



TEAM CANADA  
2004 Men's Under 18 Team



Gentlemen,

Congratulations on being selected to attend Canada's National Under 18 Summer Team Selection and Development Camp in Calgary, AB. It is truly a credit to your hockey development to be selected to attend this camp. I am really looking forward to meeting and working with all of you.

The selection part of the camp, July 31<sup>st</sup> through August 5<sup>th</sup> is a short, intense period of time for our staff to teach, evaluate and select our team. Due to time restraints there will be very limited time for you as a player to demonstrate your strengths. I suggest your arrive at camp in the best shape possible to maximize your talent and to let you enjoy the intense competition.

Our staff will be looking for the best players to demonstrate passion, competitiveness, and hockey "smarts". We feel that if you bring these qualities to the selection camp you will have a very worthwhile, positive experience and we will have a strong core to mold into a good team.

Sincerely,

Dave Cameron  
Head Coach, National Under 18 Team  
HOCKEY CANADA  
[dcameron@hockeycanada.ca](mailto:dcameron@hockeycanada.ca)





## "OUR CREED"

"Most teams have guys who want to win but aren't willing to do what it takes.

What it takes is to give yourself over to the team and play your part. That may not always make you happy, but you've got to do it, because when you do, that's when you win."

*Bill Cartwright*



## TEAM CANADA 2004 Men's Under 18 Team



### KEY TO SUCCESS: DEFENSIVELY

1. Protect the middle of the ice.
  - Ice surface is extended lengthwise (no center ice line) and width wise (15 feet wider)
  - Eliminate gaps in our forecheck and our backcheck in order to force the opposition to play to the outside.
2. Everything starts from the defensive zone.
  - Protect home base – good inside position by all 5 players.
  - Strong front of net coverage – Net front D and slot coverage F must have good positioning.
  - 1<sup>st</sup> D on puck must separate man from puck, create loose puck
  - Support F must have good position to support our 1<sup>st</sup> D by getting loose puck or neutralizing oppositions 2<sup>nd</sup> F on puck.
  - Good positioning by point coverage F's in order to neutralize opposition point play. (Head on swivel, inside out positioning)
  - Communicate responsibilities and switches because European teams pick and block.
3. Strong offensive and neutral zone forechecks.
  - Offensive forecheck -> create three-man race for the puck through neutral zone to tops of circles to be 1<sup>st</sup> forechecker.
  - F1 pressure to create hurried 1<sup>st</sup> pass; F2 and F3 pressure 1<sup>st</sup> pass
  - D must gap up to have good position – forecheck
  - Neutral zone forecheck ->F1 has to do work of 2 players, our F2 and F3 in good position to react to 1<sup>st</sup> pass.
  - Defense must gap up protecting the middle of the ice.
  - All 5 players above the puck, not just focusing on the puck but having awareness of positioning of offensive players.
4. Track-back hard and fast through middle.
  - Put backside pressure on their forwards by feeding them to our defense.
  - Outnumber the opposition at or before our defensive blue line.
5. Create turnovers – Get to loose pucks.
  - Defense leads to offense, create turnovers by playing good defense then have quick transition in order to create good scoring chances by catching opposition out of position.
  - Create loose pucks then win races and battles for possession of the puck.



## TEAM CANADA 2004 Men's Under 18 Team



### DEFENSEMEN

#### **In Opposition Zone:**

- Be ready to pinch only is forward in position to cover for you isn't prevented from getting out
- Opposite defense even with far goal post (puck in corner)
- Be alert for breaking forwards – can't gamble to knock down passes
- Shoot along the ice – be sure to miss first man
- Backhands into corner not to front of net
- Look for forwards uncovered off either post shooting
- No unsafe stick handling/no weaving
- No blind passes point to point
- Make play – don't stay
- If partner is pressured back out
- Pinch on pucks rimmed around wall
- Never pinch strong side, hold blue line

#### **Neutral Zone (Defensively)**

- Stay at blue line if wingers covered, early position/gap control
- Try to stay up on 3 on 3 and 2 on 2
- Try to read play as soon as possible
- Be aware of uncovered breaking winger
- Always look at and play the man
- Talk to wingers and defense partner all the time
- On 3 on 4's try to be in slightly tandem position
- Don't let men "hang up" behind you
- D farthest puck, guard against cross-ice pass
- Beware of passing lanes

#### **In Defensive Zone**

- Cover the front of the net – start with one man in front
- Be alert for opposition face-off plays
- Finish all checks in the corners
- On 3 on 3 and 3 on 4's – one man take the shooter
- Avoid backing in
- Puck on point – clear the front /stick control
- Breakouts – quickest/easiest play is generally the best play
- Always look for the quick breakout, skate hard back to every loose puck
- Checking over shoulder
- Stop and start, eliminate, communicate
- Never be outnumbered at the puck
- Use angles to place player where you want them
- Establish early position so you don't have to fight to get it back
- Use stick to block passing/shooting lanes
- Head on a swivel – don't lock into puck
- Never leave goal scoring area to race into non-goal scoring area unless %100 certain everyone is covered



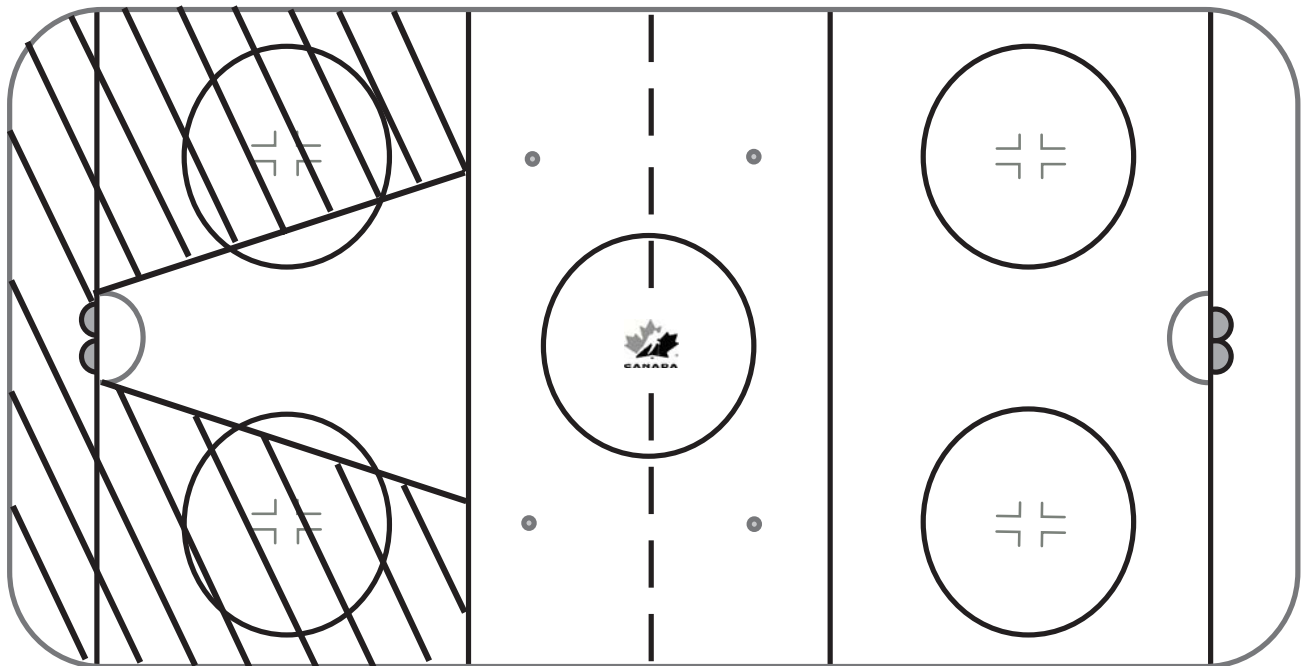
## TEAM CANADA 2004 Men's Under 18 Team



### PROTECTING GOAL – SCORING AREA

#### Forward and Defense always have to be aware of goal scoring area

- 1) Never leave goal scoring area to chase into non-goal scoring area unless everyone is covered
- 2) Don't allow momentum to carry you out of this area (start and stop)
- 3) Don't "lock" into puck and allow opposition to sneak into goal scoring area undetected
- 4) Stick control very important in this area
- 5) If out sized take passing lane away (get in front of player)
- 6) Odd man rushes, protect this area to buy back checkers t
- 7) Be aware of passing lanes when defending this area against odd man rushes. Be active with stick





