

coaching staff

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TEAM DEFENSE

We are a very good offensive team. By improving defensively we will be a much better team. If we want to BE THE BEST WE CAN BE we must to commit ourselves to playing better team 'D'.

Everyone is expected to make a contribution towards successful team defense.

Anyone can be a good defensive player. All that is required is a little knowledge and willingness to do the job.

Team defense has 3 components:

- i) DZ Coverage
- ii) NZ Backchecking Assignments
- iii) Forechecking

DEFENSIVE ZONE COVERAGE

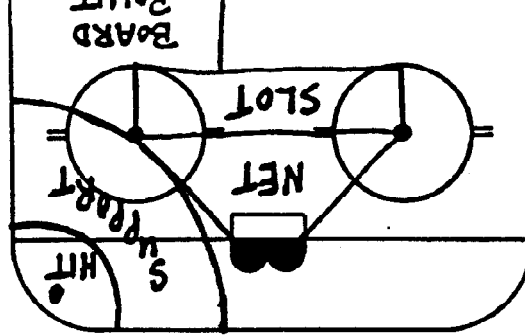
OBJECTIVES:

- 1) **PROTECT THE NET** - Deny shots from the prime scoring area
i.e. Net and Slot zones
- 2) Always stay between our man and the net
- 3) Never give up a 2nd scoring opportunity
- 4) Work together to regain the puck
(sacrifice a shot from outside rather than give up your defensive positioning)

Tasks:

On entering the Defensive Zone each player will:

- a) Identify the ZONE he is responsible for
- b) Identify the MAN in that zone he is responsible for
- c) Work to Stay BETWEEN THAT MAN and OUR NET
- d) Be ready to SAG/SUPPORT/HELP if there is a breakdown



RULES:

ALWAYS:

1)

COMMUNICATE!

2)

STAY BETWEEN YOUR MAN AND NET

3)

CONTAIN and ELIMINATE the puck carrier (PLAY BODY, EYES

4)

BEAT your MAN BACK TO NET AFTER A PIN

5)

1 'D' IN THE NET AREA

6)

BE ALERT/ANTICIPATE PUCK MOVEMENT

7)

IF BACKCHECKING FORWARDS ARE UNCERTAIN OF RESPONSIBILITY - FUNNEL TO SLOT AREA AND SORT IT OUT

*

Raptors hunt in PACKS!

They're ALERT, INTELLIGENT and they WORK TOGETHER!

So Remember..

P - Protect the net

A - Alert & Anticipate puck movement

C - Contain

K - Keep puck & opposition outside

S - Stay 'D' side, Swivel heads, Support

DINO "RAPTOR" D:

1-4 FLEX MAN to MAN

(a combination of man to man and zone defense)

i.e.

