



“The trap when used at the right time and in the right way is very effective”

NEUTRAL ZONE – THE 1- 2 - 2 TRAP

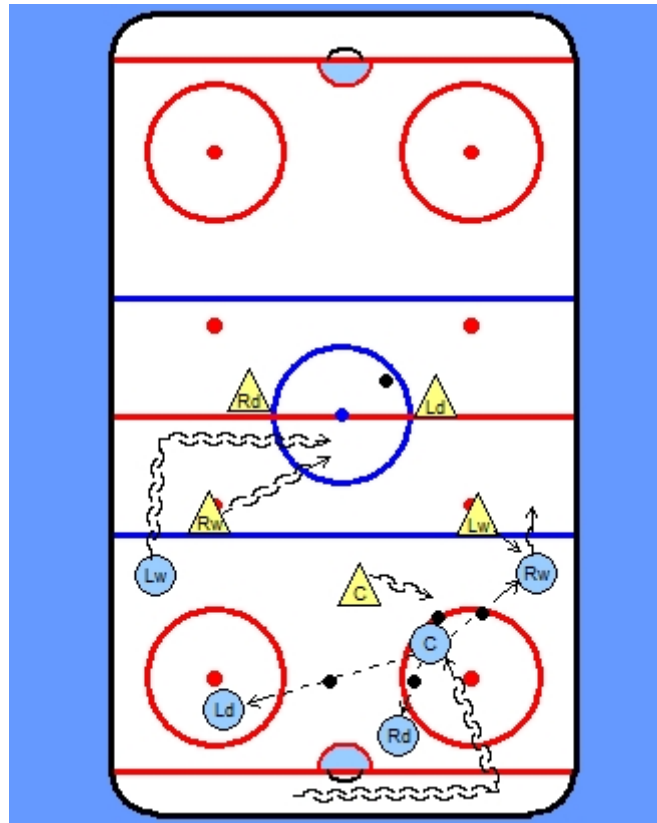
When we are on a line change, or any aggressive forecheck in their zone won't work because they already have clear puck possession in the corner or when we are winning a game, don't need any more goals, the puck is in their zone and we just want to prevent the other team from scoring, a good defensive system is the 1-2 -2 neutral zone trap.

Only one of our players (F1) goes into their zone to forecheck under control to force their puck carrier to one side, and make him pass. Our other four players are in the neutral zone, cutting off passing lanes and covering their forwards.

Say the other team has clear control of the puck in their zone in a corner or they are just starting to come out of their zone. We would allow the other team to bring the puck to around their blue line in their zone fairly easily with only our centre putting any kind of careful forechecking pressure on their puck carrier, like he's penalty killing. Our centre would be trying to make them make a bad or hurried pass. Our centre does this without getting caught behind the play or chasing their player with the puck behind their net.

Our other two forwards should position themselves just outside their blue line around the face dot, so both sides of the ice are covered. Our two defenceman should be just over our side of the red line, less wide than our forwards, and protecting the red line from any completed pass to them or their puck carrier trying to cross the red line. We don't want the puck shot or carried into our zone if we can stop both.

Our left winger and left defenceman take the left side of the ice, our right winger and right defenceman take the right side of the ice, and move to the middle depending on which side the play is on. Our centre comes back hard through the middle and all forwards take one of their players to stay with and check shoulder to shoulder, without getting an obstruction interference penalty. If they try to carry the puck over the blue line, we body check them immediately. If they cross their blueline we stop them from crossing or passing across our red line.



This leaves very little room for them to go in the neutral zone especially if our forwards body check the puck carrier hard as he comes over their blue line to the red line and the other forwards take away the pass by covering all their forwards closely. If we get possession of the puck in the neutral zone we just shoot it back in and start the 1-2 -2 all over again.

Their only option with all our coverage in the neutral zone normally will be to shoot the in to our zone. If we can get it out quickly and over their red line to shoot the puck back into their zone ourselves, we can kill the clock and keep the lead if this is the situation we are in.

REMEMBER TO BEAT THE TRAP USE SPEED AND TIGHT CROSSING PASSING PATTERNS JUST IN FRONT OF OR OVER THE RED LINE OR BEAT THEIR PLAYER ONE ON ONE.