



“When we are outnumbered on a 3 on 2, slow the play down until help comes from a back checking forward or make them shoot from far out”

DEFENSIVE ZONE – DEFENDING 3 ON 2’S - 15 PLAYS

When it’s **3 on 2 against us** coming over our blue line, our defencemen should be skating backwards as fast as their players coming in, so if they try to skate around us beside the boards we can move sideways and back quickly making the angle between their player and the net smaller and smaller. It’s better to wait to see what they are going to do with the puck. Play wide enough so there is little room to the outside and narrow enough so the player with the puck cannot slip between you and your defensive partner. Don’t back in more than to the top of our face off circle. If you do, they will have a good screened shot on net from close in. Also, the more you back in the more they will try to pass into the deep slot created by you backing in.

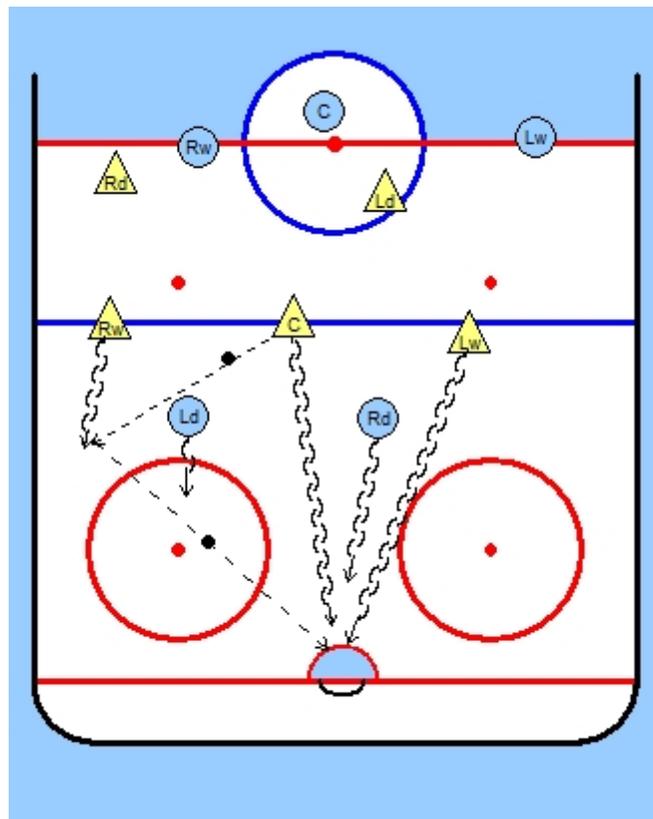
WITHOUT A FORWARD COMING BACK TO COVER THE MIDDLE, DO NOT CHARGE FORWARD TO BODYCHECK THEIR PLAYER OR LUNGE TO POKE CHECK OR TAKE THE PUCK AWAY FROM THEM UNLESS YOU ARE 100% SURE YOU CAN. THEIR PLAYER WILL EITHER GO AROUND YOU OR PASS OFF AND THEY WILL HAVE AT LEAST A 2 ON 1, MAYBE A 3 ON 1 IN OUR OWN END. TRY TO MAKE THEM SHOOT FROM FAR OUT.

DO NOT BACK IN TOO FAR – ABOUT THE TOP OF OUR CIRCLE IS ENOUGH

3 on 2’s usually develop into one of the following plays:

