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"Clog the neutral zone"

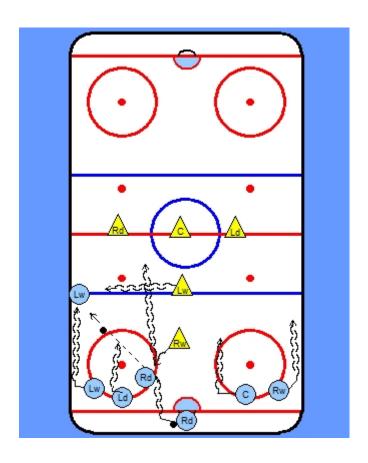
NEUTRAL ZONE – THE 1 - 1 - 3 TRAP

Another variation of the trap is the 1-1-3 where the basic player positions start as in the diagram below with the left and right winger stacked vertically. Here is how the 1-1-3 works against two controlled breakout plays.

1. Double Swing Either Side With RD Behind The Net

As their RD brings the puck out our RW challenges forcing their RD to pass off to their LW swinging wide up ice. Our RW swings hard up ice into the middle neutral zone and our LW swings over to challenge their LW

As their other players move into the neutral zone we keep challenging cutting off one side of the ice forcing an icing or a turnover or a dump and chase into our zone



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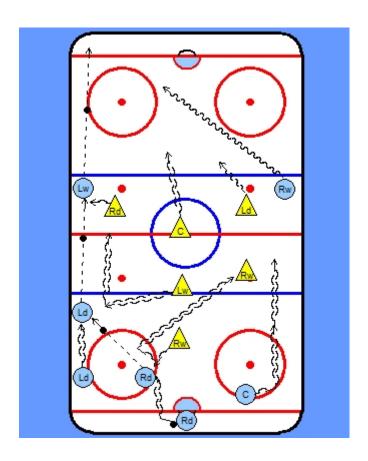
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2. Two Wingers Post At Our Blueline, Single Swing Either Side, RD Behind The Net

As their RD brings the puck out our RW challenges forcing their RD to pass off to their LD swinging wide up ice. Our RW swings hard up ice into the neutral zone to cover a possible pass to their centre also swinging wide up ice and our LW swings over to challenge their LD and force a pass to their LW at our blueline.

Our RD should try to intercept this pass and if he cannot his coverage should be so tight that all their LW can do is chip the puck into our zone deep



REMEMBER TO BEAT THE TRAP USE SPEED AND TIGHT CROSSING PASSING PATTERNS JUST IN FRONT OF OR OVER THE RED LINE OR BEAT THEIR PLAYER ONE ON ONE.

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