1 'D' ALWAYS IN THE NET AREA

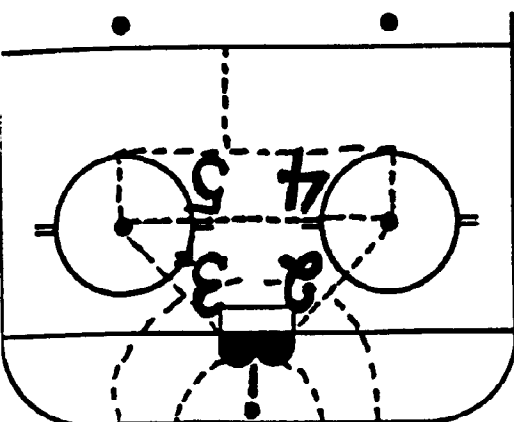
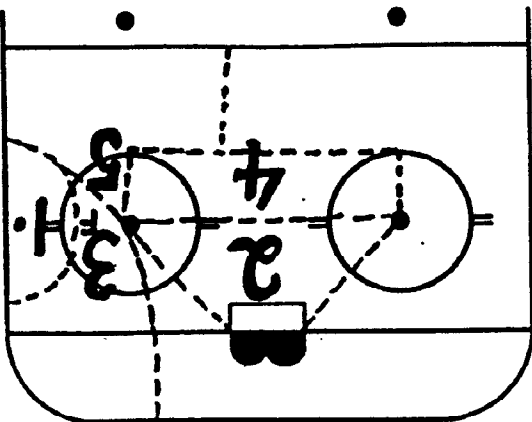
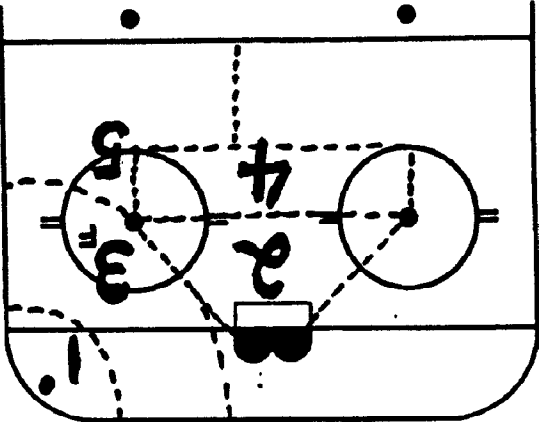
4 OTHERS PLAYING FLEX MAN TO MAN (man to man responsibility

but ready to support/help if there is a breakdown)

INITIAL POSITIONING: MAN ON/BOX BEHIND

To be in the best position to SUPPORT & DEFEND

we will start from a MAN ON (the puck) with a Box Behind position.



Puck at HALF WALL

Puck BEHIND NET

Puck IN CORNER

WHERE: (1) is 1st PLAYER BACK INTO ZONE (usually a 'D')
 i.e. near man pressure on puck
 2nd and 3rd PLAYERS BACK INTO ZONE (usually 1 'D' and 1 'F')
 * we want the
 'F' TO TAKE SUPPORT ZONE
 'D' TO TAKE NET ZONE
 2ND 'F' BACK - takes SLOT ZONE
 LAST 'F' BACK - takes BOARD PT. ZONE
 * If Backchecking Forwards are unsure where to go...FUNNEL TO SLOT and sort it out by talking

RESPONSIBILITIES:

1ST MAN BACK: (usually a 'D' but could be a 'F')
 i) move to challenge puck
 ii) CONTAIN/ANGLE/ELIMINATE your man
 iii) total BODY FOCUS, KEEP your EYES UP on his chest
 iv) STAY BETWEEN YOUR MAN AND OUR NET

SUPPORT MAN:

i) ALWAYS STAY 'D' SIDE OF YOUR MAN
 ii) PATIENCE (avoid having 2 of our players on boards with 1 opponent)
 iii) If your man moves in for puck PIN & ELIMINATE
 iv) Be ready to SUPPORT man on puck/if he gets beaten - stall
 play 2 on 1 or SWITCH (MUST TALK)

'D' IN FRONT:

i) COMMUNICATE WITH 'F' be sure he moves to SUPPORT ZONE
 ii) FIND 3RD MAN and ADJUST YOUR POSITION (stick in passing lane from corner)
 iii) STAY 'D' SIDE
 iv) STAY HOME/PROTECT NET: if your man goes to corner
 READ your PARTNER / if he is coming back to net you have 2 choices
 a) RELEASE and PRESSURE your MAN
 b) SWITCH with your partner (he goes back to corner)
 v) if opponent comes out of corner with puck / STALL:PLAY 2 on 1 / PROTECT NET

SLOT POINT:

i)

STAY ALERT

ii)

HEAD ON A SWIVEL (you are responsible for weak side

point man)

!!!)

Be READY TO SAG TO NET if someone gets beaten out of
corner leaving 'D' in front with a 2 on 1

BOARD POINT:

i)

STAY 'D' SIDE (stay off BOARDS to take away lane to net)

ii)

STAY ALERT

!!!)