## TEAM CANADA 2004 Men's Under 18 Team



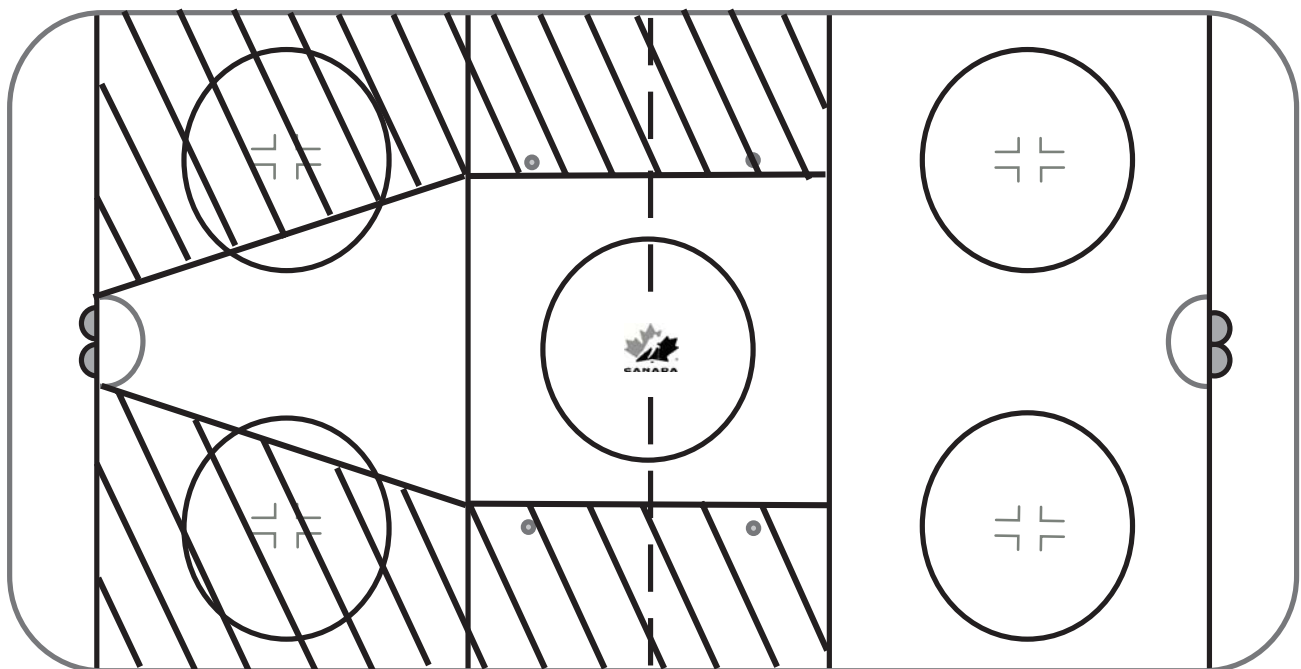
### ODD MAN SITUATIONS

D-in all “odd” man rushes, protect middle of ice, establish gap control

Don't Leave middle of ice on odd man rushes unless 100% sure of getting puck

As attacking forwards take puck wide to net, below top of circles, their shooting angle deteriorates, so:

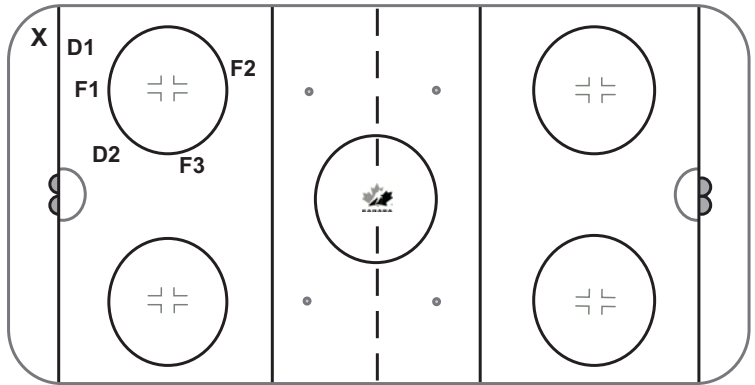
- 1) Let goalie take shooter
- 2) Guard against back door pass  
-be active with stick
- 3) Hook hands if possible
- 4) Position yourself so forwards can't cut into slot, don't cheat to other forwards and open up goal scoring lane
- 5) On 3 on 2's, D must staffer, hold middle of ice. D farthest from puck can't let forward driving net to push him into goalie. Must not get tied up so he can force high forward if puck is dropped to him



**DEFENSIVE ZONE COVERAGE**

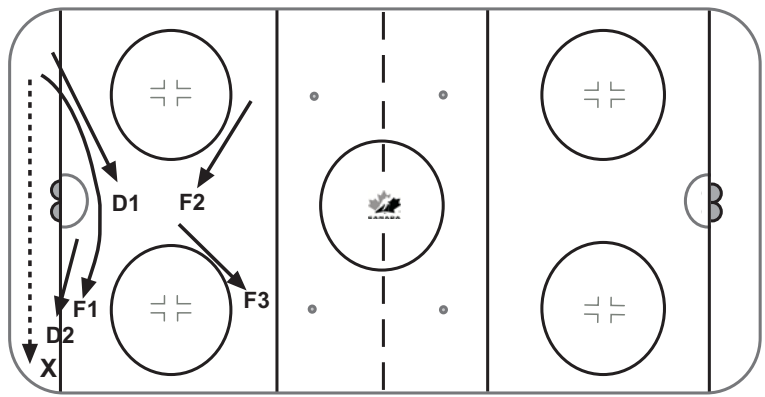
**Introduction**

- D1 plays X, hit or contain depending on gap.
- F1 plays support for D1.
- F2 plays inside out and up on strong side D.
- F3 helps D2 and plays outside on opposing week side D.
- D2 takes front of the net.



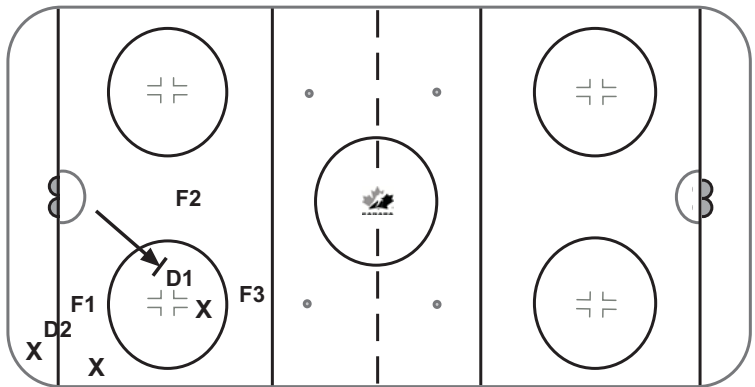
**Rotation**

- D1 comes back to net.
- D2 checks off for D1. Unless 100% sure he can get the puck, he must stay until D1 reaches net.
- F2 to high slot.
- F3 to strong side point, inside out.
- F1 support other corner from front of the net.



**Shade vs overload**

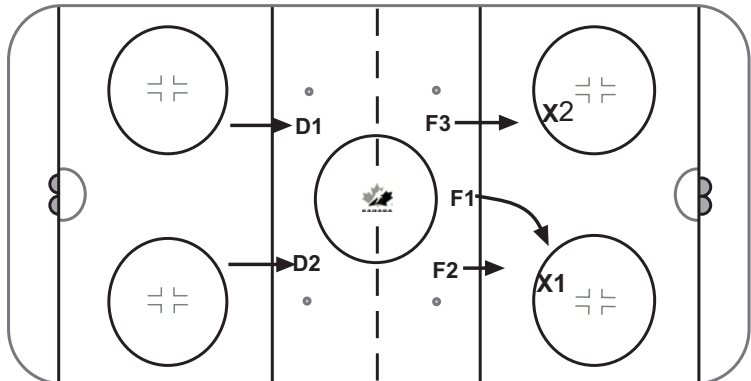
- Net front D shades toward opposing 3<sup>rd</sup> forward taking away his space. He is still able to provide help for D2 or F1 if they get in trouble.
- F2 drops down to protect deeper into slot.



**NEUTRAL ZONE FORECHECK – 1-2-2 PRESS**

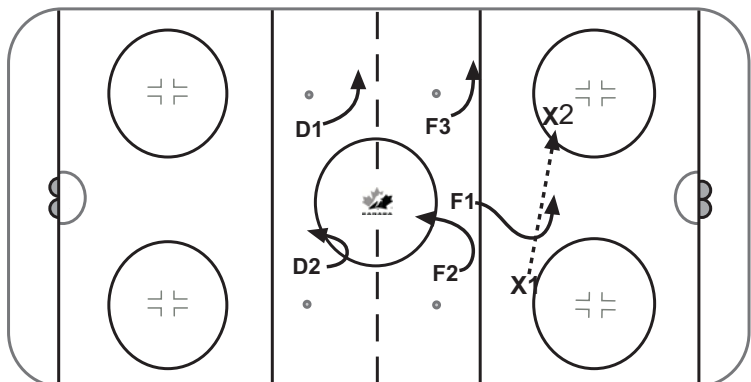
**Introduction**

- F1 pressures hard up ice inside out and forces pass.
- F2 and F3 come up ice between dots and adjust according to situation. They stay above opposing wingers.
- D1 and D2 close gap but respect the stretch.



