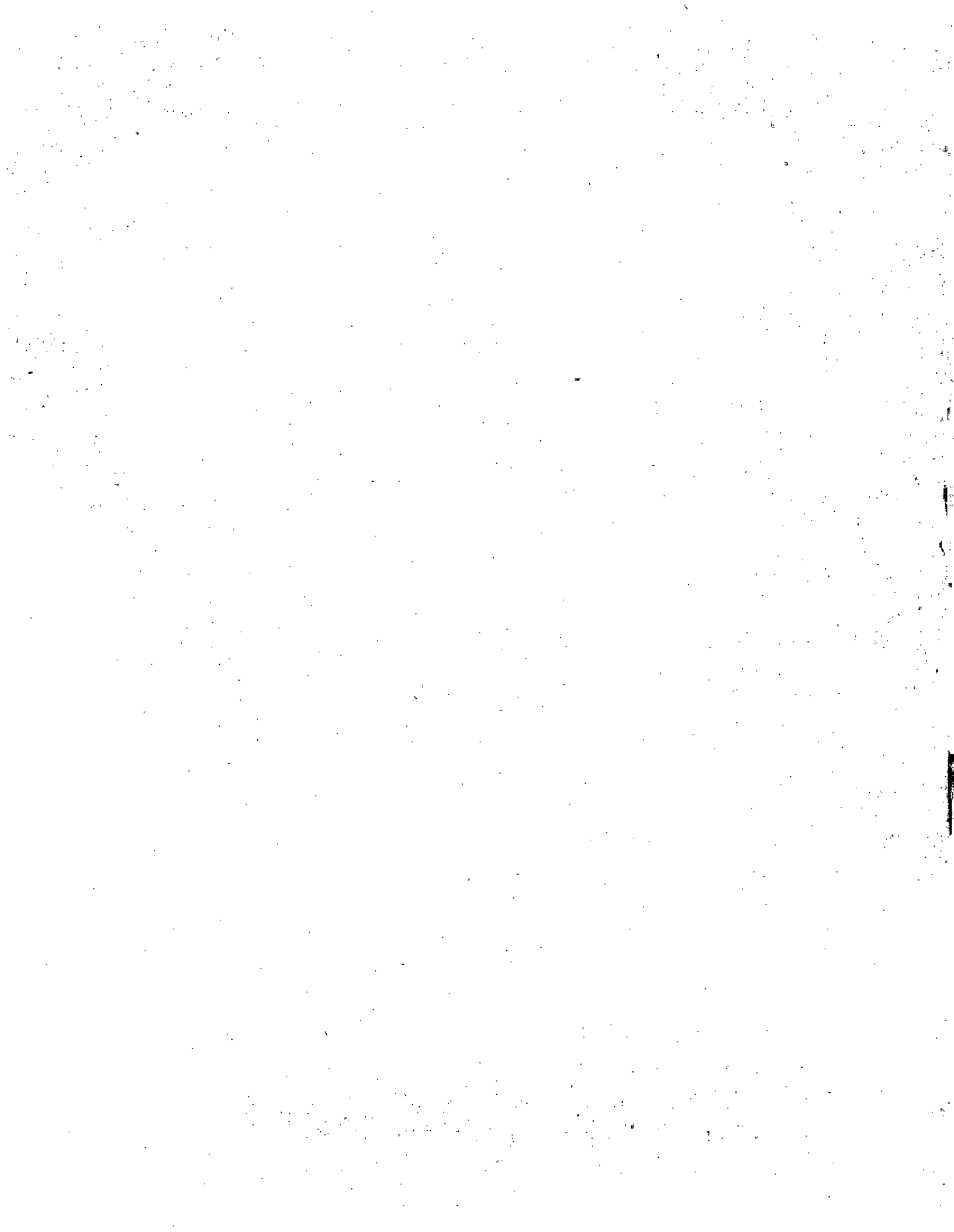


# DEFENSIVE TEAM PLAY

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## TEACHING DEFENSIVE PLAY...

- \* Consider the rink sizes, talent, age, league
- \* Why were successful teams successful?
- \* What about the time of year, time of game, score?
- \* Inculcate pride in defensive play and in "unseen" defensive accomplishments
- \* Set goals which are attainable early in season
- \* Show patience: Defensive team play is built upon group dynamics which can take months to show results
- \* Do you want aggressiveness, or assertiveness?
- \* Debunk the myths: Run drills which are competitive and challenging
- \* Teach ANTICIPATION-REACTION-ACTION!