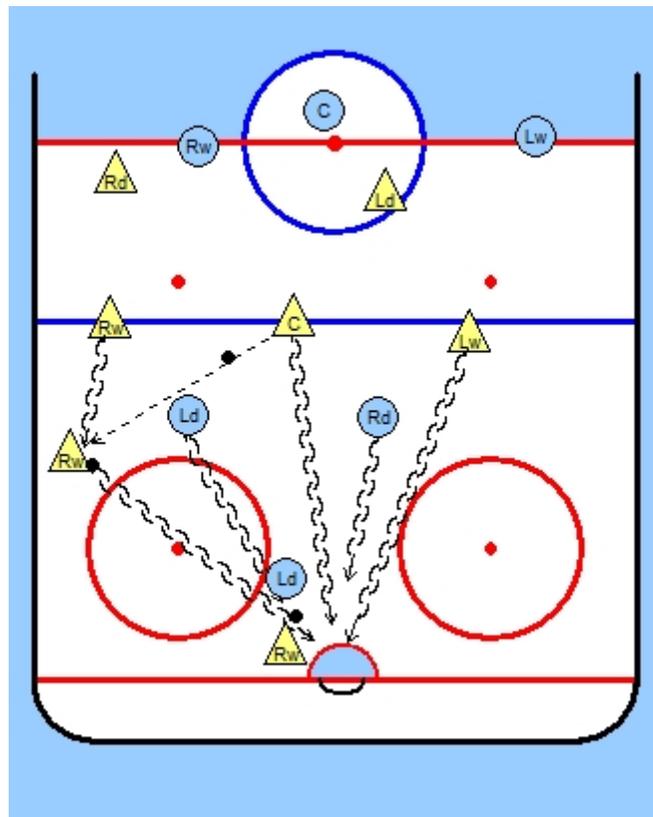


1. **To Winger Wide, Pillow Shot** - Their centre passes the puck to their winger positioned wide or cutting towards the net. **Their winger shoots low looking to score or to create a rebound off the goalie's pads.** Their centre and weak side winger drive hard to the net for a rebound. We should try to get our stick on the puck to deflect the pass or on the shot on the follow through enough to deflect it high and away from our net or even to block it. This is very effective on a slap shot because it takes their player so much time to wind up. Our weak side defenceman must anticipate this shot coming, stay with their weak side winger and clear the rebound to the corner getting under the winger's or the centre's stick.



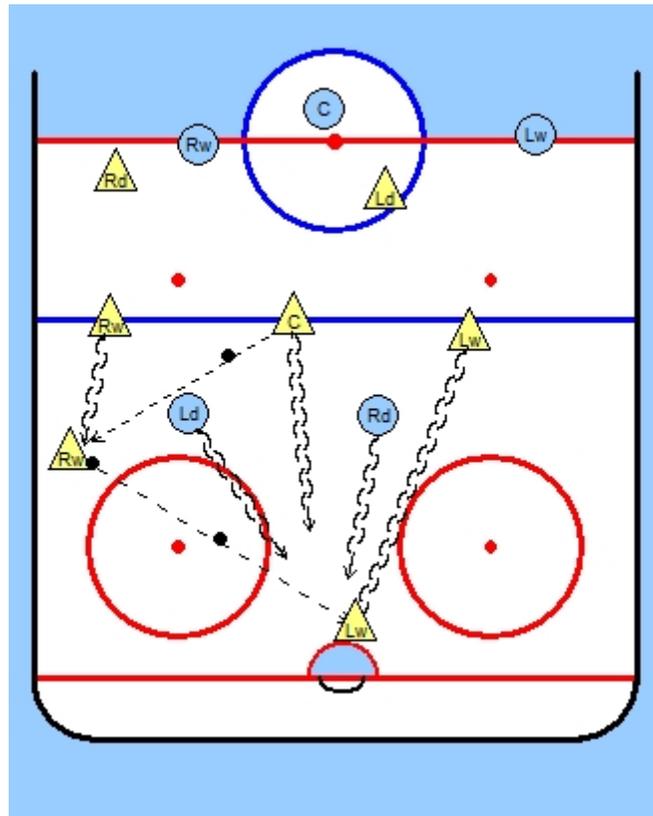


2. **To Winger Wide Around Defenceman, Angles to Net** - Their centre passes the puck to their winger and their winger goes wide around our defenceman and ***tries to go in on goal on an angle***. We try to poke check him and turn to chase him but if we cannot knock the puck off his stick or catch him we must bother him as much as possible. If you stretch your stick out as wide as possible towards him holding it with both hands just above his shin pads firmly so his movement is slowed a little, this is a penalty. Keep your skates moving, don't glide. Get ahead of him and lift his stick off the ice or press your stick on top of his at the puck. Don't hook or trip him. Get to his outside so the goalie knows you have that side covered. If he slows enough, ride him off to the boards by leaning your shoulder into him and then take the puck lifting his stick.