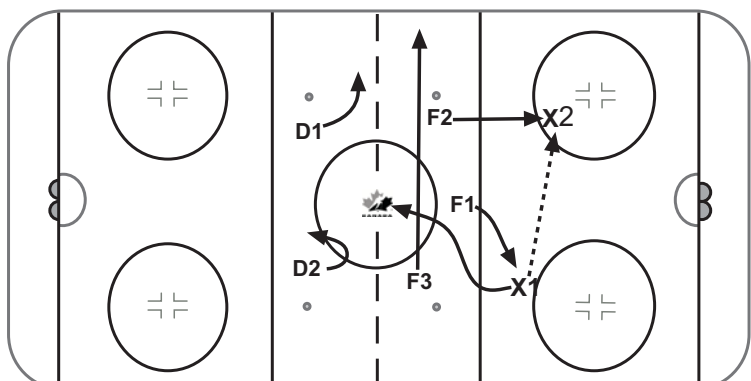
**Early Pass**

- F1 plays inside out and forces X1 on early pass and takes D to D away.
- F2 & F3 slide with puck movement and take away boards and middle.
- D1 takes away strong side.
- D2 takes away middle and far side.



**Late pass**

- F1 forces and comes back hard thru middle.
- F2 reads late pass and jumps.
- F3 goes to boards to pinch or cover for the D.
- D1 can pinch.
- D2 takes away middle and far side.



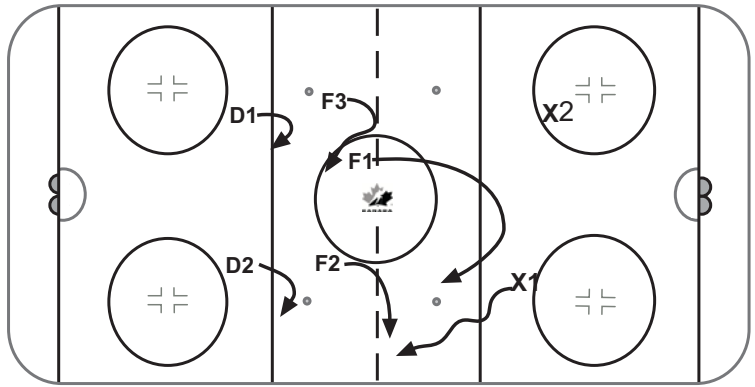


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## NEUTRAL ZONE FORECHECK – 1-2-2 PRESS – con't

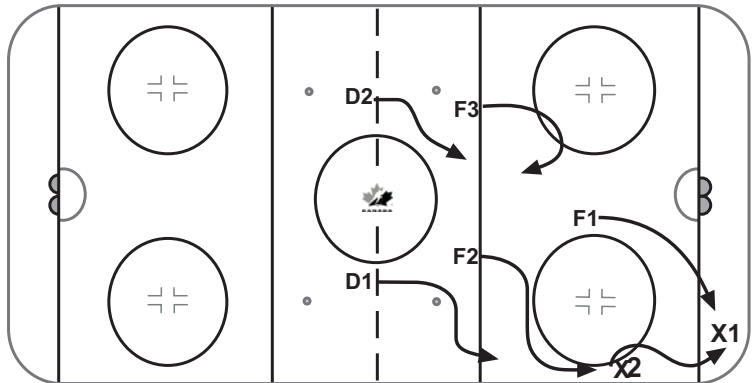
- D carries**
- F1 pushes puck up the boards.
  - F2 takes the boards and plays zone.
  - F3 takes middle and plays zone.
  - D2 takes boards and keeps people in front of him.
  - D1 takes the middle and far side.
  - F2 pinches off X1 and F1 supports.



**OFFENSIVE ZONE FORECHECK - 1-2-2 PRESS**

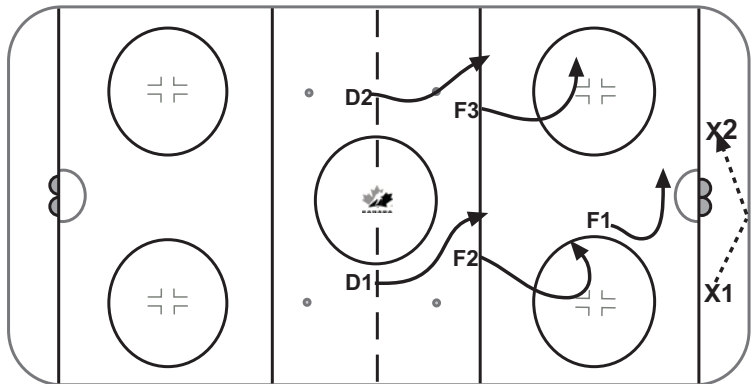
**Contact**

- F1 pressures hard and tries to make contact coming inside out on X1.
- F2 stays above X2 and is ready to jump to corner to help on a turnover.
- F3 stays high and in the middle.
- D1 and D2 get up on the blue line.



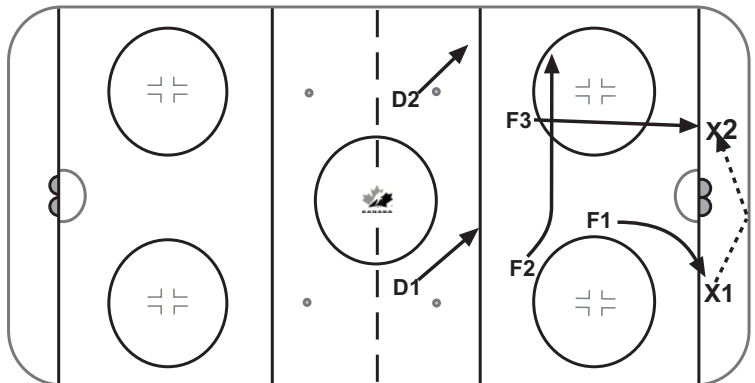
**Early Pass**

- F1 reads and adjusts his skating pattern and remains the first fore checker.
- F2 takes away the middle.
- F3 adjusts and takes away the boards, staying above the puck.
- D1 adjusts to strong side boards.
- D2 adjusts to take away middle and wide lane.



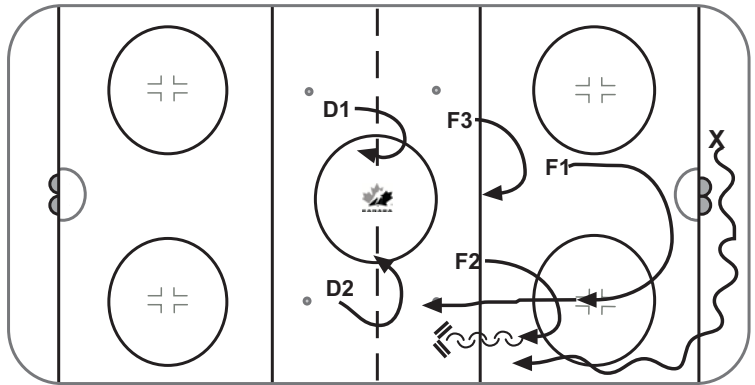
**Late Pass**

- F1 comes back hard through the middle.
- F3 sees pass and jumps aggressively to X2, looking to finish his check.
- F2 comes across to take away the board side wing.
- D1 and D2 get up on the blue line and slide to adjust to the pass.

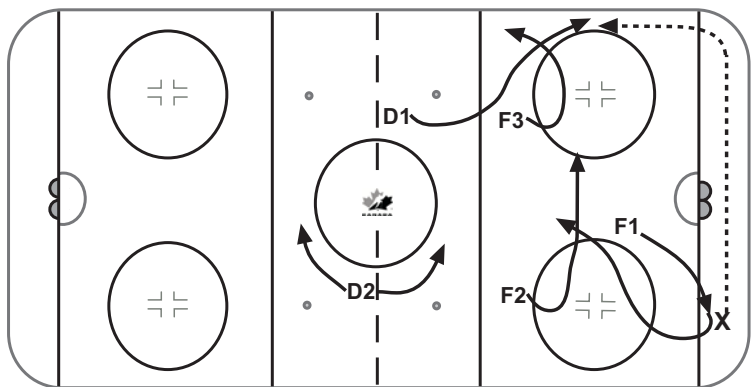


**OFFENSIVE ZONE FORECHECK - 1-2-2 PRESS - Con't**

- D Carries**
- F1 pursues X and angles him up the boards.
  - F2 goes down and gets his gap on X, and gets ready to engage him at or before the blue line, while F1 prevents the inside move and pass to middle.
  - F3 fills middle.
  - D2 has his gap on the strong side.
  - D1 has middle and cross ice pass.



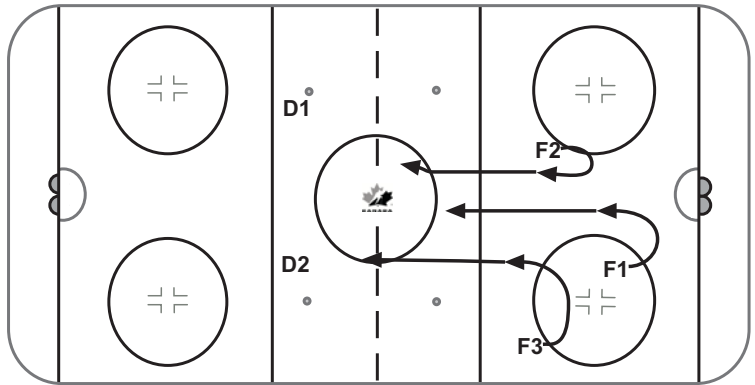
- Rim**
- F1 forces hard and comes back through the middle after the rim is made.
  - D1 can pinch.
  - F3 covers for D1.
  - F2 comes hard across above the puck.
  - D2 supports and protects middle and wide lane.