**BRYAN TROTTIER: "I think the only time you really need to have discipline is in your own zone...the mark of a strong coach is a disciplined defence."**



## **TEACHING PROGRESSION - FORECHECKING**

**1 - Forechecker on player**

**2 - Forechecker on player w/ puck**

**3 - Forechecker on puckcarrier + 1**

**4 - Forechecker + 1 on puckcarrier + 1**

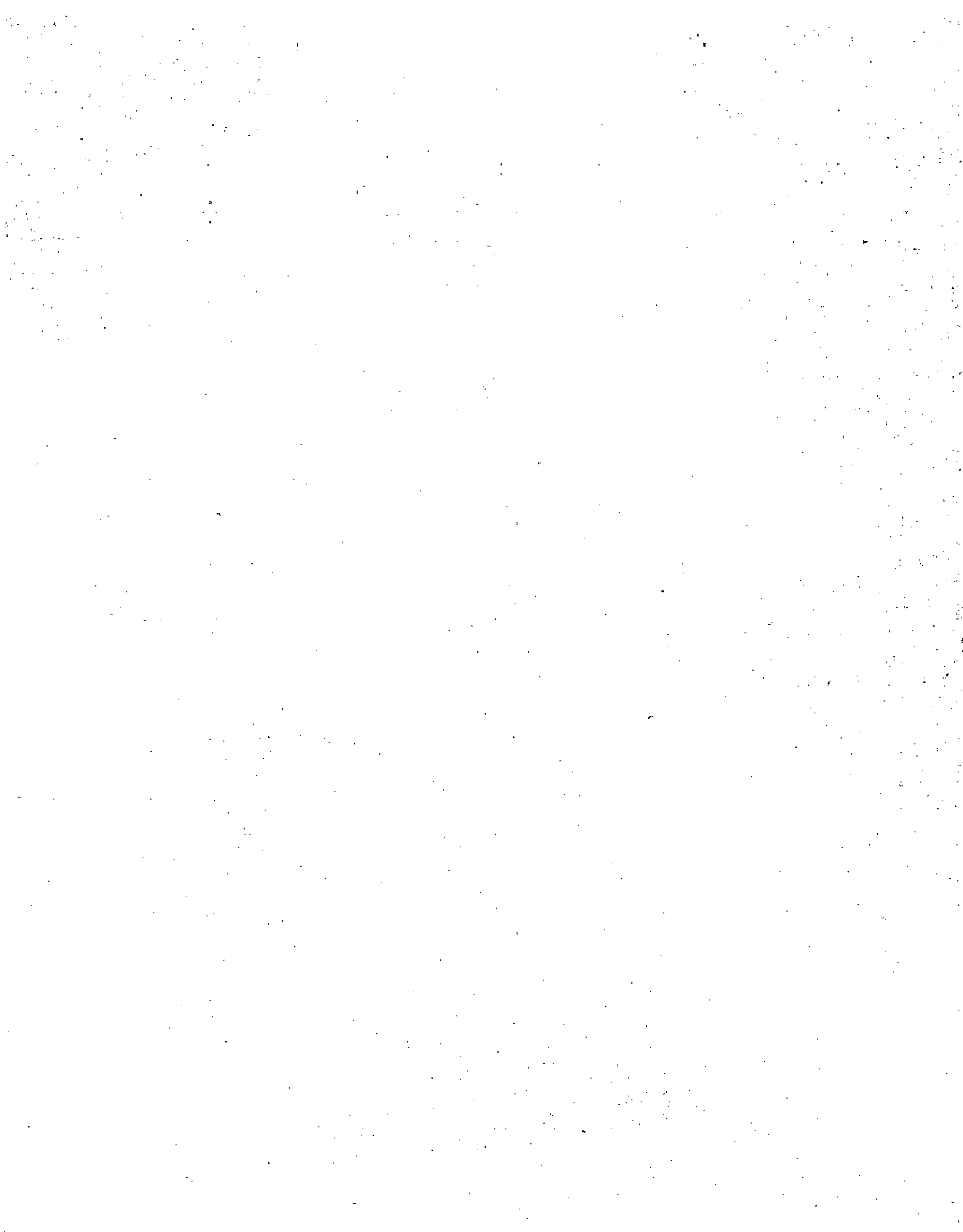
**5 - Add passing option to a 3rd attacker**