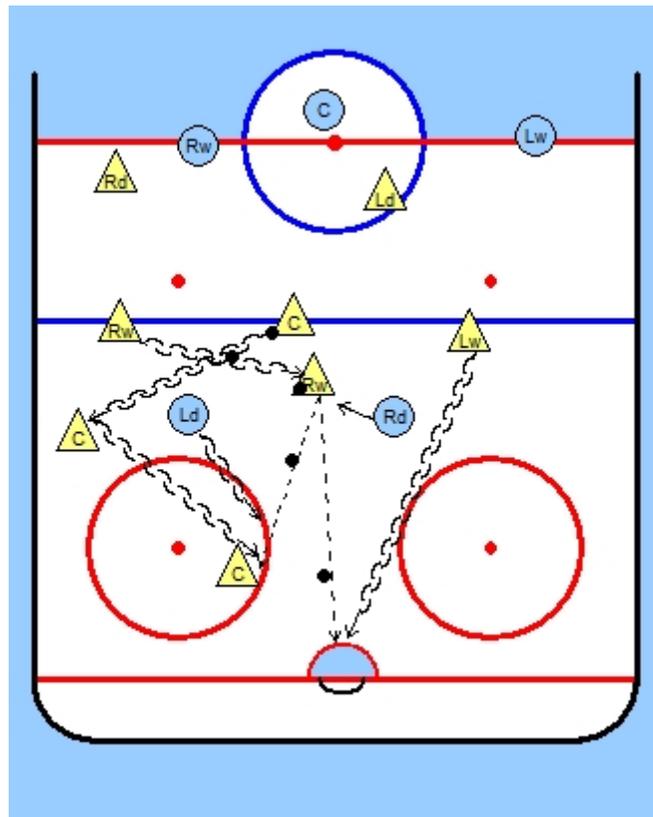


3. **To Winger Wide Around Defenceman, Passes to Weak Side Winger** - The centre passes the puck to a winger and the winger goes wide around our defenceman and *passes the puck across the ice to the other winger going hard to the net*. Try to stop or deflect the pass. Our other defenceman must see this coming and get in front of this player taking away the ice he is coming to as he tries to go to the net.



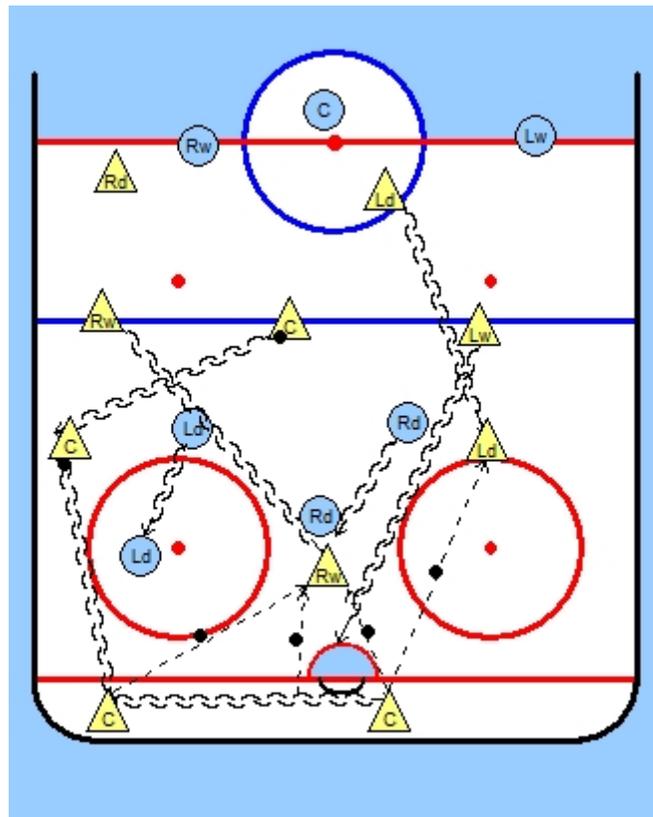


5. **Winger Delays High, Centre Hands Off Puck to Winger** - Their right winger slows down, moves left behind and towards their centre into an open spot. At the same time their centre stays in front of their right winger and fades to the right, the side their winger came from. The centre drops the puck to the winger behind their centre as their winger is going left. The centre then circles wide around our defenceman and can receive a pass from their right winger or their right winger can shoot or pass to their left winger. Our weak side defenceman reads the play, challenges their winger with the puck up high and our strong side defenceman stays ahead of their centre going to the net. A forward must get back fast to help.