**TRACKING**

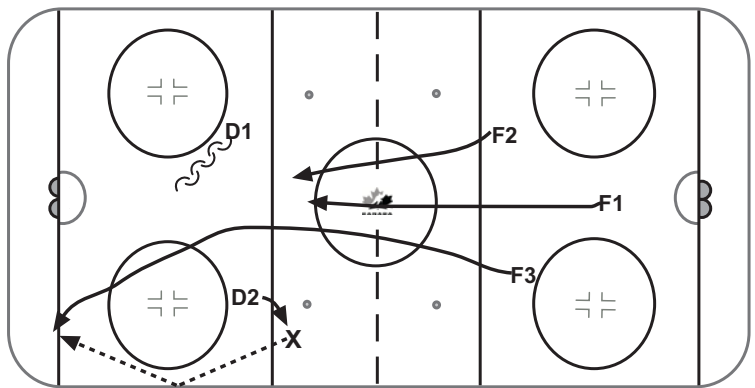
**Introduction**

- When Frwds are on the offensive side of the puck, they track puck carrier from the back side.
- They will stay inside the dots when coming back to help take away middle.
- They pressure through until the red line when they communicate responsibilities. Back side awareness is critical



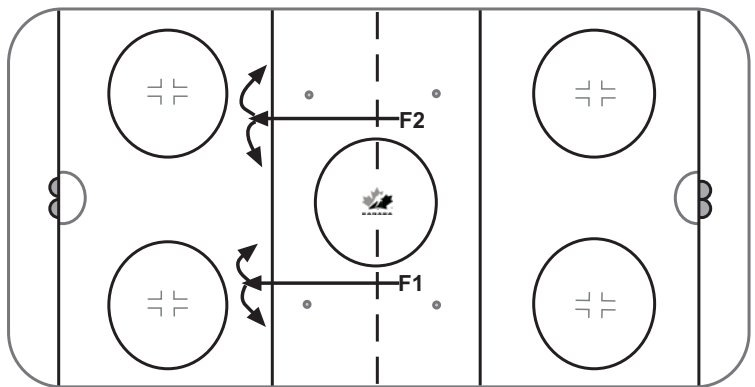
**D Stands Up**

- F3 tracks puck carrier hard and takes the inside move away from him and feeding him into D2.
- If puck is chipped in, F3 is available to go deep and retrieve it.
- D1 holds and protects net front, and communicates outlet.
- F2 and F1 come back hard to provide outlet options.



**Back Side Awareness**

- F1 and F2 track back hard staying between the dots.
- As the pass centre ice they need to be aware of the rush and where the 4<sup>th</sup> and 5<sup>th</sup> offensive players may be in relation to the attack.
- By the time F1 and F2 reach their own blue line, they should be able to pick up any late men on the attack. If not they should drop to top of circles on their respective sides to re-establish their defensive position.





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### KEYS TO SUCCESS: OFFENSIVELY

1. Quick puck movement
  - D back to retrieve puck quickly, read pressure, move puck quickly away from pressure, D partner communicate and be in position to screen or support offensively.
  - Forwards by tracking back hard will make themselves available as a good option quickly.
  - Ideally a penetrating pass – gets us going up ice quickly allowing us to use our speed.
2. Think attack Canadian style.
  - Quick transition from defense to offense, attack offensive blue line using the ice opposition gives us (high ice or deep ice). This will determine our options off the rush.
  - Use the width of the ice – drive puck wide and then have middle support. If not contested can drive puck to net or drive wide and shoot or drive and delay. If contested we can chip with middle support allowing us to keep possession of the puck.
3. Shot mentality – Crash the net.
  - Focus on the net – getting pucks to the net, getting players to the net, take the puck to the net, get a second opportunity whenever we can, crash the net, and win the battles at the net.
4. Play a puck control game.
  - Manage the puck – no play, protect the puck, put the puck in an area where we can get it back (chip or rim on attack). Or put the puck in an area that we can make it tough for the opposition to transition or make a strong offensive play.
  - If no penetrating pass go into control breakout also or regroup, may have to use tap back to buy us time.
  - Cycle the puck – strong on puck in offensive zone so we can keep possession until we can move or take puck to scoring area.
5. Defense can be active offensively.
  - Be 4<sup>th</sup> man on the attack, and sometimes 3<sup>rd</sup> man with forward covering. Press the play. Help create outmanned situations.
  - Active points on offensive cycle. Get open for shots, jump into open ice.



## TEAM CANADA 2004 Men's Under 18 Team



### BREAKOUTS

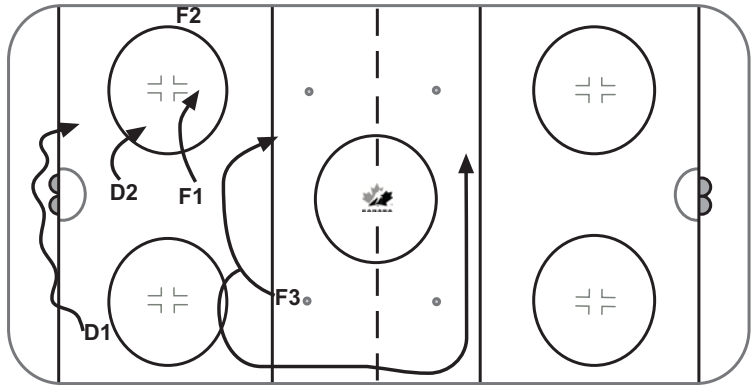
**If at all possible, we should never stop behind the net to allow forecheckers time to set up.**

- 1) Read play – anticipate dump or shoot in
- 2) “Quick Feet” by D to get puck
- 3) Look while going back for puck to see what is open
- 4) See opponent's forecheckers
- 5) Forwards must get available, well positioned to take pass, stick on ice
- 6) Tape to tape, no soft passes
- 7) Forwards and Defense partners should block or impede opponents forecheckers
- 8) Goalie and Defense must communicate
- 9) Quickest play is usually best play
- 10) Pucks taken by forwards on the boards must be
  - i. controlled
  - ii. cleared
- 11) Forwards should work to get forward motion, don't be standing still
- 12) Talk between teammates is necessary
- 13) Use the net to screen off forecheckers

**BREAKOUTS**

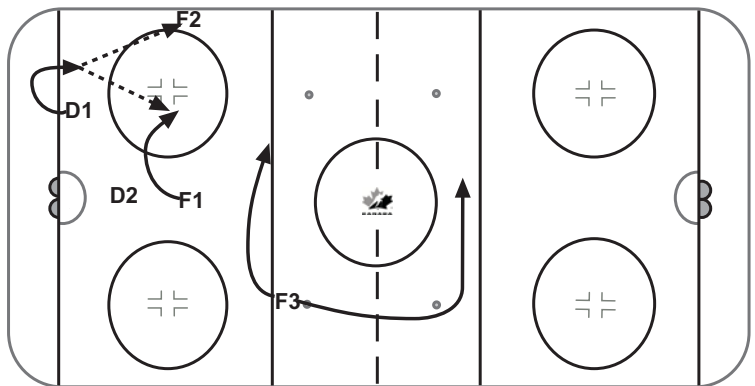
**Wheel**

- D1 retrieves puck and wheels the net.
- D2 screens and holds the net.
- F2 anchors on the wall.
- F1 supports through middle and is an option.
- F3 is an option to support or to stretch.



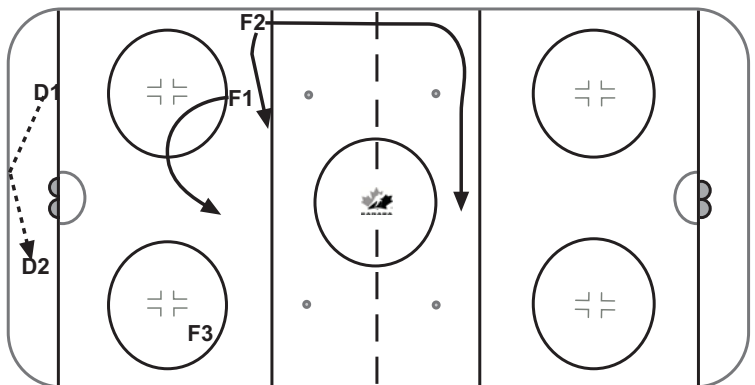
**Up**

- D1 retrieves puck and turns it up near side.
- D2 screens and protects net front.
- F1 supports low and is an option.
- F2 opens up and is an option on the wall.
- F3 supports coming across or by stretching.



