

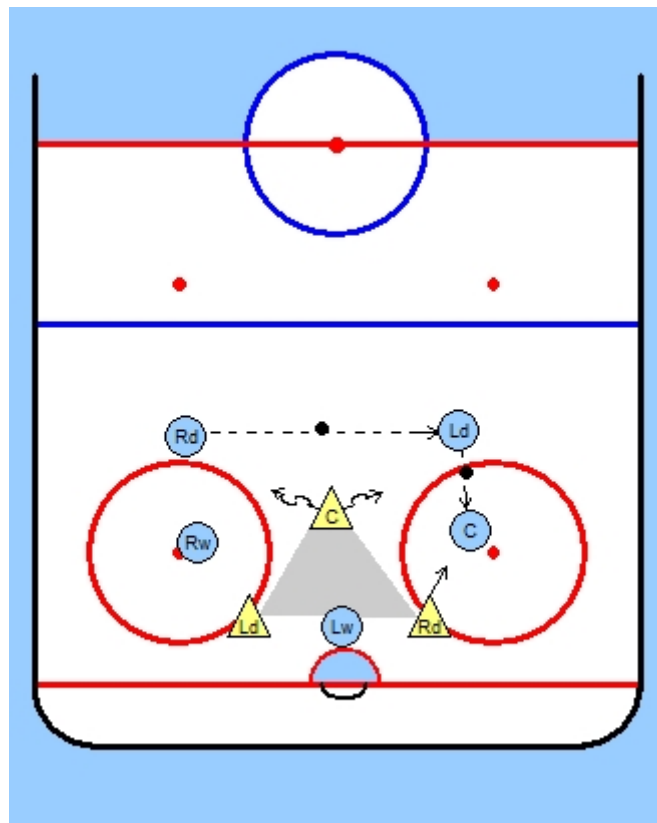


“Stay in the flexible, rotating triangle and force them to stay outside of it so they only get shots from there”

DEFENSIVE ZONE - PENALTY KILLING – 5 ON 3 – THE TRIANGLE

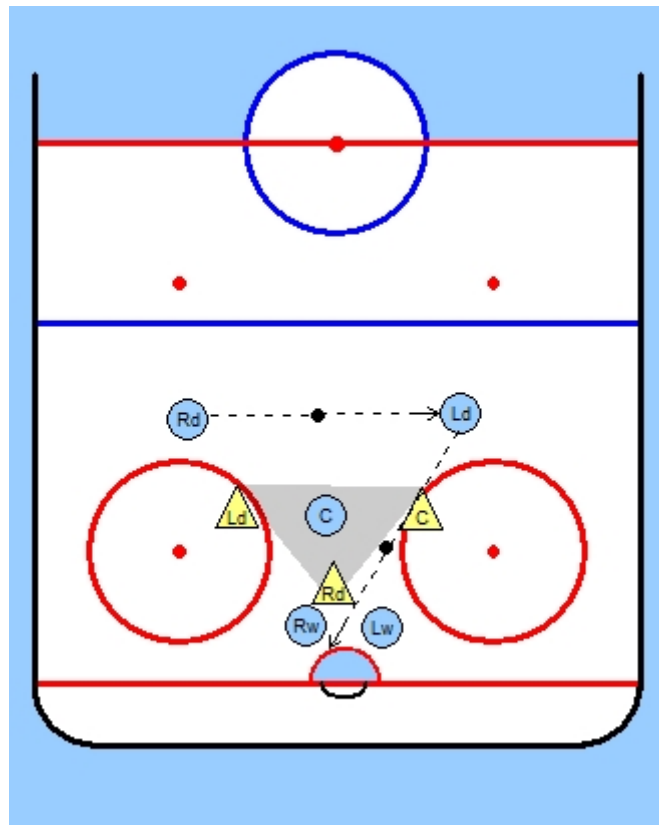
When the other team has possession of the puck in our zone, we must set up “the flexible low triangle”. It is “flexible” because it expands and contracts and rotates depending on where the puck is, which of their players have it and how many players they have high in our zone or low close to our net. Our 2 defencemen play back at around the bottom edge of the large face off circles on the opposite sides of our net most of the time as they will usually have 3 of their players low closer to our net. They cover their players in front but if their forwards set up in the corners or behind our net our defencemen must maintain their triangle positioning, challenging them a little so they don’t get a good scoring chance or challenging them alot if we are pretty sure we can take or freeze the puck because they have misplayed it, have turned their back or don’t have good solid possession. Fake going at one of their players to hurry his pass.

PLACE YOUR STCK ON THE SIDE THEY ARE MOST LIKELY WANTING TO PASS TO AND TRY TO DEFLECT THE PUCK





If they set up with three of their players higher in our zone closer to our blue line and the top of our circles, it is better to rotate the triangle so 2 of our players are now at the top of the triangle and one player is at the bottom closer to our net, but if they have 3 players low, there should be no rotation and our triangle should stay low to protect back door passing plays. If we have to we will let them shoot from the apex of the triangle and block shots. The triangle therefore expands, contracts, rotates and inverts itself (2 at the top and 1 at the bottom) depending on where their players position themselves and most importantly where the puck is going.



The flexible rotating triangle allows 3 of our players to force their players and their passing to outside of the triangle so they do not get great scoring opportunities in close. It also forces them to waste time and try riskier passes into the slot or the middle. Staying in the triangle requires discipline so we are not drawn too close to their defencemen and not into our corners and not too far back in front of our net.

PROTECT THE SLOT AND DOWN LOW

Our players should extend their arms and move their sticks from side to side in an irregular sweeping motion with a wide leg stance and knees bent, trying to force a bad pass or intercept a pass. We should not be lunging at anyone, particularly their defencemen, or trying to make any body check. All that does is help them. Every movement must be controlled and thought about.



Of course any opportunity to get the puck or block or intercept a pass is taken so we can shoot the puck down the ice hard but don't just poke the puck forward and give it back to them. If you can't safely shoot it down the ice knock it into our corner. **THINK.**

PRACTICE DRILL:

Run 5 on 3 unit drill with the 3 player unit (2 defencemen and 1 forward) at the defensive blue line lined up across the ice and the 5 player unit (3 forwards and 2 defenceman) immediately behind them closer to the red line and also lined up across the ice. The puck is shot into the corner by one player on the 5 player unit.

The 5 player unit forechecks and tries to score, and the 3 player unit sets up the defensive flexible rotating triangle and tries to get the puck out. Keep score.

Give feedback including whistling the play dead in the middle of it having the players freeze in their positions, and then give feedback.

When the puck is out of the defensive zone or a goal is scored, repeat the drill.

Make sure each unit is wearing different coloured jerseys, and each player in each unit has the same coloured jersey as we want high speed instant peripheral same team player recognition and it is almost impossible to accomplish this without jersey colour recognition.

If we are teaching the defensive triangle to players who are not familiar with the triangle expansion, contraction, and rotation show them how it works off ice on a hockey board, and walk them through this on ice.