



“When they have the puck or when the puck is loose, don’t let their players without the puck who are our players’ responsibility occupy the ice they want ...our players should take it first without getting an obstruction interference penalty.”

ALL ZONES – TAKING THE OPPOSITION’S ICE AWAY

There are many situations all over the ice where you can take a position that their player wants before he gets there. Remember you can’t intentionally change direction or location to block the projected route of a non puck carrying opponent, if you do, you’ll get an obstruction interference penalty.

So, anticipate where their player wants to go and get there first.

Some examples of this are:

(1) Just In Front of Our Crease

We don’t want their player standing at the top of our crease in good position for a rebound or screening our goalie, so our defencemen should take possession of this space before they do and be between their player and our goalie shoulder-to-shoulder with their player

(2) 2 on 2 Dump and Chase

When they are coming in 2 on 2 over our blue line and they shoot the puck into our corner, the defenceman who is the furthest away from their player who shot the puck in should maintain his position and force their player to go around our defenceman so their player takes longer to get to the puck. You can’t body check him or skate in front of him but you can make him skate around you. This gives our other players more time to get back and leaves our other defenceman with only one of their players to worry about as he goes to get the puck in our corner

(3) 2 on 2

When they are coming in 2 on 2 and they are trying to make a passing play to their player without the puck who is trying to get past our defenceman, our defenceman should maintain his position and force their player to go around our defenceman to slow him down as he tries to get open. You can’t body check him or skate in front of him but you can make him try to skate around you. This gives our other players more time to get back and leaves our other defenceman with only the puck carrier to worry about



(4) Their Winger Cutting into Neutral Zone

When they are coming out of their zone just inside their blue line and their far side winger or centre starts cutting into the open middle for a pass, one of our forwards or defencemen should read this and cut in front of their player to nullify or intercept the pass before the pass gets there. If a defenceman does this, he must be 100% sure he has forwards coming back close to him and that he can nullify or intercept the pass or he will be caught going in the wrong direction and their winger will skate by him

(5) Their Give and Go

A good play for them especially in our zone in our corner or the neutral zone is for their player to pass the puck to another player close by and then have the passer, with a couple of quick steps, break into an open space for the return pass. If we read this, our player can step in front of their player breaking for a return pass, and intercept the return pass

(6) Backchecking

Simply catch up to their player without the puck who is going up ice with the puck carrier and get in front of him without running into him so the puck carrier will not pass to him

(7) Covering Their Defence in Our End

Our wingers, covering their defencemen in our end, should take position between their defencemen and the puck wherever the puck is so the passing lanes to these defencemen are blocked by our wingers. As their defencemen move to try to get open, our wingers should move to be able to intercept the pass when it comes