**Over**

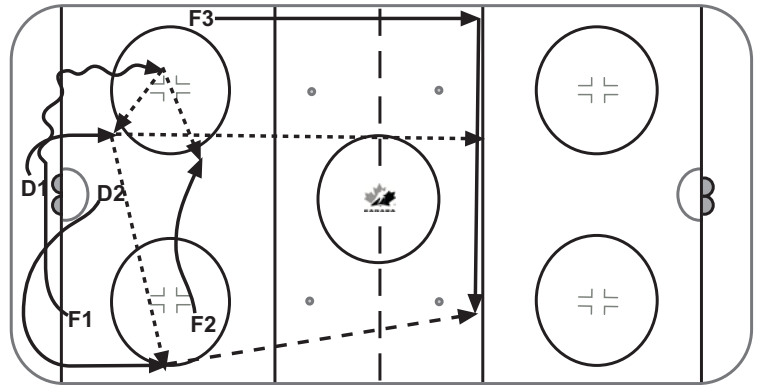
- D1 retrieves puck and passes to D2.
- D2 releases from net front and is an option for D1.
- F3 opens up and anchors on wall.
- F1 supports D and is an option in the middle.
- F2 is an option to support across or stretch.



**BREAKOUTS – con't**

**Controlled**

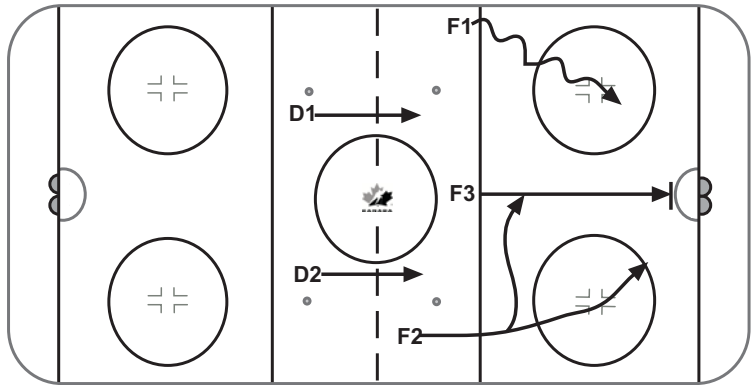
- D1 holds puck behind the net
- F1 goes behind and has the option to take or leave the puck
- F1 can take his options or bumps puck to D1 who has followed up
- D2 holds net then swings to open side
- F3 stretches
- F2 comes across for middle support



**ENTRIES**

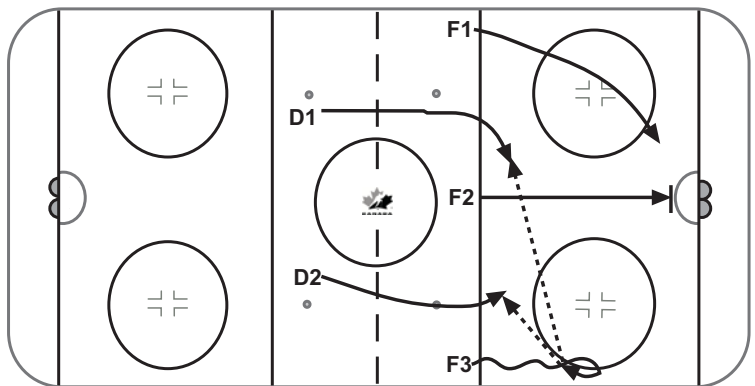
**Mid Lane Drive**

- F1 attacks the offensive blue line and takes puck to the net.
- F3 drives the mid lane aggressively.
- F2 reads play and can drive the net or go to slot for high pass.
- D1 and D2 move up on the play and are available to fill in the high slot if open.
- Fill the open ice.



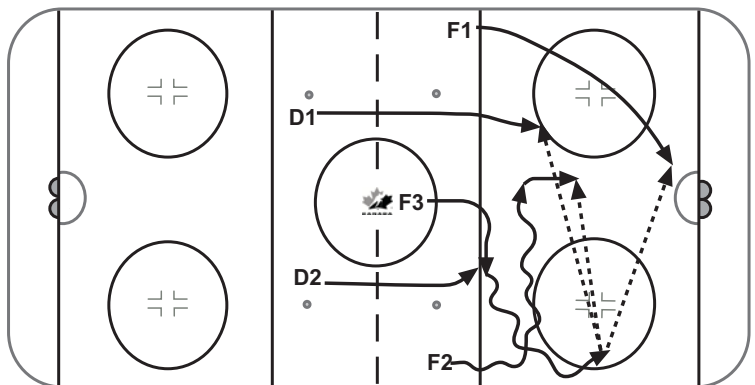
**Wide Delay**

- F3 drives wide with puck and reads he is not able to get to the net. He cuts back and protects puck making all options available.
- F2 drives net through the mid lane aggressively.
- F1 drives net drawing defenders deep.
- D1 and D2 activate and are available as high options.
- F3 becomes the high man after the pass.



**Cross**

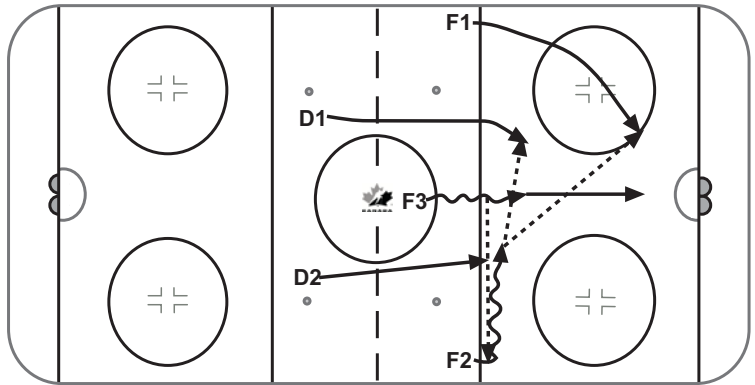
- F2 looks for the open ice – either in front (soft gap) of or behind the opposing D.
- F3 reads soft gap and crosses behind F2.
- F2 either gives puck to F3 or keeps it. Both players continue to attack net.
- F1 drives the net hard drawing defenders deep.
- D1 and D2 activate and are available in high slot.



**ENTRIES – con't**

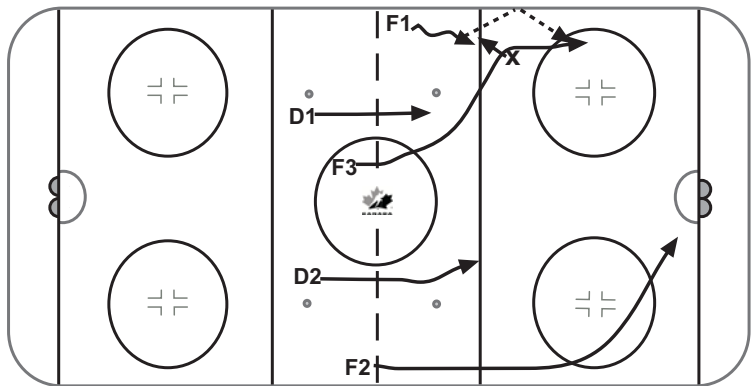
**Ladder**

- F3 attacks the mid lane with speed, driving the opposition D off the blue line
- F2 stops just inside the blue line and receives a lateral pass from F3
- F1 and F3 drive the net taking the defenders deep
- D activate and fill the open ice
- Options open up if players without the puck attack the zone hard



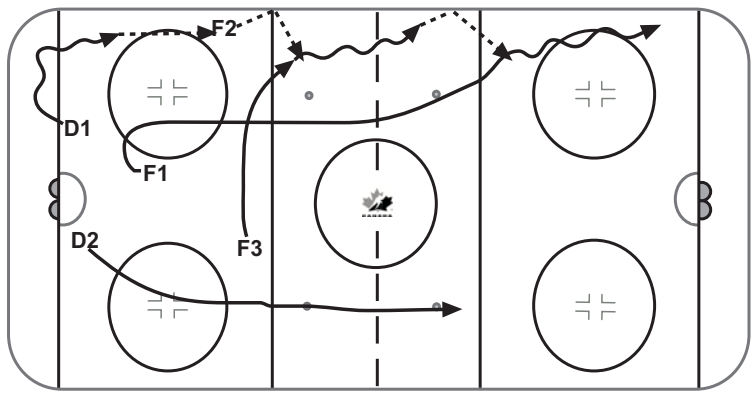
**Chips**

- F1 has the puck and is challenged by opposing D.
- F3 reads and provides close support to pick up chip (F3's speed should not be sacrificed).
- F2 drives the net trying to get inside position.
- D activate and are available to find open ice.