HEAD ON A SWIVEL (watch your man and puck)

iv)

HELP in SEAM AREA to deflect attack outside

BACKCHECKING

Backcheck Efforts DEMONSTRATE COMMITMENT TO THE TEAM

Show you are committed!

Good Backchecking starts with PROPER FORECHECK POSITIONING and ROTATIONS.

OBJECTIVES:

- 1) NEVER ALLOW AN ODD MAN ATTACK (i.e. 3 on 2 / 2 on 1 / 4 on 3)
- 2) LEAVE FIRST TWO ATTACKERS FOR 'D' TO DEFEND - TALK!
- 3) ELIMINATE ALL TRAILERS
- 4) HOLD UP / INTERFERE
- 5) IDENTIFY YOUR DZ RESPONSIBILITY ON ENTRY

TASKS:

- Always have ONE 'FORWARD' HIGH IN OZ
- Allows 'D' to pinch
- Good Scoring Position
- Good Backcheck Position
- On ANY OZ TURNOVER - THINK DEFENSE and BACKCHECK HARD
- ELIMINATE OPPOSING 'D' EARLY / BEAT THEM UP ICE
- PRESSURE PUCK BACK TO REDLINE if NO "STICK ON"/LEAVE PUCK CARRIER FOR 'D' and LOOK FOR TRAILER

Generally:

• Establish INSIDE POSITION
DENY MIDDLE OF ICE

BREAK ATTACKER'S STRIDE / MAKE A LITTLE CONTACT

HOLD UP / INTERFERE (* IF YOUR MAN GOES BEHIND 'D' GO WITH

HIM

IF HE GOES IN FRONT OF 'D' STAY IN LANE & READ)

FORECHECKING:

We will be a VERSATILE FORECHECKING TEAM.

We will have the ability to give different forecheck "looks"

according to:

- a) opponents strengths and weaknesses
- b) score of the game
- c) time of the game
- d) size of the rink

We will have 3 BASIC SYSTEMS:

- 1) 2-1-2 / STRONG / WIDE 'D' PINCH (MOST AGGRESSIVE AND VERY ADAPTABLE)
- 2) 1-2-2 INSIDE OUT / NO PINCH (LESS AGGRESSIVE)
- 3) 1-2-2 CONTINUOUS WEAVE / NO PINCH (CONSERVATIVE, also for use against a set up break out)

- 1) 2-1-2 / STRONG / WIDE 'D' PINCH

Principles:

- CREATE MAXIMUM PHYSICAL and MENTAL PRESSURE
- PLUG STRONG SIDE OF ICE
- Create OFFENSIVE ZONE TURNS
- BE RELENTLESS, NEVER GIVE UP A 3 on 2
- HAVE PATIENCE

Objectives:

- 1) OVERLOAD STRONG (PUCK) SIDE with a FORECHECK TRIANGLE
- 2) force opponents to use weak side to try to beat forecheck
- 3) have 'D' looking to PINCH DOWN on WIDE SIDE ONLY, anticipating pressured passes to has marks
- 4) ALWAYS HAVE ONE FORWARD HIGH TO SUPPORT 'D' and BE IN SCORING POSITION! (by ROTATING THE FORECHECK TRIANGLE as the puck moves)
- 5) HEM opponents in own zone

Tasks:

(Initial Penetration)

- 1) Immediate pressure on puck by F1 FINISH CHECK
- 2) Support by F2 in middle OFF FAR POST, reading "off puck", 'D' looking for reverses or 'D' to 'D' passes
- 3) Support by F3 on STRONG (PUCK) SIDE, ready to attack any pass to hash marks
- 4) Support by 'D' HUSTLING UP ICE to blueline looking to PINCH on WEAK (wide) SIDE

