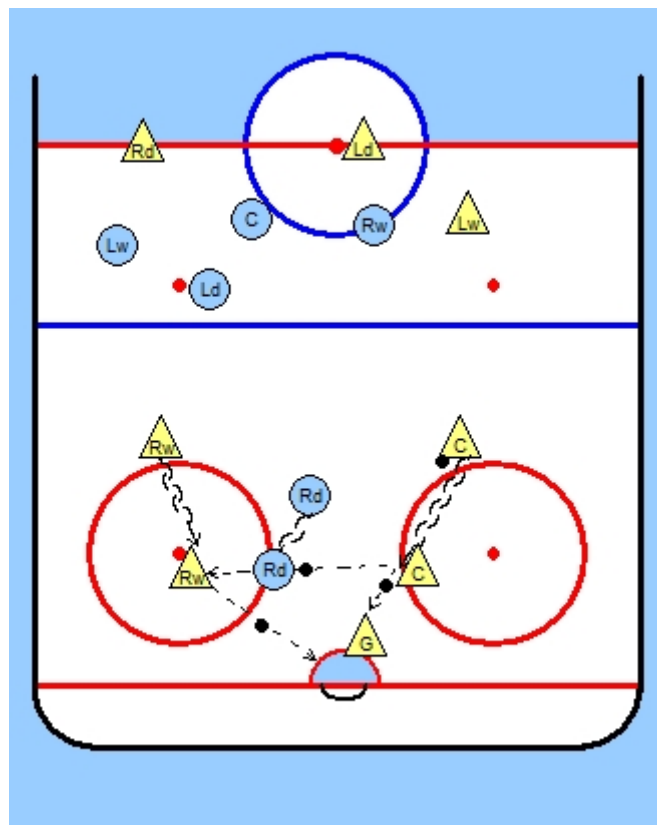




“When it’s 2 on 1 against us coming over our blue line, it’s really 2 on 2 when you include our goalie”

DEFENSIVE ZONE – DEFENDING 2 ON 1s – 3 PLAYS

When we are outnumbered 2 on 1 coming over our blue line and their 2 players come in side-by-side either separated only slightly or separated a great deal, stay as much in the middle between their 2 players as you can taking the passing lane away to their player without the puck with your stick blade, skates or body and forcing their player with the puck on as much of an angle to our net that you can. Try not to back in more than to the top of or just inside of our face off circle so their passing or shooting play will happen further out to make it easier on our goalie. On the other hand, if their player with the puck goes in too far, our goalie alone should be able to handle him and you should cover the player without the puck making sure their player with the puck can’t deek our goalie to the other side.



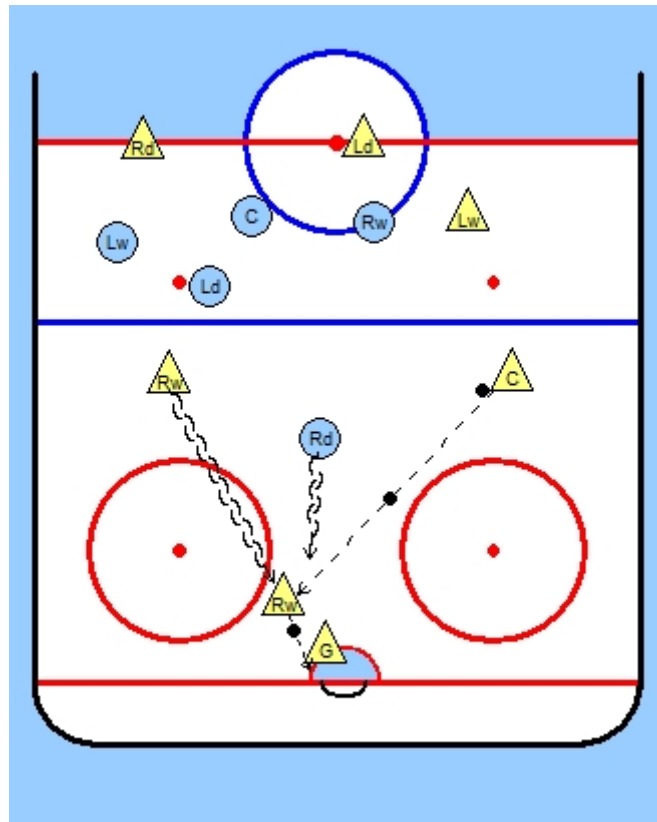
Our goalie should come out and play their player with the puck as if he is going to shoot but being ready to move across the net quickly if he decides to pass across or back. A good forward



could also fake the pass trying to get our goalie to move off the near side post and then shoot quickly to the near side hoping our goalie is leaning the other way.

