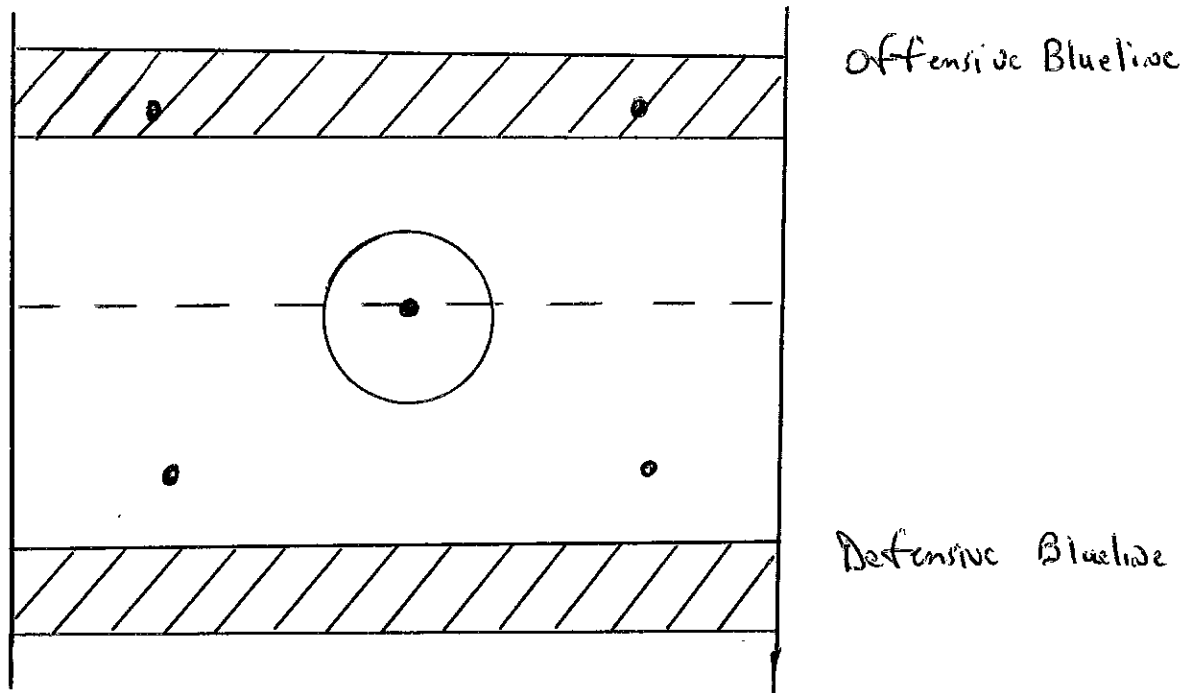


10 FOOT RULE

As we approach the offensive blueline we cannot lose the puck 10 feet before the blueline. If this may happen we should dump the puck to the corner and skate hard for it.

At our defensive blueline we must make sure the puck is cleared out of our zone either with a direct pass or use the boards within 10 feet of our blueline.



