



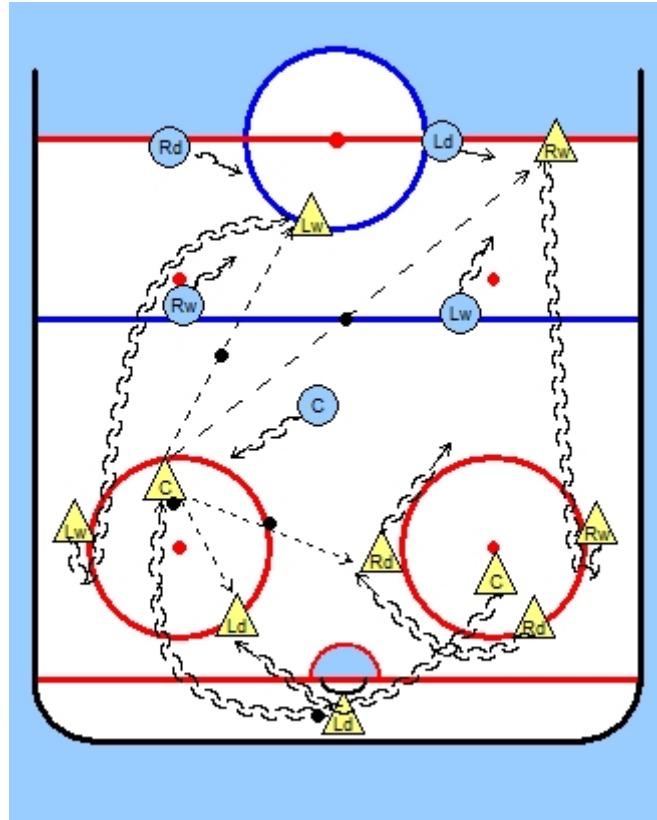
“If they set up a higher trap, there are ways to create passing lanes to beat it, but it is difficult for them to do anything but chip the puck in to our zone”

OFFENSIVE ZONE – THE F1 HIGH 1 – 2 - 2 FORECHECK (NEUTRAL ZONE TRAP)

In this forechecking structure we have no forechecking forward low in their zone or tight net front. We force their breakout play to beat 5 players, 4 in the neutral zone and one in their zone. Hard to do and keep puck possession. Our forward in their zone (F1) will try to control their breakout play to one side, hoping this will be enough to cause a bad pass that our other 4 players can intercept or at least close off in the neutral zone.

Our F1, usually a centre with good speed and agility positions in the middle inside the blueline of the team breaking out just above the faceoff circle. Their D picks up the puck and goes behind their net (see diagram below).

- Their centre may swing behind their net with maximum speed picking up the puck and going wide – Our centre should angle and close him off at their boards forcing a pass back or a risky pass forward
- Their LW has swung down low to their goal line and back up ice with speed into the neutral zone where he turns into the middle trying to get open – Our RW should cover their LW and take away the passing lane to him
- Their RD crosses in front of their net behind their centre in case their centre needs a release pass back
- Their LD behind our net slowly follows the path of their centre in case their centre or RD needs to pass back or sideways to him
- Their RW comes back to their goal line and swings hard and fast up ice right at our LD and veers to the middle slightly but far away from their LW – our RD covers their RW
- Their centre, if he can beat our centre wide, does so but he should be bodychecked by our RW. Their centre may pass to one of their open wingers hitting the holes hard and fast or if they are well covered their only play may be to chip the puck into our zone for their dump and chase – forcing a dump-in rather than an entry into our zone with puck possession is good work for us as they give up possession
- If their centre cannot beat our centre he can pass to either their LW, RW or either of their 2 D as they move up ice trying to find passing lanes – if our coverage is good all they will be able to do is chip into our zone and thus, lose puck possession at least temporarily



PRACTICE DRILLS:

1. Run 5 on 5 unit drill with “offensive” forwards and their defencemen starting at the red line in a line across the ice with the centre shooting the puck into the defensive zone. The “defensive” forwards and their defencemen are lined up on the defensive zone blue line so when the puck is shot in they have the advantage in getting to the puck and their positions before the “offensive” 5 player unit.



The “offensive” unit forechecks and tries to score, and the defensive unit tries to breakout. 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.

Vary the starting positions of the offensive and defensive units and players (closer together or further apart) to reduce or increase the time the defensive defencemen will have to get puck control in their defensive corner or to go D to D behind their net. This will replicate “real” hockey conditions.

If we are teaching breakout or forechecking systems to players who are not familiar with the options, show them the options off ice on a hockey board, and walk them through the options on ice. Then run this drill with no resistance, then 1 player, then 2 player, then 3 player, and eventually 5 player resistance.

Keep running this drill at every practice so the options chosen both defensive and offensive become second nature depending on offensive and defensive positioning and “time and space”.

- 2. Run 5 on 5 unit drill facing the puck off in the defensive zone with all players in their regular faceoff positions to practice breakouts and forechecking from more of a standstill start – much different from when the puck is shot in.**

The “offensive” unit tries to score, and the defensive unit tries to breakout. 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.

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