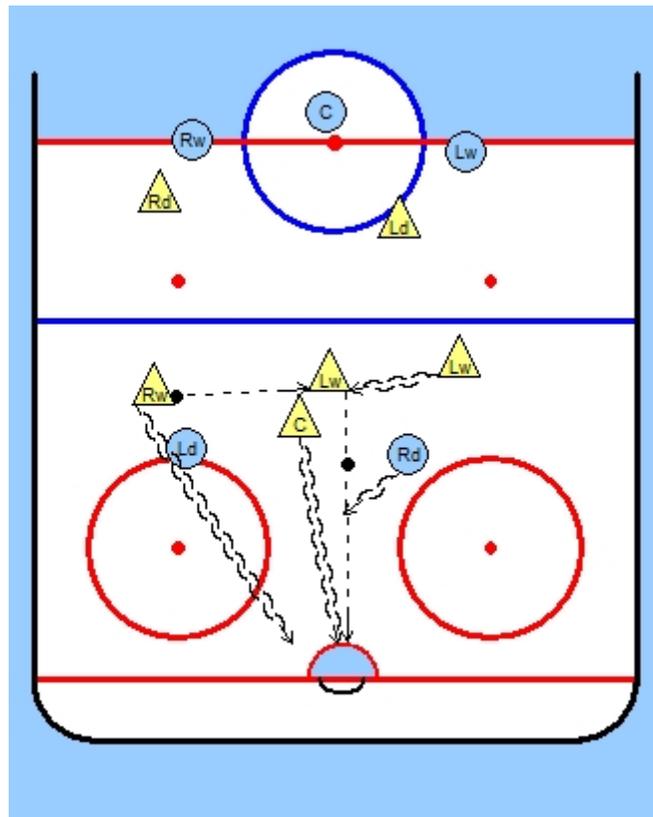


- Centre Wide Around Defenceman** – Their centre crosses the blueline and crosses with their strong side right winger. The centre beats our defenceman wide and starts looking for passing lanes back into the slot and he goes towards the corner and around the net. Once the centre gets past the net he can also pass to his weak side defenceman coming late across the blueline. Our defending strong side defenceman should at all times have his stick and/or body in the passing lanes to defend against any of these passes if he cannot close hard on their centre and take the puck away. Our weak side defending defenceman must close the passing lanes net front and the passing lane to their weak side defenceman coming late.



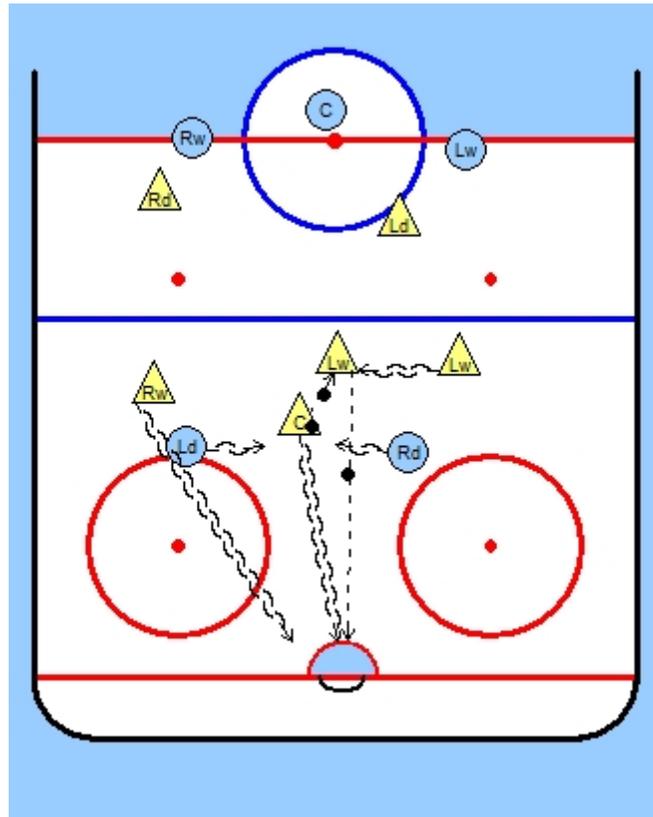


8. **Centre Drive No Puck** – Their winger with the puck slows down as he crosses the blueline, and at the same time the centre skates hard between the defencemen to the net trying to force our weak side defenceman to back towards the net a little and their weak side winger fades into the middle, and takes a pass from their strong side winger. Our weak side defenceman should challenge their weak side winger making contact with him as he receives the pass and our strong side defenceman should stay in the passing lane to their centre going to the net so no pass to this centre is possible.