### **CONSIDERATIONS:**

**\*\*\* Technical skills required for forwards and defencemen**

**\*\*\* Read / React skills needed by each player in various situations (What, When, Where)**

**A PROFOUND COACH: "Offence wins fans. Defence wins games."**



# DEFENSIVE PLAY GOVERNED BY 4 PRINCIPLES:

PRESSURE      SUPPORT      CONTAIN      TRANSITION

## PROS

## CONS

### FORECHECKING:

2-1-2 Pressure  
w/pinch

2-1-2 Pressure  
w/o pinch

2-man wide,  
lock middle

2-man puckside

1-2-2 Pressure

1-2-2 "Sleepy"

### NEUTRAL ZONE:

2-man pressure

1-2-2 trap

### DEFENSIVE ZONE:

2-1-2 zone

Full man-on-man

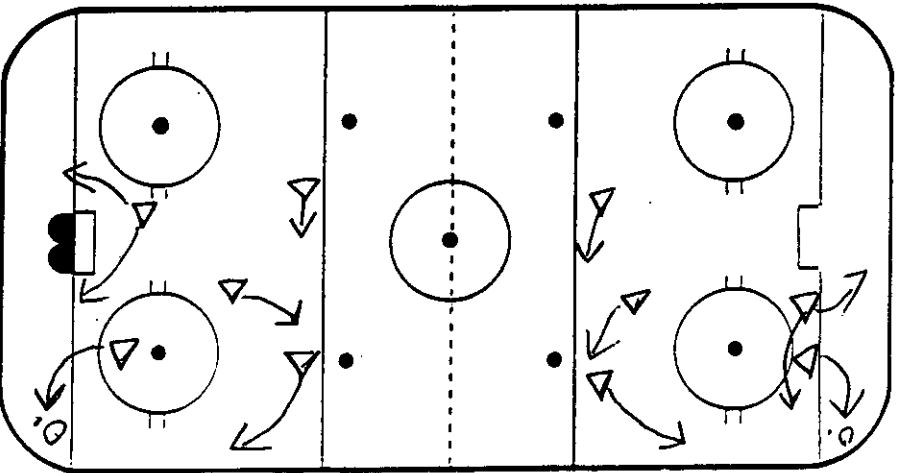




OFFENSIVE ZONE

2-1-2 PRESSURE & PINCH!

- 1st HW PRESSURES
- INSIDE OUT
- 2nd HW SUPPORTS CLOSE (a)
- OR TO OTHER DEF. (G)
- DEF MUST PINCH FAST
- & TO HASH MARKS
- HIGH FORWARD CORERS FOR
- PINCHING 2

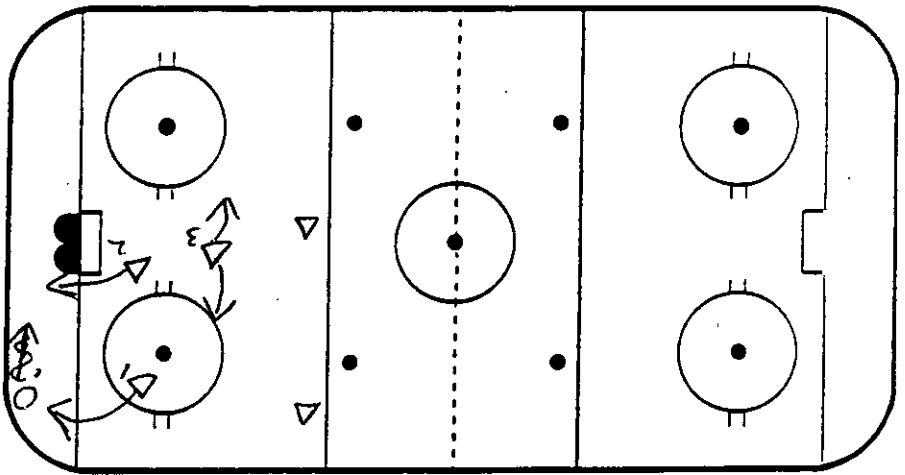


(G)

(a)

