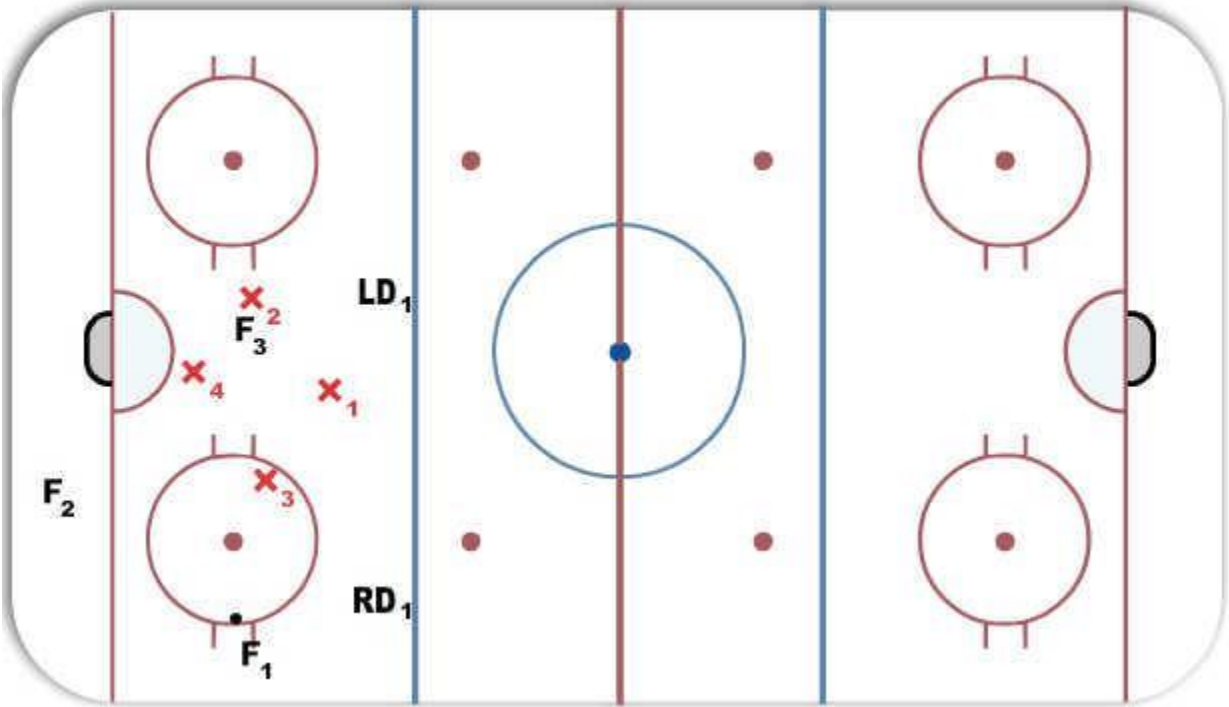
Tight Low Box- Players play a tight confined box and let the players play on the outside and move the puck around the perimeter. Players don't chase the puck. During tight games the players should play a tight box and play it safe. This is best used when they are wanting to play passive PK.

High Box- Used when players want to use an aggressive PK. As soon as players on the PP fumble the puck, the PK players should pounce on the player and go after the puck. Players play high to eliminate the D Men. This is best used when the PK has strong offensive D Men. This forces the players to keep the puck down low. In games where the PK team is down, as soon as the D get the puck, one of the high forwards should blow the zone and look to get a breakaway.