**Chips Behind Pressure**

- D1 quick up to F2
- F2 reads pressure chips to F3
- F3 comes across to support, receives chip from F2
- F1 supports F3 for chip
- D2 jumps in open backside ice

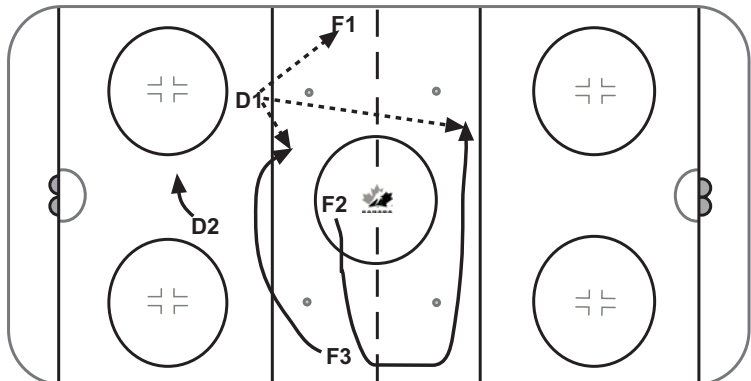


**“Coming together is a beginning,  
Keeping together is a progress,  
Working together is success.”**

**NEUTRAL ZONE TRANSITION**

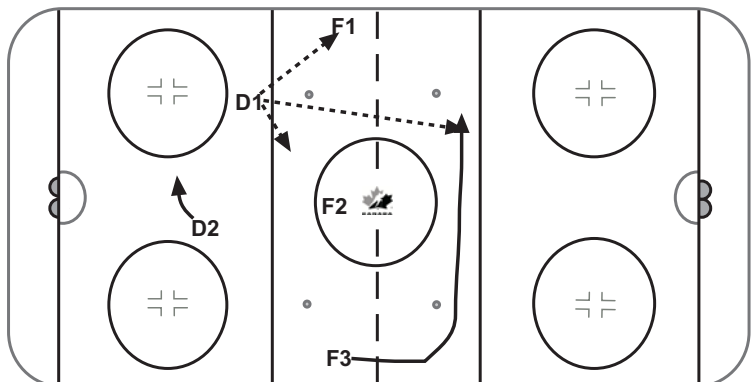
**D Has Time Option**

- D1 uses the time to find first option (penetrating pass)
- D2 shifts below his partner for outlet
- F1 opens up and anchors on the wall
- F2 and F3 exchange lanes. F3 swings low through middle and F2 swings high for stretch



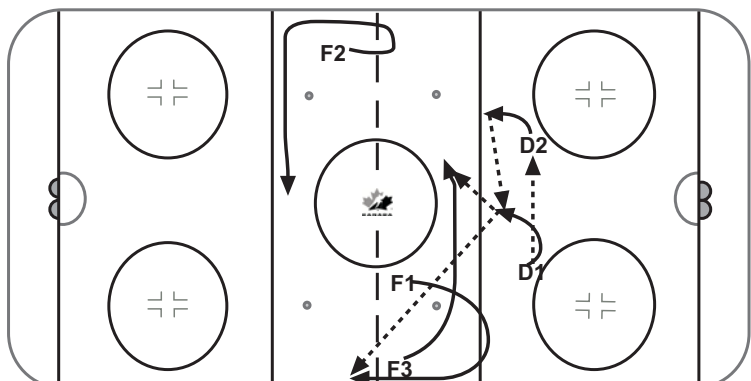
**D Has Time Option B**

- D1 uses his time to find first option (penetrating pass)
- D2 shifts below his partner for outlet
- F1 opens up and anchors on the wall
- F2 provides middle support
- F3 stretches up wall and looks for a penetrating pass



**Tap Back**

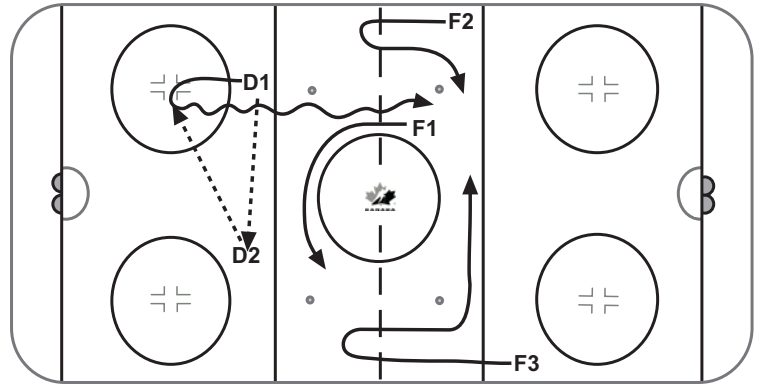
- D1 to D2 back to D1
- F1 exchanges with F3
- F3 lends support in middle
- F2 posts and moves up ice as D2 starts skating and becomes a stretch man.



NEUTRAL ZONE TRANSITION – con't

**D to D back to D**

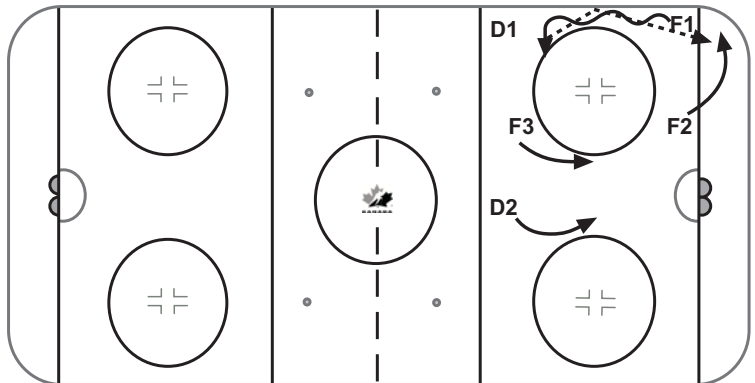
- D1 to D2 who has good hinge
- D1 then hinges for D2 and brings puck up ice
- F1 middle support and first D to D then fills far lane
- F2 anchors then stretches up wall
- F3 anchors then stretches up wall, jumps in middle of ice looking for penetrating stretch pass



**OFFENSIVE ZONE PLAY**

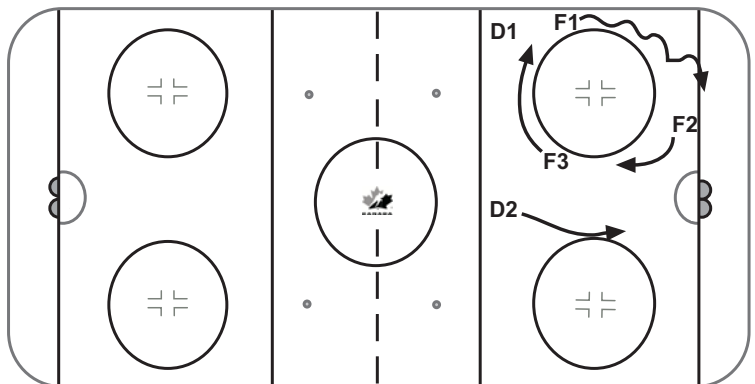
**High Cycle**

- F1 cycles up and looks to drive high seam to the net. If not, all players available for pass.
- F2 fills in the open ice low and is available if F1 has no direct pass option.
- F3 goes to the net.
- D1 is a safety.
- D2 can activate down back side.



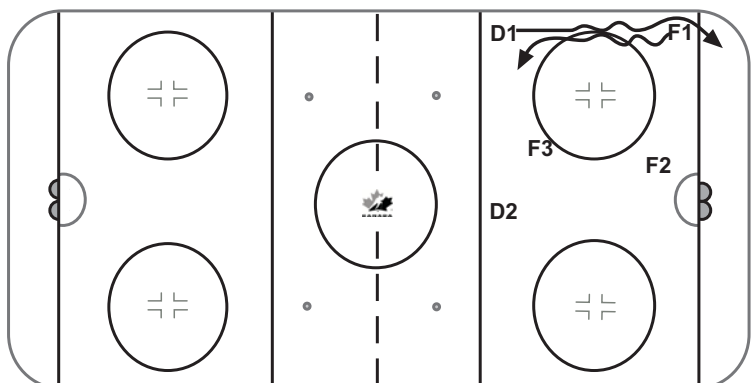
**Low Cycle**

- F1 drives low and looks to go to the net. If there is no drive lane, the cycle begins.
- F2 holds net front, but slides up between hash marks.
- F3 slides to the wall to fill in the open ice left by F1.
- D1 is the safety.
- D2 can activate and read open space.



**D Cycle**

- This comes from the same formation as the high cycle.
- F1 comes up the wall to the blue line.
- D1 slides down the wall on the board side.
- There is a puck exchange between F1 and D1.
- D1 looks to go to net, or take the option to pass to F2 or F3.