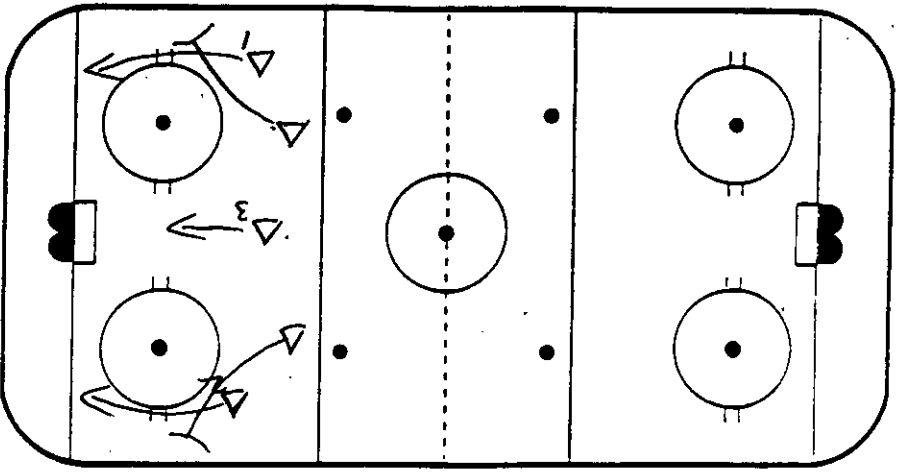
2-1-2 PRESSURE, NO PINCH

- 1 PRESSURES OUTSIDE
- 2 SUPPORTS
- 3 HOLDS HIDDLE
- HW GO TO HASH MARKS
- IF 1, BEATEN



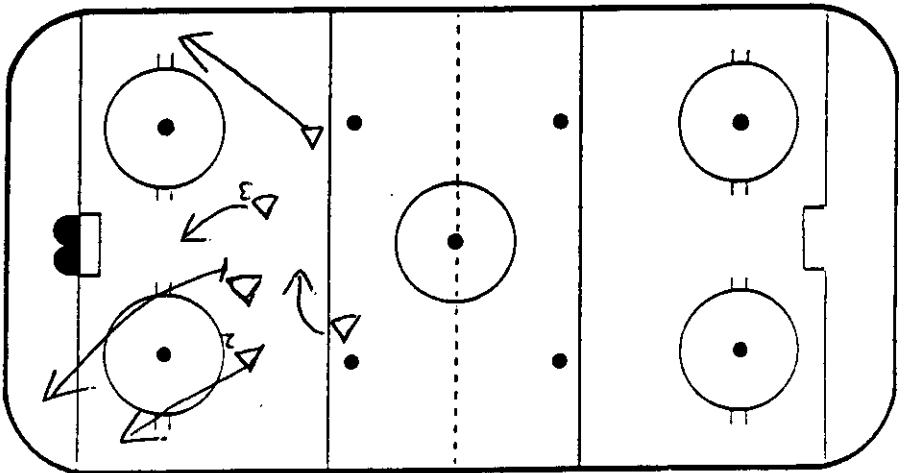
2-HW WIDE, LOCK HIDDLE

- 1 & 2 ENTER WIDE
- CHECKING OUTSIDE IN
- 3 HOLDS HIDDLE HIGH
- DEF, MUST REACT TO
- QUICK UPS ON BONDS

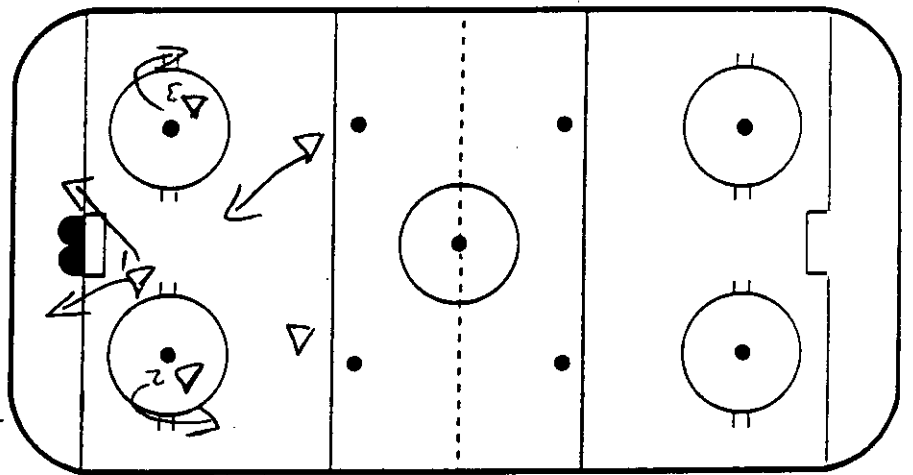