Penalty Kill- Diamond Formation

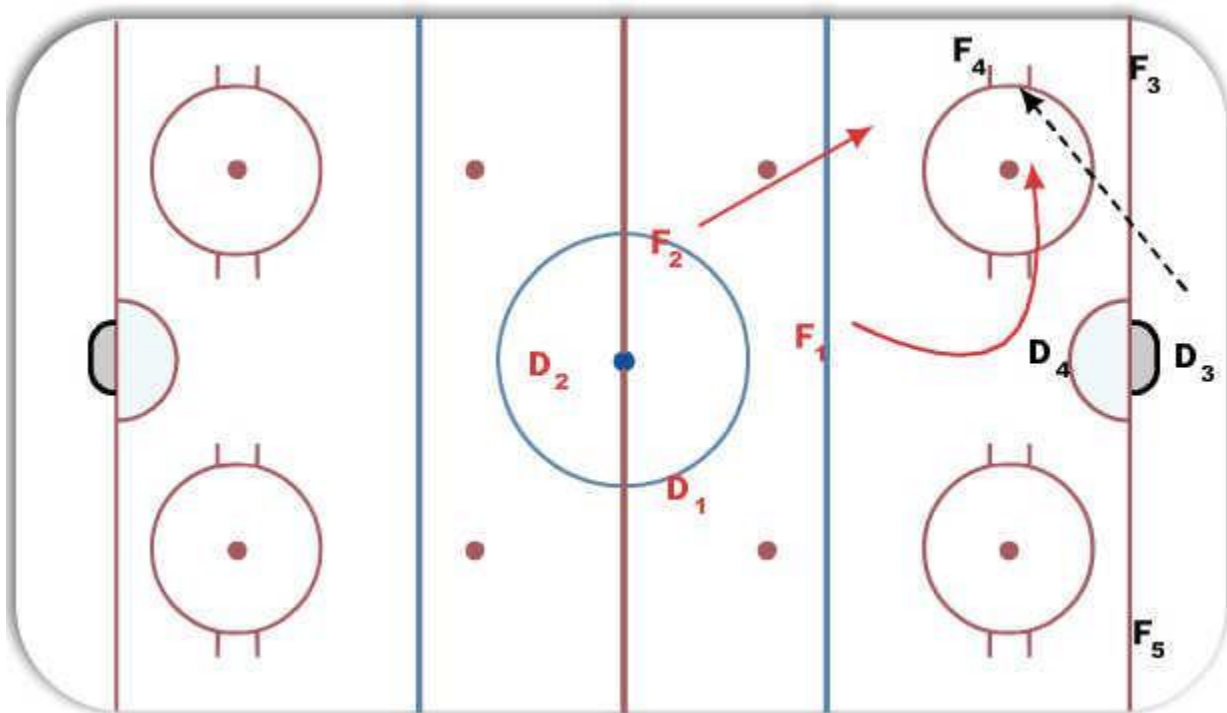
Diamond Formation- The players play a tight diamond formation. This is used best when playing against teams who use an umbrella and or hybrid overload formation on the PP. The players need to be disciplined and ensure they don't run around. The diamond ensures that players are kept to the outside and aren't let into the middle of the ice. If a shot makes it to the net, X4 and X2 need to ensure the pucks are cleared from the house.