ATTACK TRIANGLES WITH 3RD MAN IN HIGH SLOT

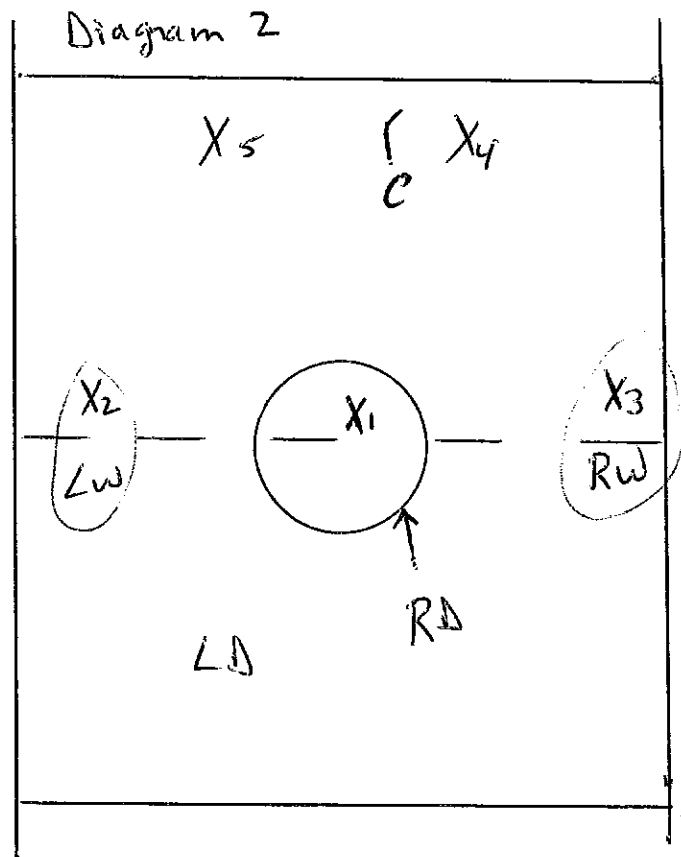
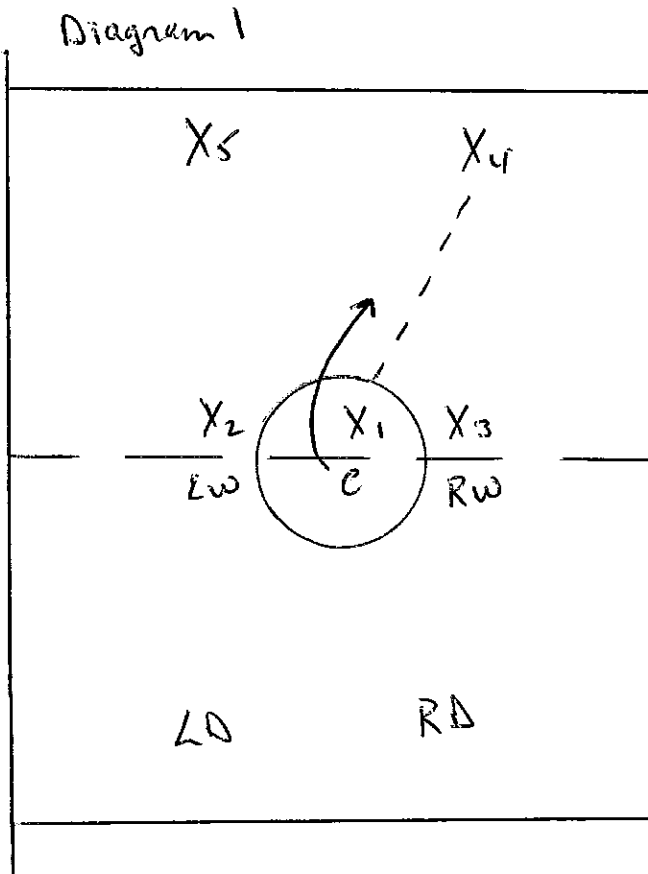
- Reasons
1. Offensive opportunities
 2. Cover for pinching defensemen
 3. Forward to help backcheck so we are never outnumbered 3 v 2.

NEUTRAL ZONE FORECHECK

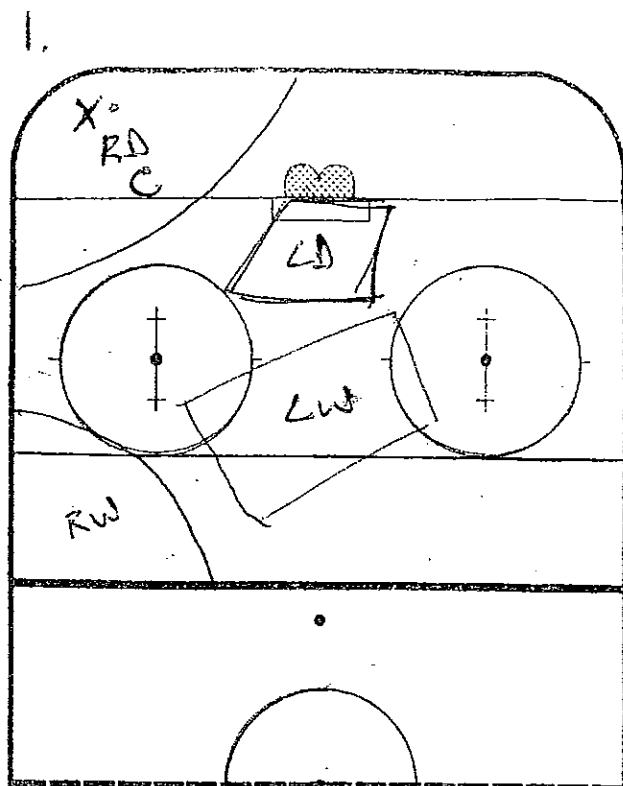
Diagram 1 X_1 has won the draw to X_4 (his defenceman). LW covers X_2 and RW covers X_3 .

Diagram 2 Our centre forechecks X_4 positioning his stick to take away pass to partner X_5 . This leaves limited options for X_4 — (1) chip puck towards his winger X_3 who is covered by our RW or (2) pass to his centre (X_1). Our defence (RD) can now read this play and react by intercepting the pass or check their centre creating a loose puck for our LD. We now have puck possession and can go on the attack.