Defencemen, keep your stick moving side-to-side slightly in control so their player with the puck doesn't know exactly where your stick is going to be second-to-second. If your stick is stationary it makes it easier for them to make a pass between your stick and your skates or over your stick without you being able to block or deflect the pass. Anticipate the exact lane a possible pass will take and take the lane away.

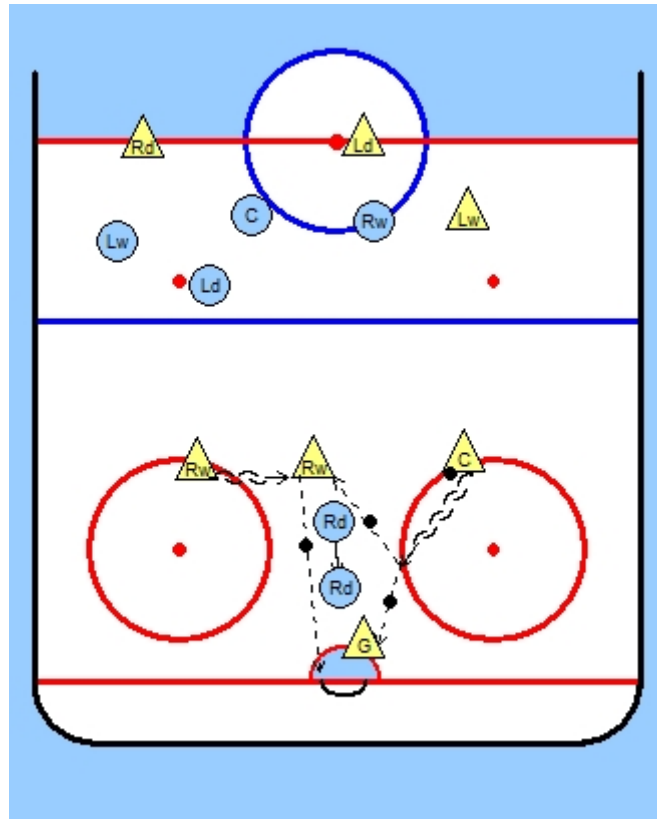
If they play the 2 on 1 by having their player without the puck skating hard to the net for a tip in play, our defenceman must try to block this pass with his body, stick or skates, but most importantly stay in the direct passing lane the puck will take so the pass will hit your stick or skates, or go down on one knee to block the pass. Our goalie must try to stop or deflect the pass across with his stick or body.



If they play the 2 on 1 by having their player without the puck stay behind and to the side of their player with the puck and more than the defenceman's stick and arm length away and our



defenceman (so-called stacking 2 on 1 play) with their player without the puck ready for the one time shot, again your only defence is to anticipate this pass and position your stick, skates or body to block or deflect the pass. This is very difficult to do if each of their players are properly positioned because there is a passing lane there that our D cannot cover easily but this is such a dangerous play that our D should cheat a little so their pass cannot be completed



A good forward with the puck will be skating at high speed so he has the option of going to the net himself, or faking such a move or shot and passing off to his open team mate. The passer hopes that by making a move to go to the net or a move to begin the shooting motion you will take the bait and move your stick and body towards him. The instant you do this he will find a hole and pass to his open forward for the one timer so do not go for these fakes unless you are sure you can knock the puck away from him. And of course never lunge at their player with the puck unless you are sure you can get the puck or block his pass or shot.

Going down t block a cross ice pass or a pass back or a shot is sometimes a very good play but must be timed exactly right or their forward will pull the puck back, wait for the slide to pass and then make his best play.



PRACTICE DRILL:

Run 2 on 1 line rushes 1/2 ice from the centre circle at the red line with the defencemen at the blue lines alternating entrance and the forwards at the red line on either side of the circle in two lines facing opposite directions. As one defenceman enters he should pass the puck to one of the 2 forwards on the 2 on 1 to start the play as they move off the red line. The defencemen should adjust to the plays as outlined above as they unfold and experiment with forcing the play a bit to disturb the opposition's play depending on the speed and positioning of the forwards coming at the defenceman – 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.