

T2-T4 Cougar Pounce System (2-2-1 or 1-3-1)

Key Points:

Constant pressure from the defensive side. Back pressure, Offensive and defensive 2-1's. Man on box behind in Dzone. 2-2-1 forecheck when close pressure or 1-3-1 when offense has total control with skates up ice.

Description:

This system combines the left wing lock and the torpedo. There are two offensive forwards the C and RW. The left wing plays like a left wing in the offensive end and a left D in the defensive zone and lines up on lw at the faceoff. The LW and RD stay on their side of the ice. The right D plays like a RW in the offensive zone and a RD in our end. The LD is really a middle D and is on the puck side in the offensive end and is the support player low in the defensive zone, always on the puck side. The RW and C cover the points in the D zone and force the puck on the attack. They can forecheck either in a 2-2-1 or a 1-3-1 formation. There are always 4 players on the attack.

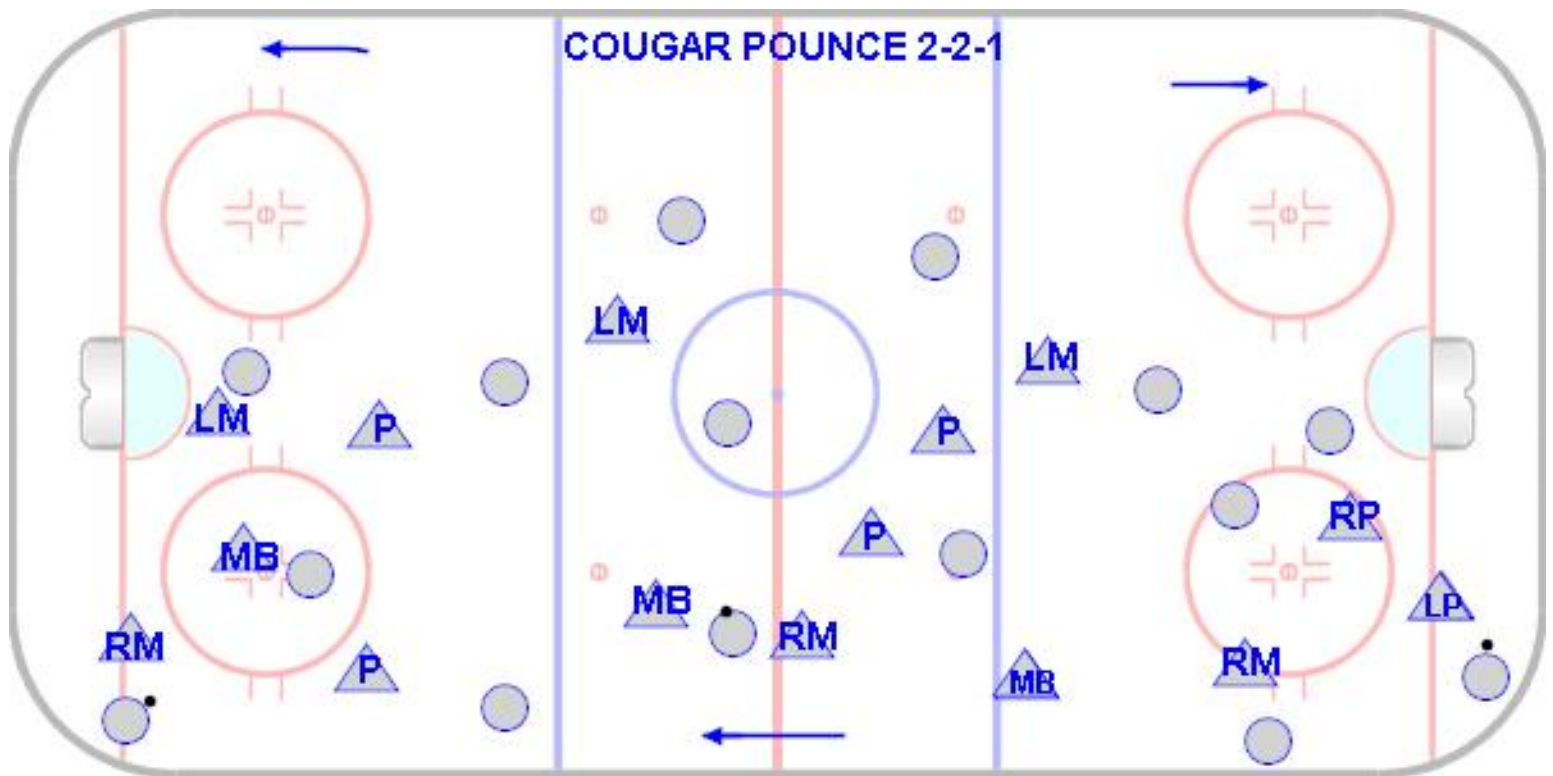
I used a large rink on the floor to go over the system and my trainer took a video of the instruction. The video was taken early in the season before an exhibition game in the Olympic Oval. The videos are in the team play section of the ABC site.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