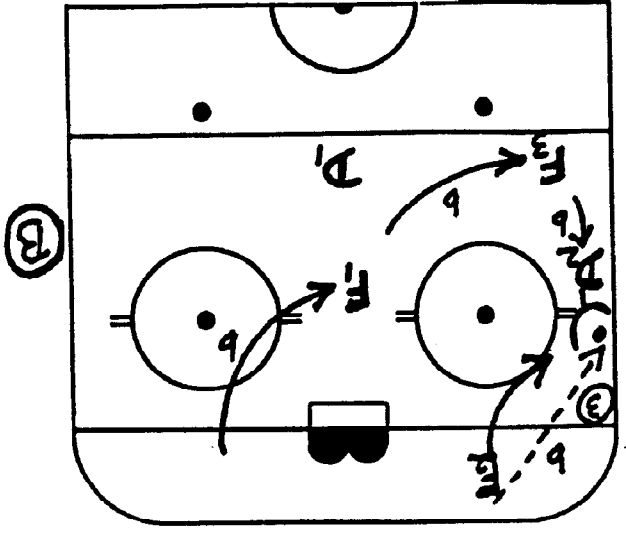
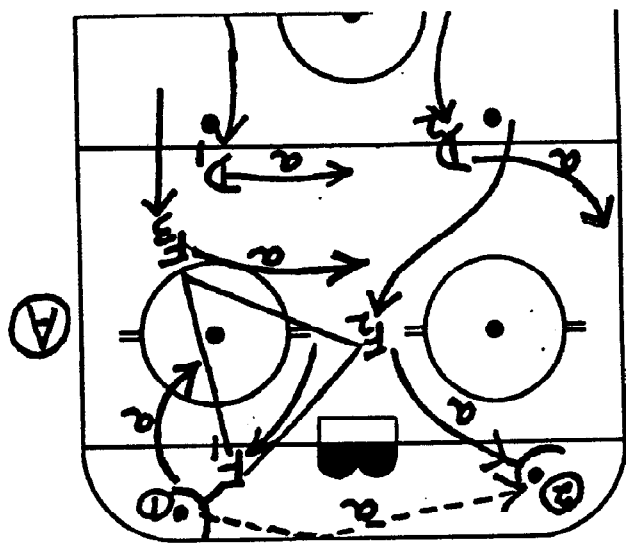
Initial Penetration: (2-1-2/STRONG/WIDE PUNCH)