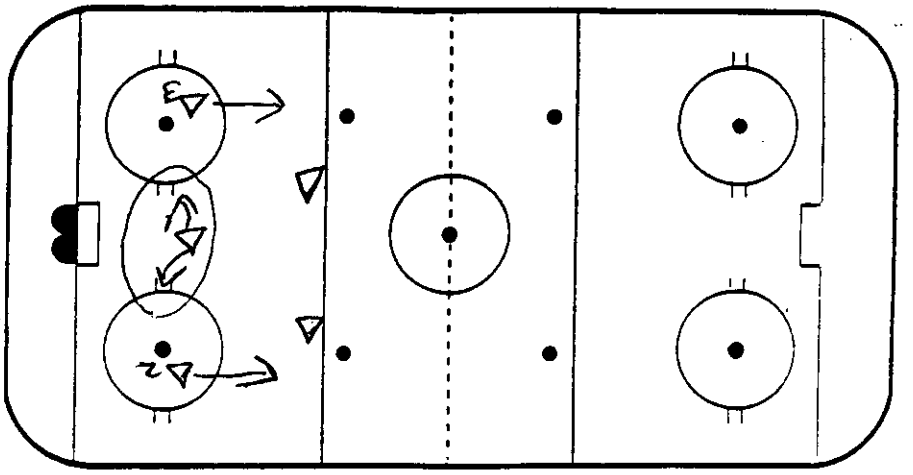
OFFENSIVE ZONE



- 2-MAN PUCKSIDE
- D1 & D2 ON PUCK
- D3 HELDS MIDDLE, NOT TOO DEEP
- FAR SIDE & PINCH ON RIM
- AROUND
- NEAR SIDE & STAYS INSIDE
- DOT AT BLUE



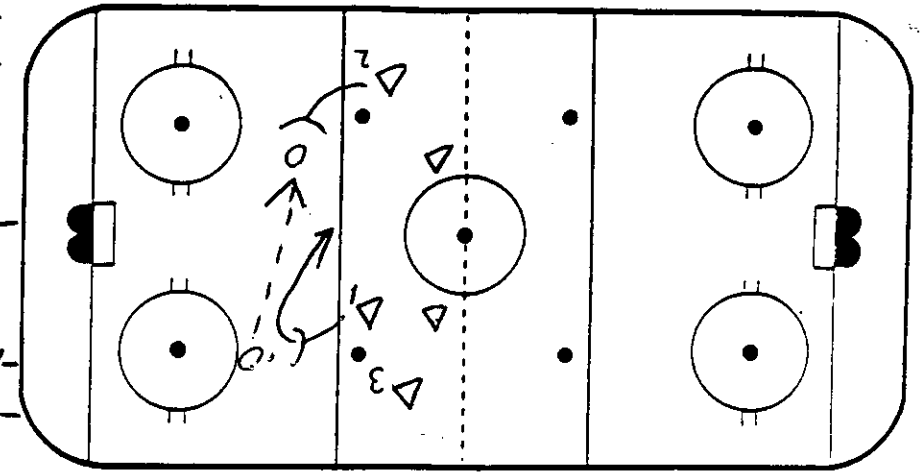
- 1-2-2 PRESSURE
- D1 PASSES PUCKARRIER
- D2 & D3 GOAL TIGHT WITH WINGS
- D DEF MAY STEP IN TO COVER HIGH SLOT BREAKING FORWARD



