



“When we have given up the puck in their zone and they are on transition breaking out, our F3 must get back hard and cover the middle, not get beat challenging around their blueline”

NEUTRAL ZONE – DEFENDING THE MIDDLE ON THEIR TRANSITION

After we have had a scoring chance in their end on a cycle with 3 forwards and they win the puck, they may aggressively break out with little resistance as 2 of our forwards are caught too low in their zone.

If our high F3 challenges their puck carrier around their blueline he will simply pass by our F3 and create a 3 on 2. So, instead of challenging right there, our F3 should always turn and skate hard back through the middle staying above the puck to support our 2 defencemen and challenge their puck carrier around our blueline finishing his check (see diagram below).

If our defenceman communicates with our F3 “I have the puck carrier”, then our F3 assumes the position of such defenceman.