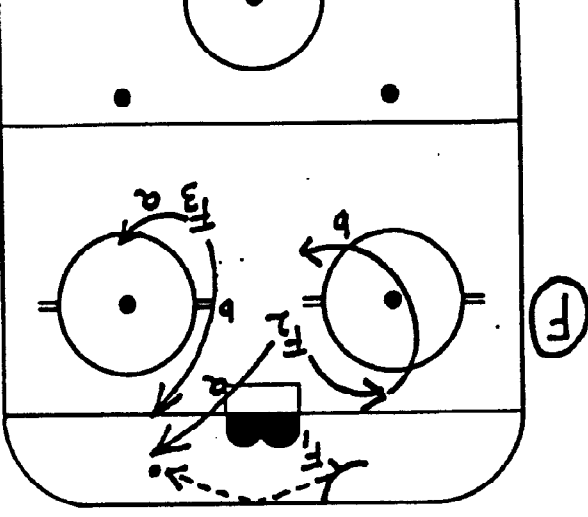
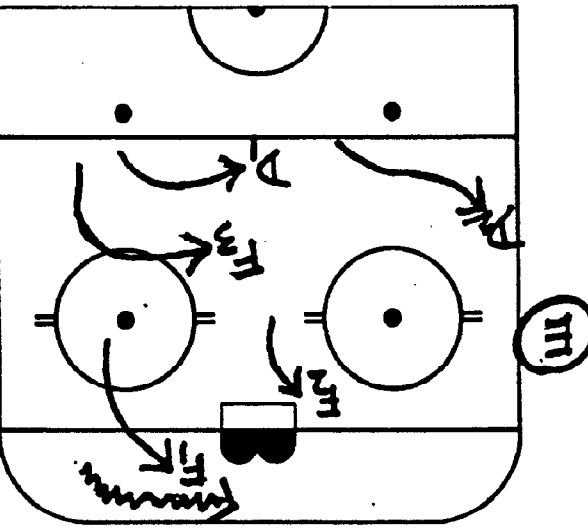
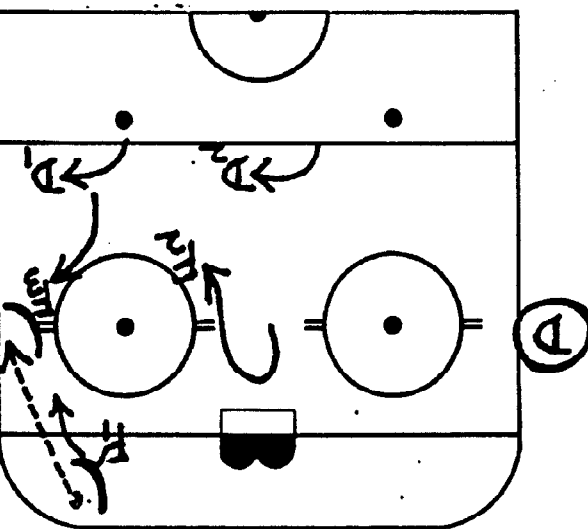
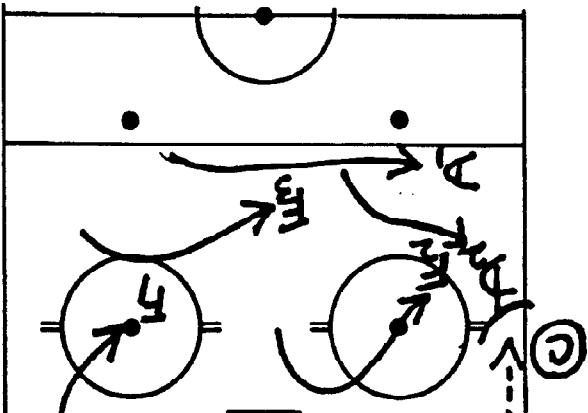
F1 - quickly on puck, inside out if possible. FINISH your CHECK!
F2 - into slot between hash marks, reading "off puck" D and amount of pressure by F1
(* if F1 contains puck, move in and look for loose puck)
F3 - move to area above circle tops ready to attack a pass or rim to strong hash marks
(* if F1 contains finds open ice in HIGH slot)
D1 - HUSTLE UP to blueline, use dots as guide
D2 - HUSTLE UP to blueline OUTSIDE FAR POST read F1 pressure, anticipate RIM OR D to D

SITUATIONS

(A) PUCK IS MOVED D to D (see a)
F2 - ANGLE and FINISH
F1 - come off finished check move to front of net
F3 - move across high slot to support 'D'
D2 - move in anticipating PINCH
D1 - move across to support partner
(B) if puck then moves to hash i.e. (3)

D2 - LOOK TO PINCH
D1 - move to support PINCH IN middle
F3 - move to support PINCH on boards
F1 - move to HIGH SLOT
F2 - looks for loose puck





(C) if PUCK IS RIMMED from initial position

D2 - READS and PINCHES
D1 - moves across to support partner
F2 - supports D2, looks for loose puck
F3 - moves across to fill for D1
F1 - finishes check then jumps to HIGH SLOT

(D) if PUCK IS MOVED TO STRONG HASH from initial position

F3 - moves to ANGLE/FINISH!
F2 - moves to become HIGH MAN
F1 - looks for loose puck after FINISHING
D1 - slides to boards
D2 - slides to protect middle

(E) F1 CHASES 'D' TO NET

F1 - if STICK ON, CHASE BEHIND
F2 - ESTABLISH ANGLE, LOOK TO SUPPORT or attack 1st pass to corner
F3 - move across HIGH SLOT, ABOVE CIRCLE TOPS ready to fill for D2
D2 - move to boards ANTICIPATE PINCH
D1 - move to middle

