



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

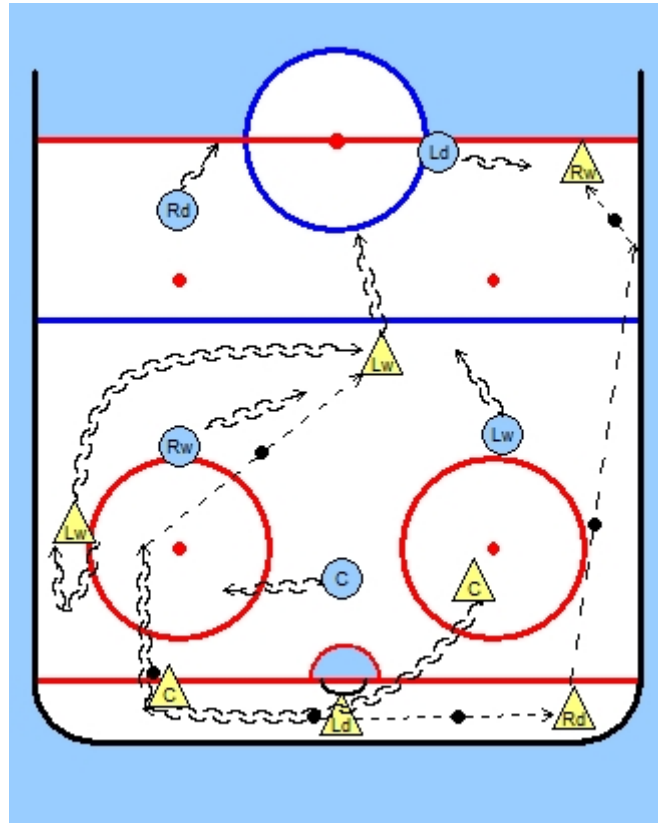
DEFENSIVE ZONE – BEATING THE INTERMEDIATE 1 – 2 - 2 FORECHECK - F1 NET FRONT – 4 PLAYS

Some teams will commit no forechecking forwards low into our zone hoping this will be enough to cause us to make a pass that their 3 forwards can intercept or at least close off.

Imagine they shoot the puck into our corner and they send 1 player to position in front of our net as our D picks up the puck and goes behind our net. The other two forechecking forwards position at the middle top of our faceoff circles (see diagram below). Their two defencemen are holding our blue line.

Our defenceman behind our net has several options:

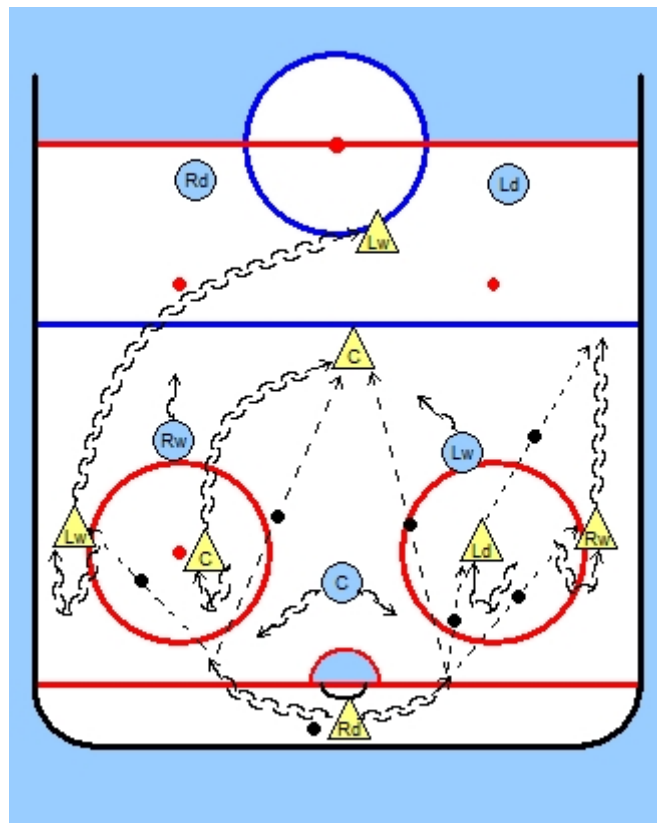
- He can wait behind the net for our centre with speed to pick the puck up behind the net and go wide to the left of our net drawing their centre with him, and then pass the puck to our LW who has come back and swung up ice on the strong side and then into the middle high in our zone, or our centre can pass the puck back to our D who is following our centre up ice
- He can pass to our D in the corner who immediately passes to our RW who has posted on the boards at the red line. If their D challenges our RW immediately our RW can deflect the puck into their zone setting up the dump and chase, or
- Our LW can post on the left side at the red line so we have both wingers posting to give our D another outlet pass. The issue with this formation is that it usually leads to a chip and chase into their zone which statistically results in a loss of puck possession as a 50% puck retrieval rate on a forecheck is unusual. Better to enter their zone with puck possession