Penalty Killing

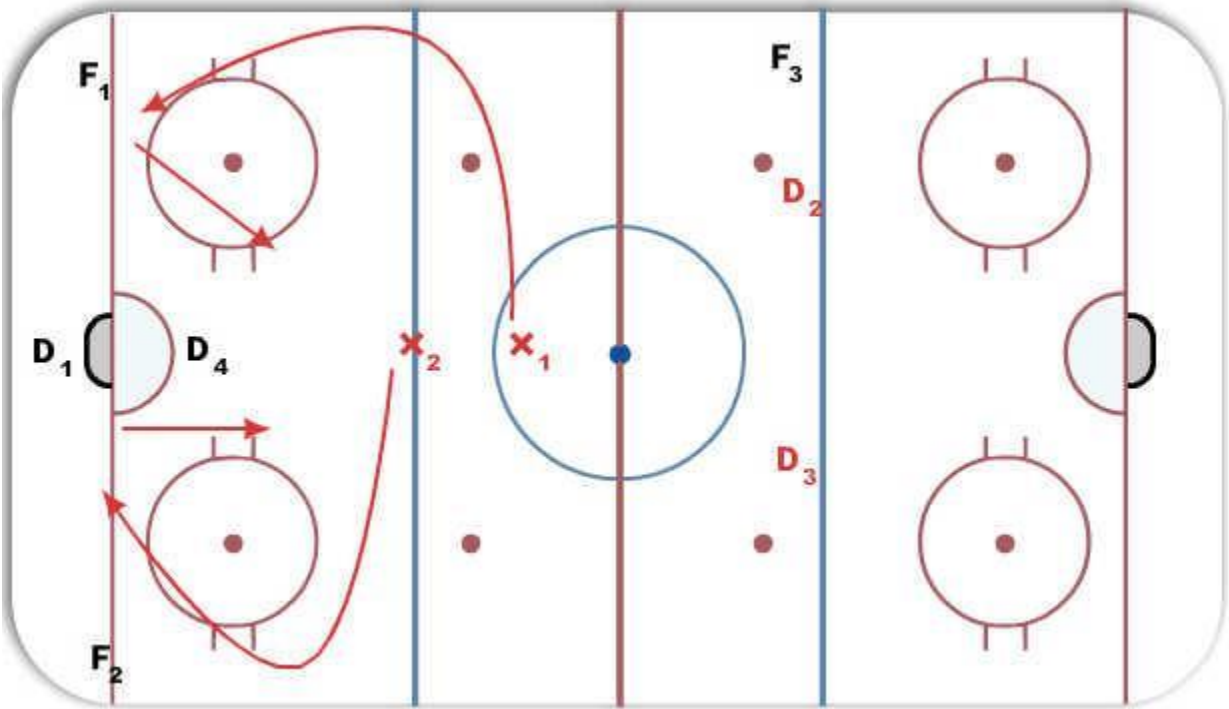
Penalty Killing- Diamond

In the Diamond formation the players will have patience and wait until the D Man moves the puck to a player along the wall to begin the breakout. F1 will take away the middle of the ice and keep the player along the wall. The players only option will be a chip off the wall and F2 will read this play and step up to pick up the puck off the chip and send the puck back down the ice. Players will need to play disciplined and have a strong understanding of angles and gap control to make this type of forecheck work.



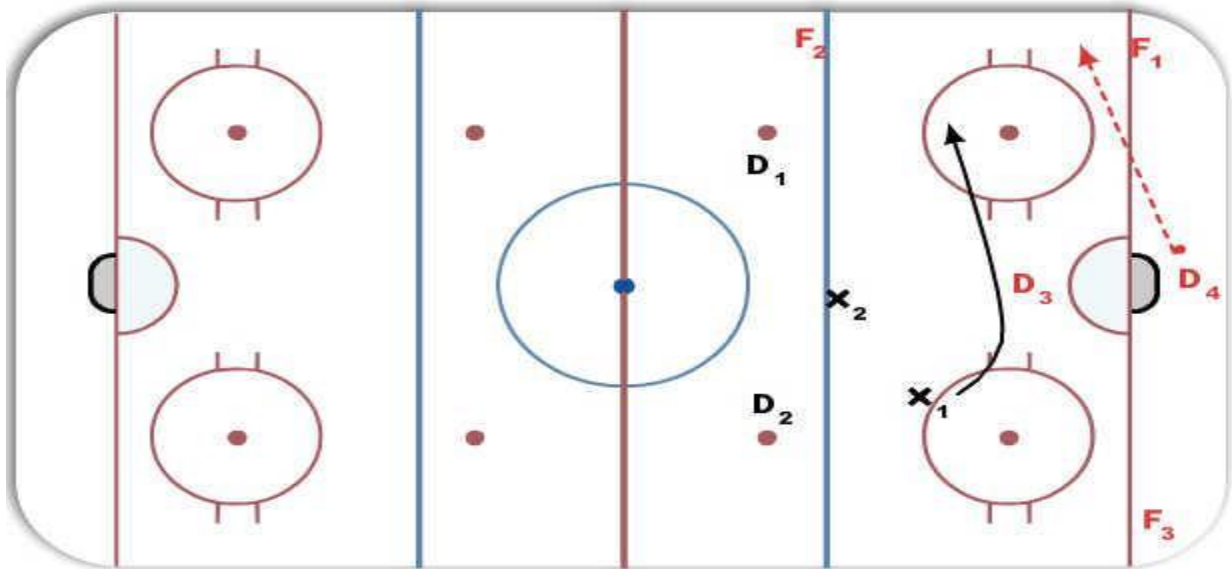
PK Double Sweep Forecheck

The PK Double Sweep- X2 will force the D Man to move the puck up the wall to F1. X1 will time his move and then come outside in and try to meet F1 along the wall before the blue line. X2 will come back through the middle and take away the middle passing lane. If F1 moves the puck back to D1 then X2 will start the process over. Players need to always come back through the middle. If they stick to the walls, they will open up the middle of the ice and the opposing teams will always attack through the middle of the ice.



PK-1-3-1 Formation

In this formation X1 will be the forchecker and X2 will take away the middle of the ice while D1 and D2 will take away the walls. X1 is to force the play along the wall and the D and X2 will have to anticipate where the play is going. D and X2 need to keep their feet moving at all times. If they stand still the PP may end up attacking with too much speed and will beat the players to the outside.



PK T Formation

On the T Forecheck F5 will force the player with the puck along the wall, and take away their ice and passing lane to D2. F4 will read the play and take a proper angle to take away the cross ice pass to F2 across the ice. As soon as F5 or F4 get the puck they will dump the puck and line back up in the T Formation.