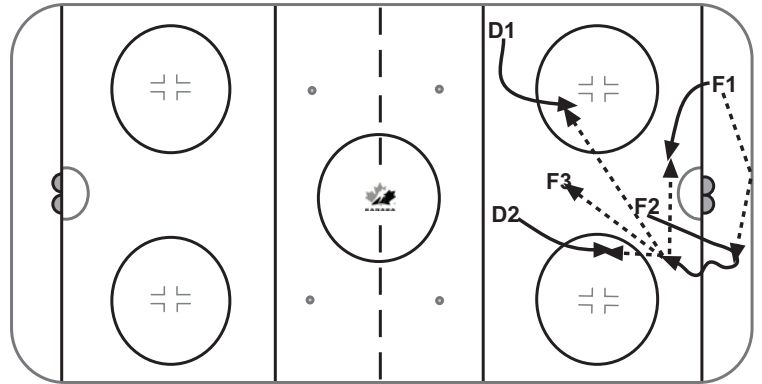
## TEAM CANADA 2004 Men's Under 18 Team



### OFFENSIVE ZONE PLAY – con't

#### Change Point of Attack

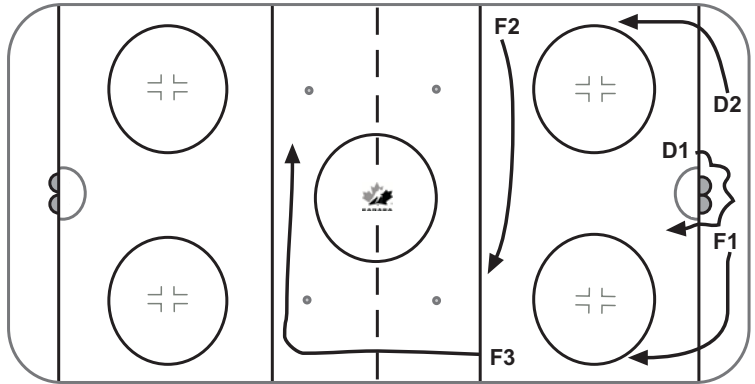
- F1 chips puck to far side
- F2 goes to far post to retrieve puck. His options are as follows.
- F2 walks out with puck for jam.
- F2 passes to F1 across crease
- F2 passes to F3 in slot
- F2 passes to D2 who activates
- F2 passes to D1 who activates on back side



**POWER PLAY**

**Stretch Break Out**

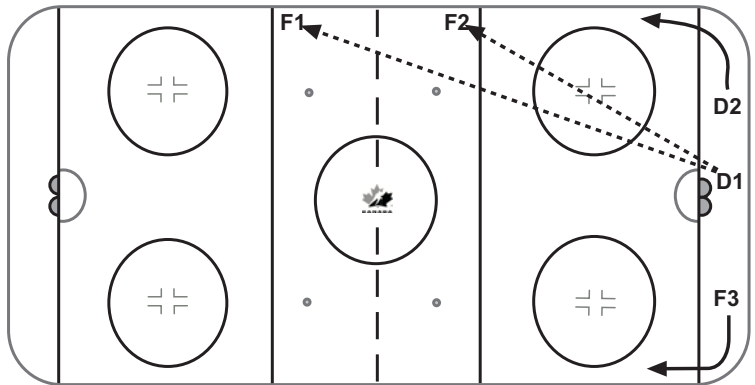
- D1 goes back for puck
- F1 swings into one corner and D2 swings into the other corner.
- F2 and F3 set up at the near blue line on opposite sides
- Bench side forward (F3) stretches to far blue
- F2 comes across near blue
- F2 and F3 begin to skate their patterns as D1 skates out in front of his net



**Half Box Quick Up Break Out**

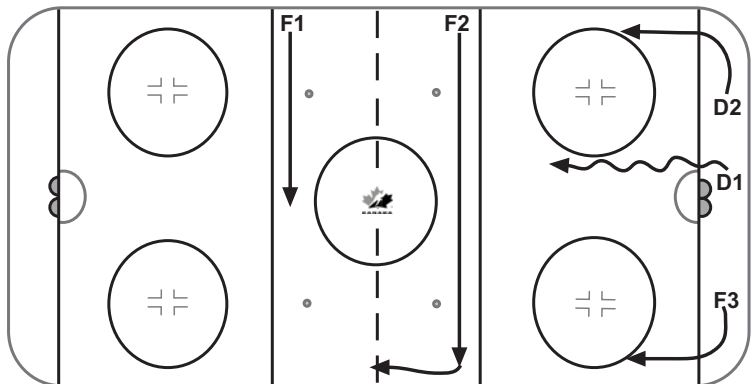
- D1 can use quick ups to F1 or F2 who are on the non bench side of the ice

Very effective option when the opposition is changing on the fly



**Half Box Carry Breakout**

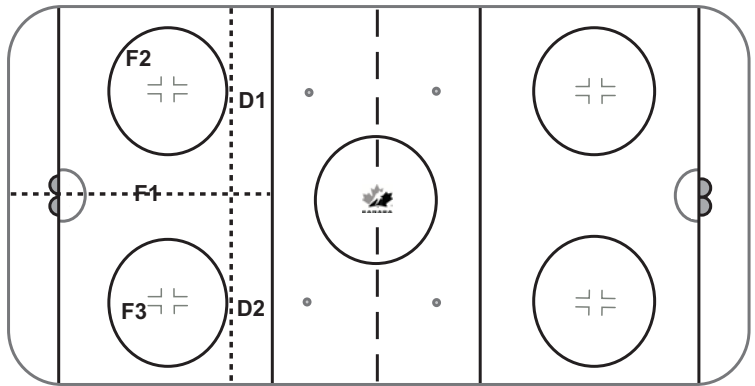
- If quick up option is not available, D1 simply carries the puck
- F2 comes across when D1 carries the puck in front of the net
- F1 comes across when D1 is in the high slot



**POWER PLAY OFFENSIVE ZONE**

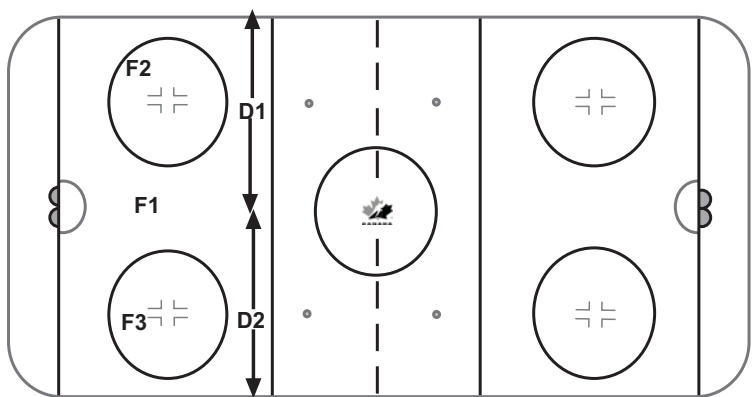
**Zones For Spread Power Play**

- The ice is basically split in half for F2 and F3. They are to stay on their own side of the ice and move up and down to find seams. They are always looking to be an option away from the puck on the back side.
- F2 and F3 do very little skating with the puck



**Defenseman Zones on the Power Play**

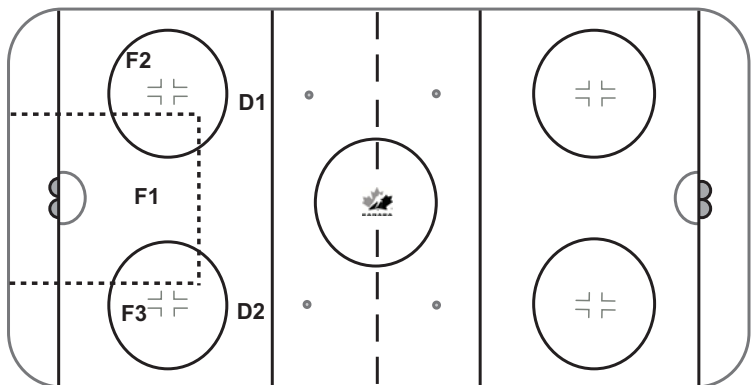
- The D are on their forehands and can slide along the blue line
- D1 and D2 cannot rotate down into the zone



**Net Zone on the Power Play**

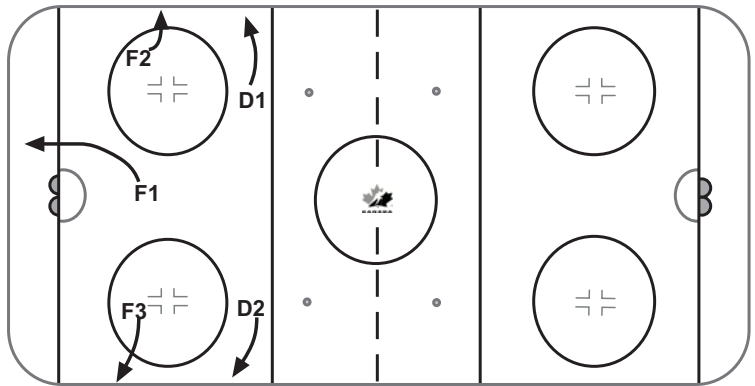
- F1 stays in his own zone
- He will usually slide into the slot when F2 or F3 have the puck and he is in a one time position.
- He will usually go to baseline when he is not in a one time position with F2 or F3
- He always goes low to screen when D have the puck

This player needs to establish his position within this zone.

