



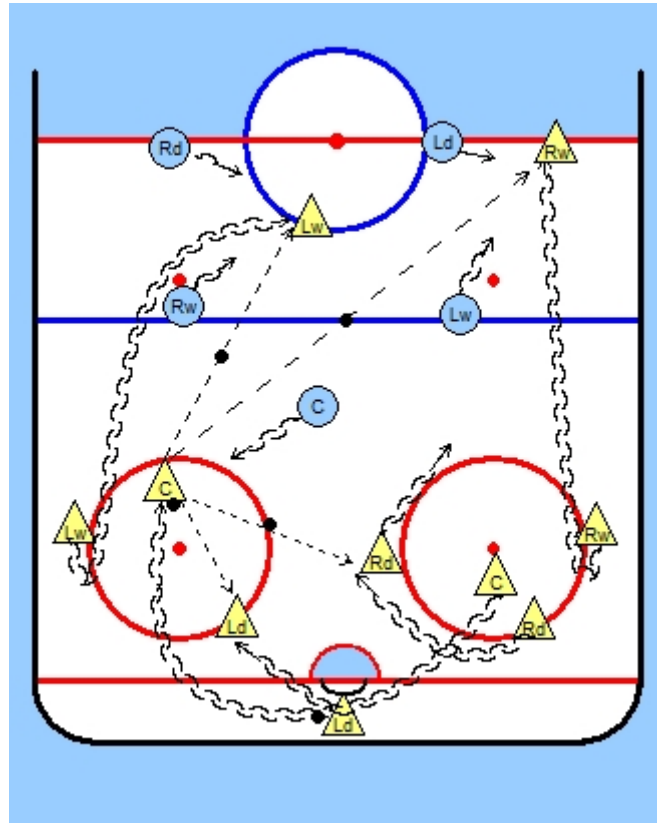
*“If they set up a higher trap, there are also ways to create passing lanes to beat it”*

## **DEFENSIVE ZONE – BEATING THE HIGH 1 – 2 - 2 FORECHECK - F1 HIGH**

Some teams will commit no forechecking forwards low in our zone or tight net front forcing us to beat 5 players, 4 in the neutral zone and one in our zone. The forward in our zone (F1) will try to control our play to one side, hoping this will be enough to cause us to make a pass that their other 4 players can intercept or at least close off.

Imagine they shoot the puck into our corner and they send 1 player to position in the middle inside our blueline just above our faceoff circle as our D picks up the puck and goes behind our net (see diagram below).

- Our centre should swing behind our net with maximum speed picking up the puck and going wide
- Our LW has swung down low to our goal line and back up ice with speed into the neutral zone where he turns into the middle
- Our RD crosses in front of our net behind our centre in case our centre needs a release pass
- Our LD behind our net slowly follows the path of our centre in case our centre needs to pass back to him
- Our RW comes back to our goal line and swings hard and fast up ice right at their LD and veers to the middle slightly but far away from our LW
- Our centre, if he can beat their centre wide, does so and passes to one of our open wingers hitting the holes hard and fast or if they are well covered the puck is chipped into their zone for a dump and chase
- If our centre cannot beat their centre he can pass to either our LW, RW or either of our 2 D as we move up ice finding passing lanes



## 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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