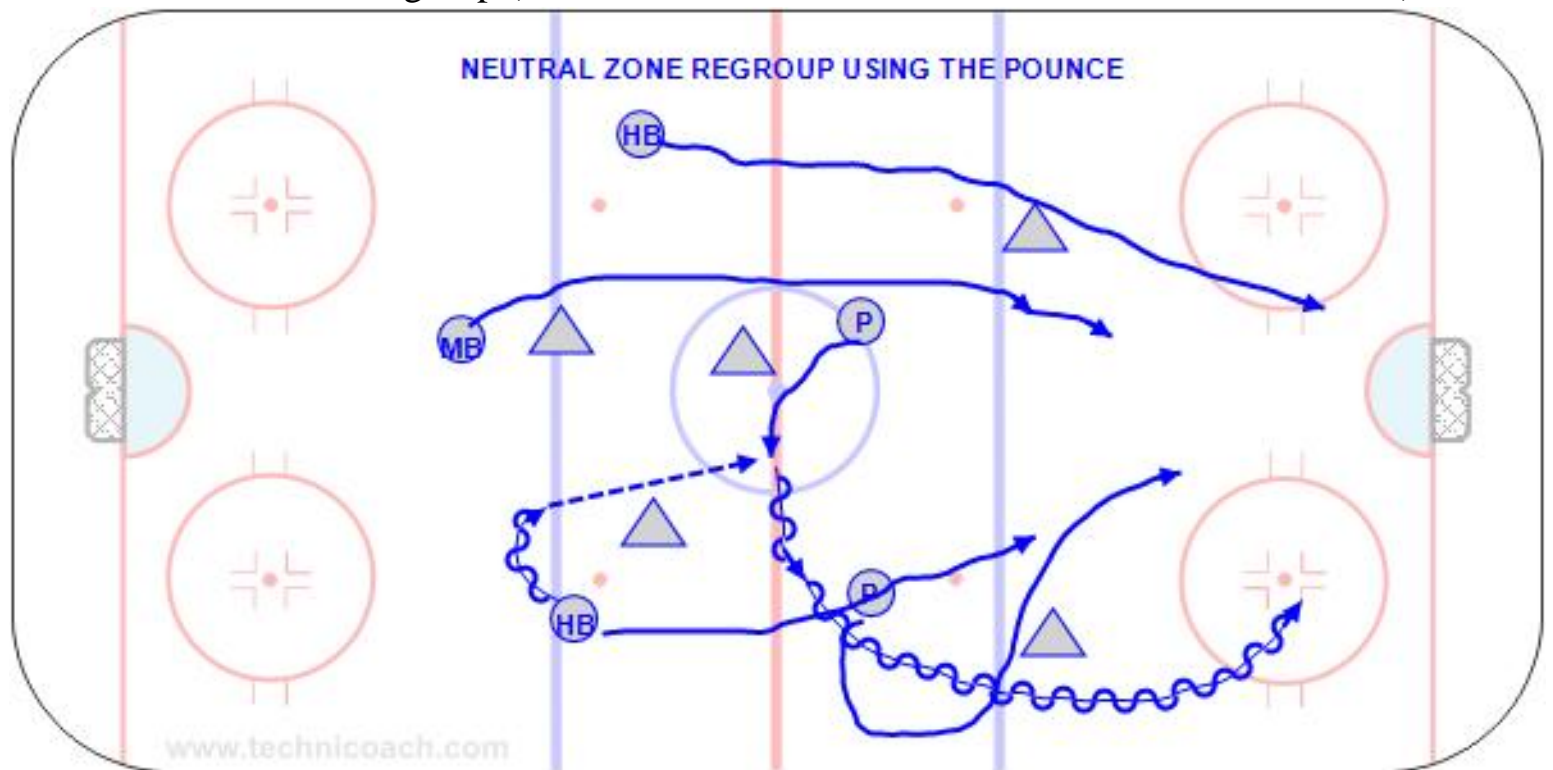
This video shows a clip of the forecheck in a game situation.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110408764>

Cougar Pounce (LW, LD and RD are called Midfielders in this diagram)



Pounce Neutral Zone Regroup (LW and RD are called Halfbacks here, LD middleback)



Pounce vs Pass to the middle. MB could also lock on early.



Defensive Zone Coverage with the Pounce.