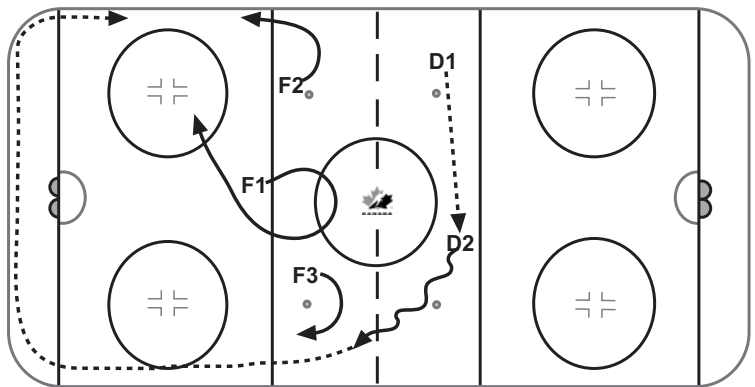


**POWER PLAY OFFENSIVE ZONE – con't**

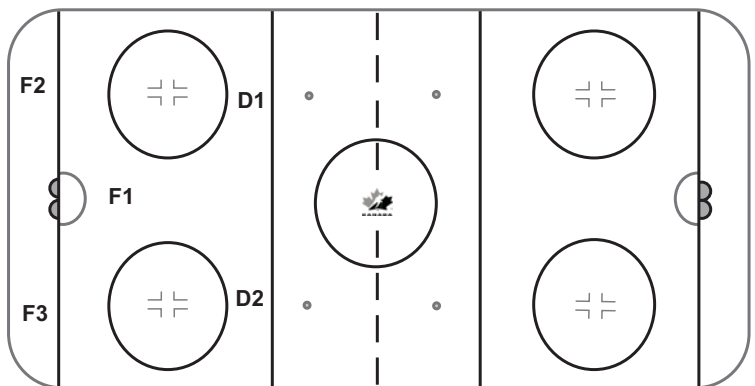
- Puck Retrieval in Zone**
- Always support puck on both sides
  - Always tap puck with the flow
  - Release to the boards
  - F2 and F3 do not go to far side
  - F1 may help on both sides



- Neutral Zone Regroup**
- Once puck clears the zone it goes D to D and is wrapped
  - F2 and F3 go inside out on the walls
  - F1 mirrors the puck and supports the wrap
  - If possible, puck is shot to the other side of ice behind the net
  - F3 stays on his side of net
  - We should obtain possession



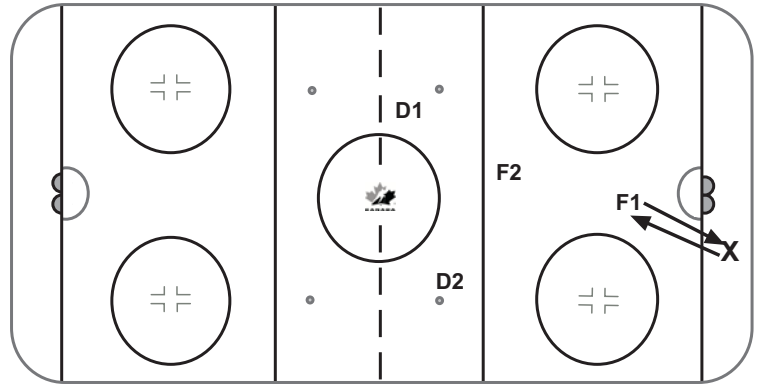
- Cycle Power Play**
- This power play calls for a lot of movement
  - The only constant is F1 in front
  - The opposite of the spread since it calls for a lot of body movement
  - Use the cycle paths and picks all over the ice



**PENALTY KILL FORECHECK**

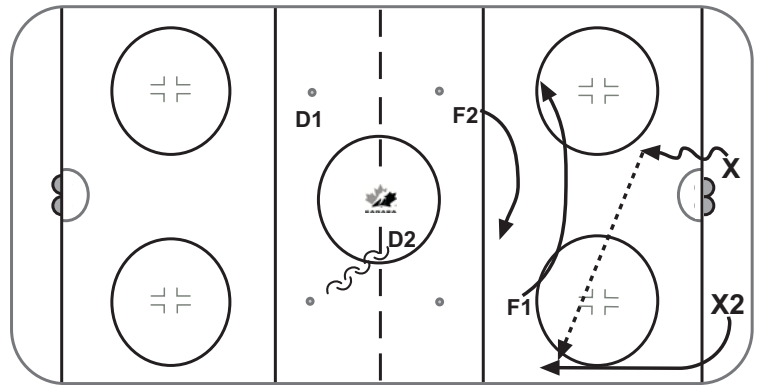
**Aggressive Forecheck**

- F1 identifies he can get good pressure on the puck and attacks down ice
- F2 holds the middle and reads play
- D1 and D2 keep everyone in front of them with a tight gap
- If F1 loses pressure, he comes back hard through the middle (possibly on a long change)
- F2 fills a wide lane
- D1 and D2 fill middle and strong side



**Penalty Kill Double Swing Forecheck**

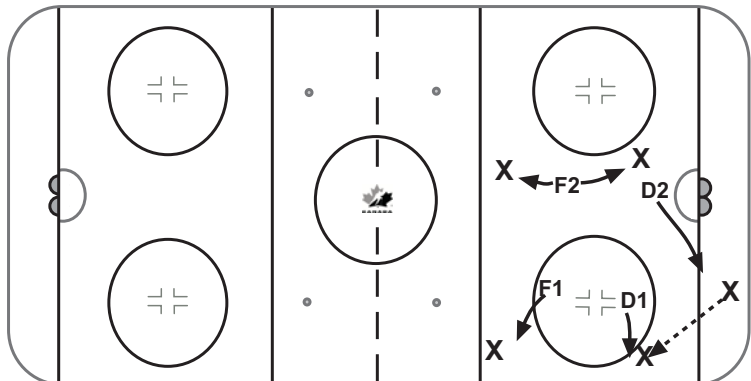
- F1 takes a wide angle and swings in an attempt to force X1 to move the puck into F2's lane. He does not sacrifice speed or position to do this
- If F1 is beaten with a pass or move, F2 takes a wide angle to push the puck to the wall, he can take a deeper angle
- F1 fills lane vacated by F2
- F1 and F2 need good angles and active sticks



**PENALTY KILL DEFENSIVE ZONE**

**4 vs 5 Aggressive Box**

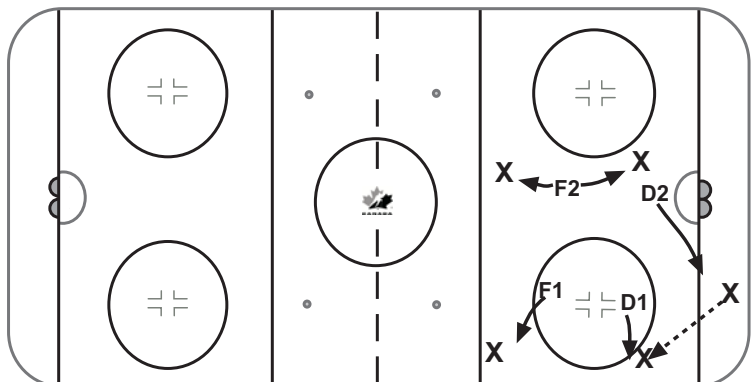
- D1 anticipates the play to the hash marks and attacks on the pass with his stick on the ice pushing the play up
- D2 shades to the near post anticipating the low pass
- F1 attacks the strong side X at the blue inside out
- F2 reads play and is available to cover net front when D2 goes



**2 vs 5 Aggressive Box con't**

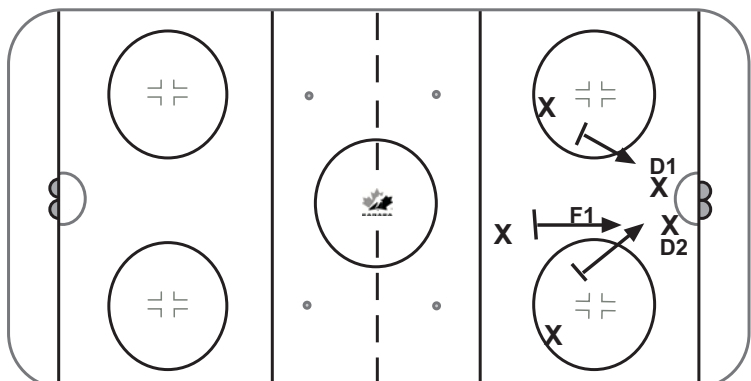
- Everything is off D1
- All four players have to be committed to a **one goes we all go mentality**
- Control net front and take away 2<sup>nd</sup> shots
- Change 2 or 3 on the way down and 1 on the way back. Short shifts...share the load

We need 1. Active sticks. 2. Stop and go skating.  
3. Stay in shooting lanes. 4. Head on a swivel  
5. Communication. 6. One touch clearing



**3 Man Kill vs High Umbrella**

- F1, D1 and D2 read a high umbrella set up and go into a three man triangle
- The player that is in the shooting lane will provide a token challenge
- Other two player collapse to take away 2<sup>nd</sup> shot
- Triangle is kept tight to prevent passes through middle
- No net front battle before the shot...protect ice.







TEAM CANADA  
2004 Men's Under 18 Team



# WHERE DO YOU FIT?

## Contenders & Pretenders

Always ask "WHY?"

Ask "are you sure?"

Thinks defence wins

Works hard - when watched

Comes late - Leaves early

Avoids contact

Leaves uniform on floor

Misses practice because of illness

Wants off when the going is tough

Say "I scored two goals"

Loses 50-50 battles

Watches a loose puck

## Champions & Leaders

Always ask "HOW?"

Does it

Knows Defence wins

Works Hard

Comes early - Leaves late

Plays physical

Has pride

Is ill because of a missed practice

Wants on when the going is tough

Says "We won"

Wins 40-60 battles

Owens the loose puck