OR, if our D sets up behind our net and we double on both sides (left side our LW and centre, and right side our RW and LD), we can with speed drive holes in their low or intermediate trap as we move up ice (see diagram below). Movements and Options:

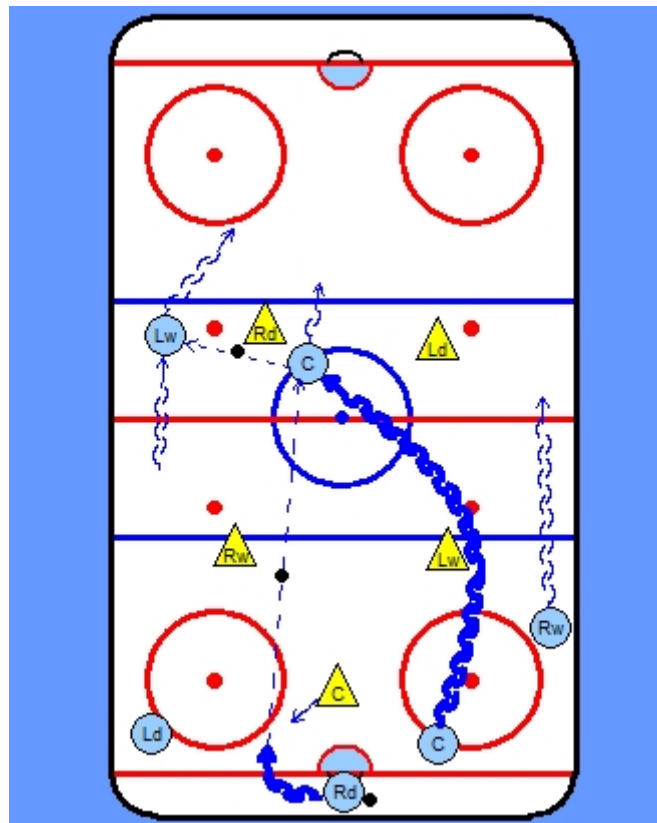
- Our LW is wide left and comes down to our goal line and swings up ice tight to the boards. Around our blueline our LW posts hard and fast to the middle in between their 2 D ahead of our centre drawing their RW back
- Our centre comes down low to our goal line and swings up ice just inside our faceoff dot to our blueline then cuts across our blueline below our LW, also drawing their RW back
- Our RW comes down low to our goal line and swings up ice hard and fast and skates right at their LD pushing him back and pulling their LW back somewhat
- Our LD who has switched sides swings up ice from his corner position after our RW has started up ice and cleared the way, and stays close to the boards
- Our RD behind our net steps sideways from behind our net and passes to our LD or our centre depending on which side to do this is best with their centre net front
- If our LD gets the pass he can in turn pass to our centre or our LW splitting their D whoever is open





OR, if our D sets up behind our net and we send our RW and LW straight down the boards towards their blueline and send our centre wide right up ice and curling back into the deep middle (see diagram below). Movements and Options:

- Our RD steps out from behind our net and immediately passes hard to our centre splitting their 2 D
- If their RD steps up hard to check our centre, our centre chip passes to our LW coming hard along the boards and their RD is caught covering our centre



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.

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.

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