



*“If we make player changes on the fly in our zone or when they are going into our zone, we give them a power play for a few seconds ‘free’, why would we do that?”*

## NEUTRAL ZONE - CHANGES ON THE FLY

### Short Shifts

- come off **before** you are too tired
- up the ice hard, down the ice hard, twice, and off
- forecheck hard
- back check hard
- don't get caught on too long

### When to Change on the Fly

- when we are right at our bench and can change with no risk
- when we have the puck going over the red line or into their zone without a good developing scoring chance
- when the puck is in their zone
- not ever when they have the puck going over their blue line, the red line or going into or in our zone, unless we are hurt or our player is so exhausted he must come off
- it doesn't matter if our line has been on for 3 minutes if we are pinned in our zone, we've got to gut it out, we can't risk leaving a position open completely
- When we are setting up for a controlled breakout with our defenceman with the puck behind our net with no pressure from the other team

### Who Changes with Whom?

- Simple, you change with your same position. To do otherwise will cause an unnecessary complication and confusion on the ice as to what position you are now playing

### Change One at a Time?

- Yes, or 2 if it is safe, but not 3, particularly good if they are setting up for a controlled breakout with their defenceman with the puck behind their net with our F1 in net front



### **Get a Whistle If You See We Need a Change**

- ice the puck
- shoot it into their zone
- freeze it somehow ( including the goalie)
- go offside
- shoot it over the boards/glass without getting a penalty for it