X's - opposition LD RD LW RW C - Target team

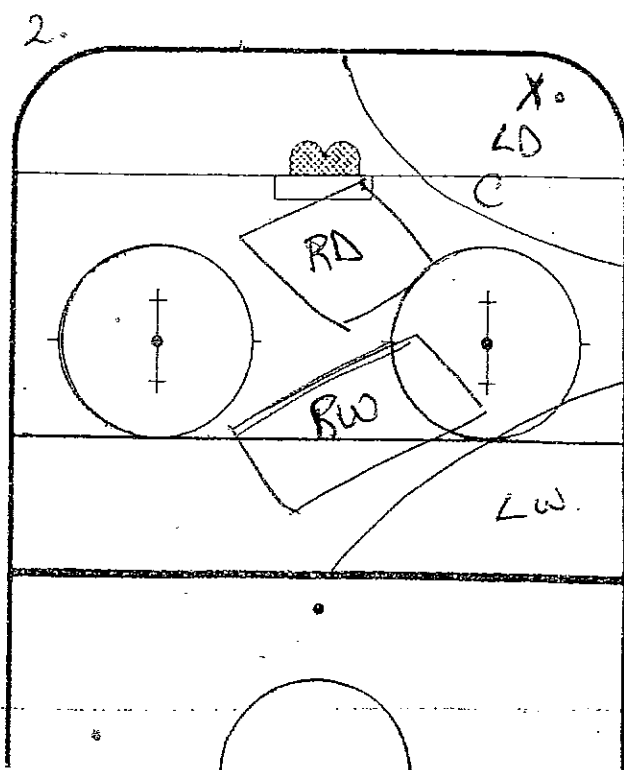


DEFENSIVE ZONE COVERAGE



The purpose of DEFENSIVE ZONE COVERAGE is to limit the scoring opportunities of the opposition. To do this effectively we cannot run around in our zone. We must do our job in our assigned areas.

See the 2 diagrams that show the areas of responsibility for the 5 players if the puck is in the corner to the right (Diagram 1) or left (Diagram 2) of the goaltender.



To be aware when our responsibility has changed we must communicate with each other and keep our head on a swivel.

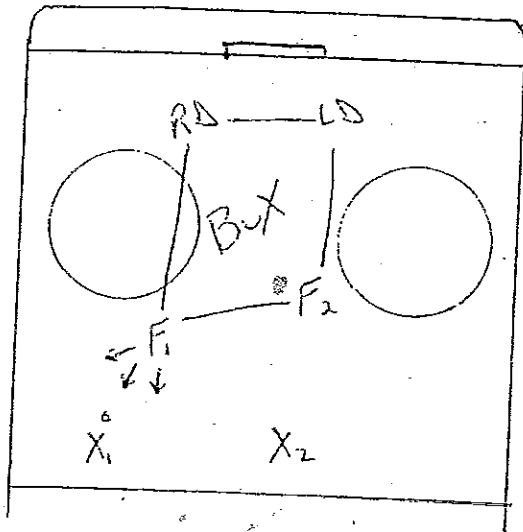
If we regain possession of the puck we have several options —

1. Dump the puck out of our zone (straight up ice or use the boards)
2. Freeze the puck on boards to create a faceoff so we regroup or change the line.
3. Carry the puck out and start an offensive attack
4. Pass the puck and go on offense.

PENALTY KILLING - ONE MAN SHORT

OBJECTIVE - is to keep the puck on the outside of our defensive box. This is the area where the opposition has the least opportunity to score.

" Puck at Point "

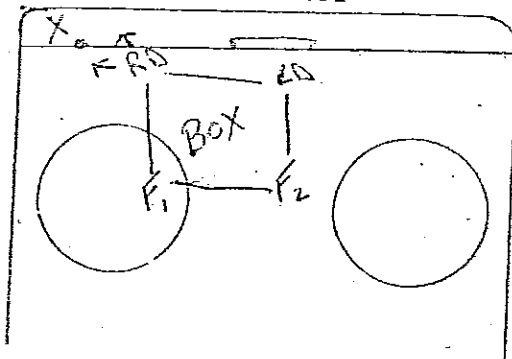


Right defence and left defence provide support in front of the net covering opposition players or clearing rebounds to corner. If you have time clear puck down the ice directly or off the boards. You must be careful not to shoot puck to opposition's defense at the point. The defense must also be careful not to screen your goaltender while covering the opposition's forwards. If puck is in corner you must be prepared to apply pressure on this man. (See diagram " Puck in Corner ").

- F₁ - strong side forward (side the puck is on)
 - he should put pressure on puck carrier but must be certain that opposition player does not walk around him. He should keep his stick in front of him hoping to deflect a pass or pokecheck puck off the opposition's stick.

- F₂ - weak side forward
 - he should play back slightly towards slot area especially if the opposition has a man there. He must be prepared to go to the other pointman if a pass is made X₁ to X₂. He then performs the duties as listed for F₁. F₁ then would drop back towards slot area as F₂ was doing.

" Puck in Corner "



RD tries to force the opposition player to make a pass. He must not let him walk around him for a shot on goal. LD has moved in front of the net around the top of the crease. F₁ is in position to prevent a pass through the slot. He is also prepared to go to their left point if pass is made there. F₂ is positioned in the high slot.

NOTE - penalty killers do not leave the box formation in the defensive zone unless sure that possession of the puck can be gained.

NOTE - When killing a penalty we need to have an active stick to cause some confusion for the opponents pass options.