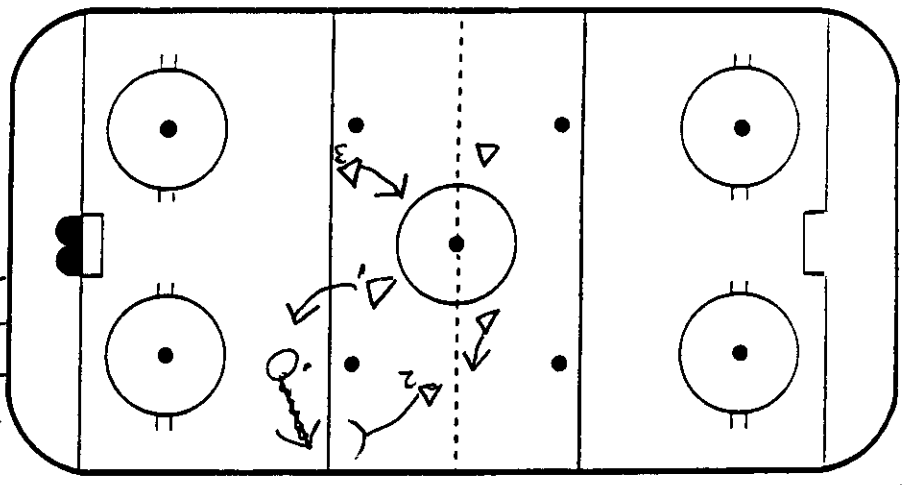
- 1-2-2 "SLEAZY"
- D1 ALLOWS PUCKARRIER TO SLOT BEFORE CHECKING
- D2 & D3 SKATE IN LINE WITH DOTS TAKING ANYONE IN LINE
- DEF. BETWEEN DOTS, STAY UP TO FORWARDS IN CENTRE
- HAVE.



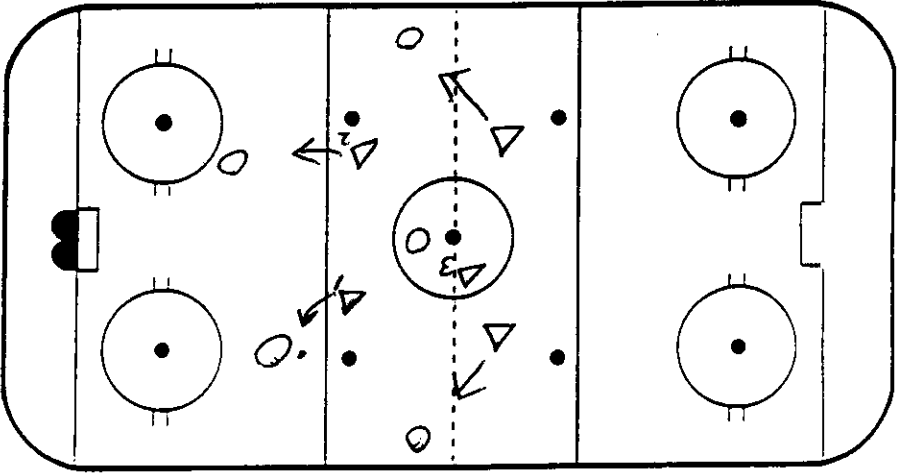
NEUTRAL ZONE



- D1 PUCKCARRIER.
  - WHEN O PASSES, D1 TAKES TO SUPPORT D2 WHO PASSES OUTSIDE IN
  - D3 COVERS FORWARD ON HIS SIDE
- (TORONTO)
- 1-2-2 TRAP!



- D1 PASSES INSIDE OUT
  - D2 TO CORNERS
  - D3 HIGH
  - DEF. PLAY WIDE
- (MONTREAL)
- 1-2-2 TRAP!



- D1 PASSES FROM INSIDE
  - D2 SUPPORTS BY GOING TOWARD LD
  - D3 COVERS C
  - DEF. PREPARE TO GO TO WINGS
- 2-MAN PRESSURE!



## **IMPORTANT PRINCIPLES:**

- \* Netside/inside positioning is crucial in ALL zones in ANY defensive situation
- \* Pressure check or Contain check: What does the situation warrant?

\* Don't be hypnotized by the puck

\* Restrict puckcarrier's space - This usually stalls an attack and cuts down good scoring opportunities