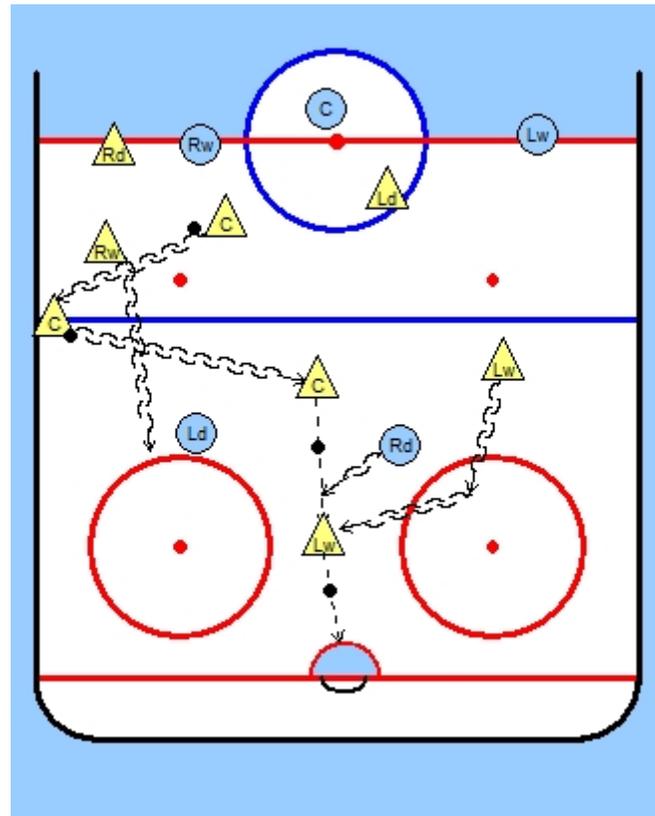


9. **Centre Drive Drop Pass** - Their centre with the puck skates hard in between our two defencemen forcing them to try to sandwich him with body checks. Just before the check, the centre drops the puck back to one of their wingers fading in behind the centre for a good shot or a pass off to the other winger going to the net. Our two defencemen must close the gap their centre is trying to get through and anticipate the drop pass so one of them can move to their winger to deflect the shot as he takes it or knock the puck away.