\* If committed, finish the check

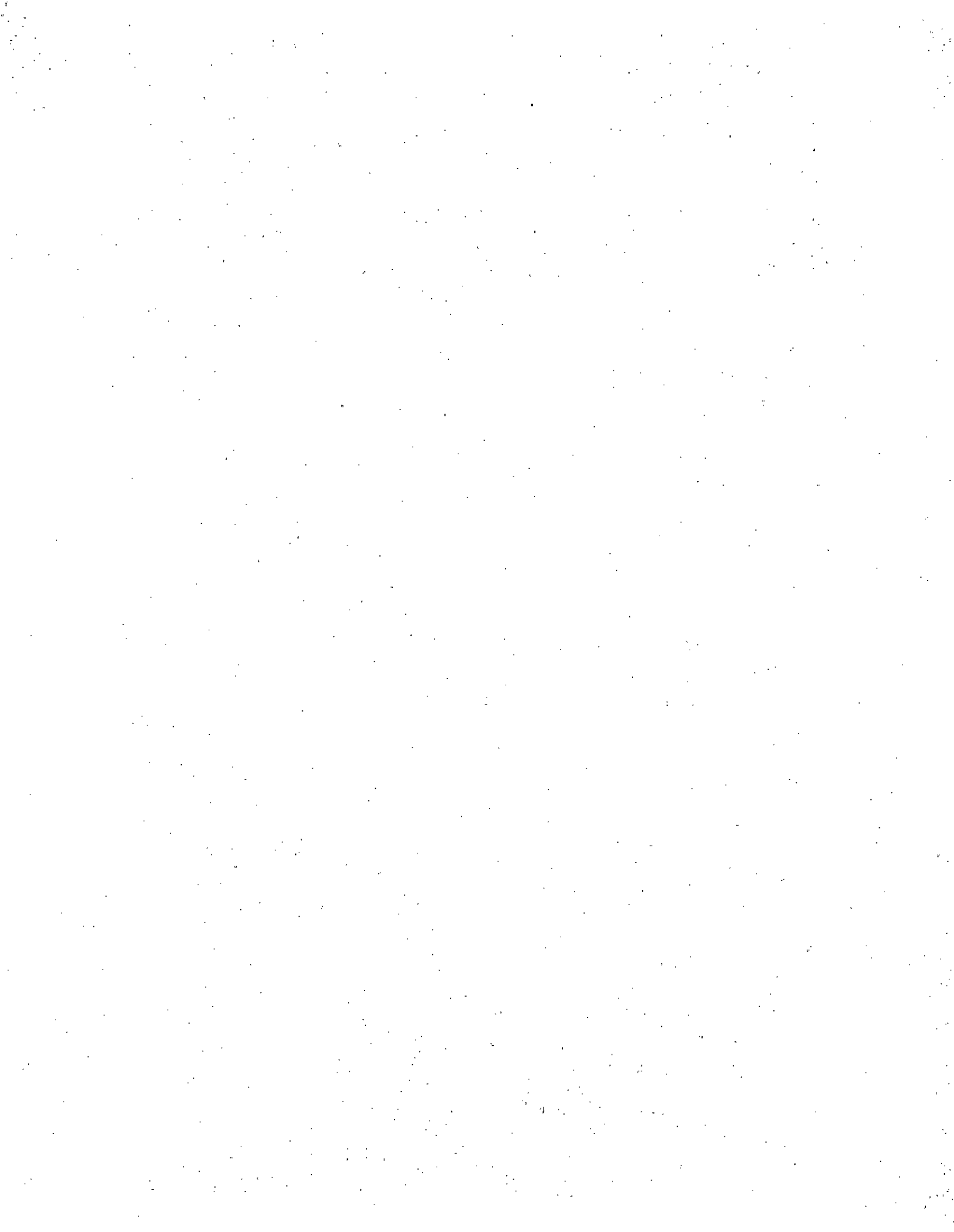
\* Watch gap control

\* Watch teammates - Don't try to do everyone else's job

\* Remember: a fast counter-attack is the most lethal offence!

\* Use your stick to block passing lanes

**A FRUSTRATED COACH: "Why do we always assume our players learned or remembered anything about defensive play from previous coaches?"**





**MOST EFFECTIVE AREA - Middle of defensive zone**

**LEAST EFFECTIVE AREA - Deep in offensive zone**

### **IMPLICATIONS**

- positions for offensive play and defensive play should be as close to each other as possible
- provide options for transition
- chart teams to determine patterns



## PROTECTING A LEAD/PLAY LATE IN A PERIOD

- \* Always 1 forward high in offensive zone
- \* 1st forechecker on puck fast
- \* No point to point passes in their zone
- \* Touch puck on delayed offside
- \* No drop passes
- \* Avoid using points
- \* Avoid pass to slot or in front of net
- \* Dump puck unless 3 on 2 or 2 on 1
- \* Quick line changes
- \* Don't go 1 on 1 to net - Go wide
- \* No low percentage shots
- \* Never carry back into our zone
- \* Keep puck in front of you over redline
- \* No head-on hits
- \* Use boards more