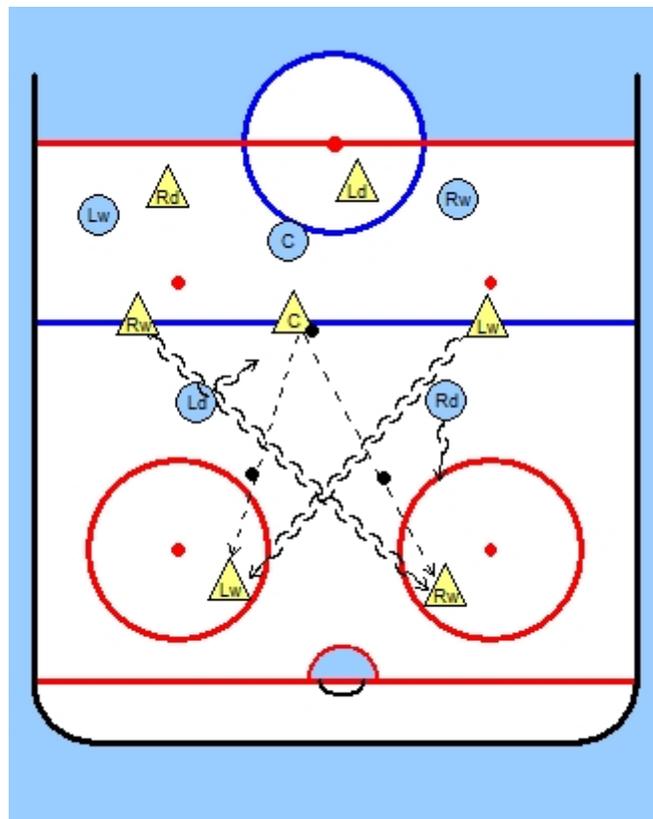


12. **Centre Crosses with Winger Passes to Weak Side Winger** – Their left shot centre close to the boards crosses our blueline and crosses with their right winger going towards the strong side boards outside of our left defenceman. As the centre just inside our blueline gets closer to the middle our defenceman moves towards him and at the same time their left winger skates past our right defenceman cutting sharply behind him looking for a pass from their centre. In order to prevent this our right side defenceman accelerates back and towards the middle to take this passing lane away, forcing the centre to shoot from far out.





14. **Wingers Cross Low** – When our defencemen stay high above our circle when their centre has the puck and all 3 of their forwards cross our blue line, their wingers may cross, go low in front of our net and open up ready for the pass from their centre who stays around our blue line. Unless both of our defencemen go back and cover their wingers one of them will be open. The one of our defencemen who is closest to their centre should challenge him immediately to try to prevent any pass down low, and if our defenceman cannot get there in time he should block any passing lane to the wingers

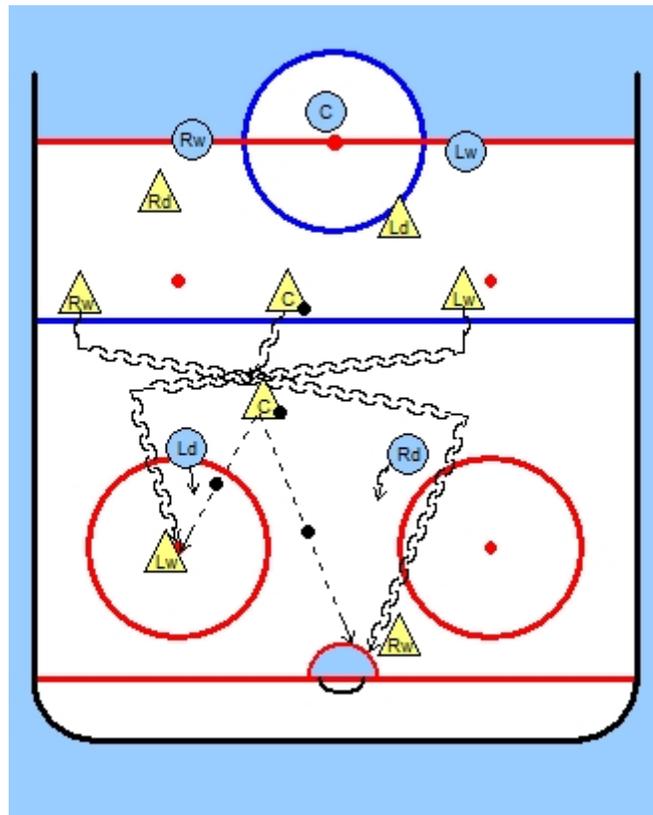




15. Wingers Cross High - When they come over the red line towards our blue line with 3 players against 2 of our defencemen when their centre has the puck and it is a clear 3 on 2 with none of our back checking forwards close to the play, one good play for them is for their centre to skate hard up to our blue line and slow down just over the line as our defencemen continue to back in a bit.

When their centre is over our blue line, the wingers both cross to the other side of the ice in front of or behind their centre switching sides and try to go wide around our defencemen. Their centre fades either left or right at the same time finding the most open area, depending on what our defencemen do.

This play is designed to confuse our defencemen causing one or both of them to move out of position, either lunging at their centre or going with the crossing wingers. Don't do either. Maintain your positions backing in to around the top of the circle covering the passing lanes to both wingers and making their centre shoot from above our faceoff circle.





PRACTICE DRILL:

Run 3 on 2 line rushes full ice with the 2 defencemen entering at the near blue line with the defencemen adjusting to the plays as they unfold and experimenting with forcing the play at the blue line or backing in behind our blue line depending on the speed and positioning of the forwards coming at the defencemen – give feedback as needed after each play or whistle the play dead in the middle of it having the players freeze in their positions, and then give feedback