(F) if PUCK IS REVERSED back to original corner

F2 and F3 must read each other
whoever it is in best position to attack reverse attacks, ANGLE/FINISH!

i.e. if it was a D to D reverse and F2 anticipated it F2 ATTACKS, F3 STAYS HIGH (see a)
- if F2 has committed to support F1 then F3 ATTACKS, F2 quickly moves to HIGH SLOT (see b)

D MUST BE DISCIPLINED, NO PINCH ON SHORT SIDE

3rd forward must be higher than opponent's forward who is supporting their defense low

2) 1-2-2 INSIDE/OUT - NO PINCH

Principles:

- PATIENCE and DISCIPLINE are keys
- FORWARDS do ALL FORECHECKING (no pinching by 'D')
- ALWAYS CHECK INSIDE / OUT
- create NEUTRAL ZONE TURNS
- make QUICK COUNTERATTACKS

Objectives:

- 1) COMPLETELY BLOCK MIDDLE of ICE
- 2) create DECEPTION that WINGER on BOARDS is OPEN
- 3) ALWAYS HAVE ONE FORWARD HIGH

Tasks: (Initial Penetration)

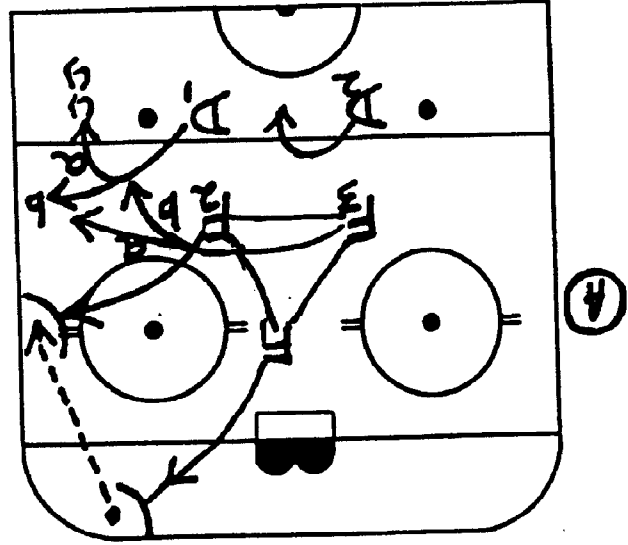
- 1) F1 Quick PRESSURE INSIDE / OUT, CONTAIN IN CORNER and FINISH CHECK
- 2) F2 and F3 enter zone INSIDE DOTS and STAY ABOVE CIRCLE TOPS (to establish good angle at hash marks)
- 3) D1 and D2 HUSTLE UP to SUPPORT at BLUELINE
- 4) D2 BE AWARE OF WIDE SIDE WINGER
- 5) D1 look for "CHIPS" off boards just inside blueline or in neutral zone

SITUATIONS

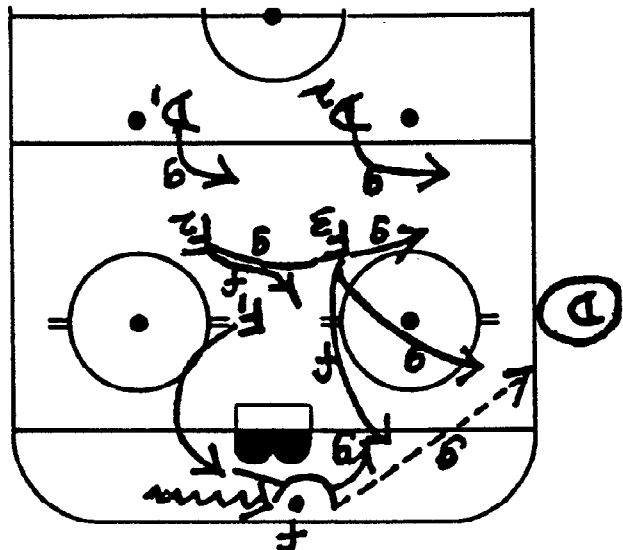
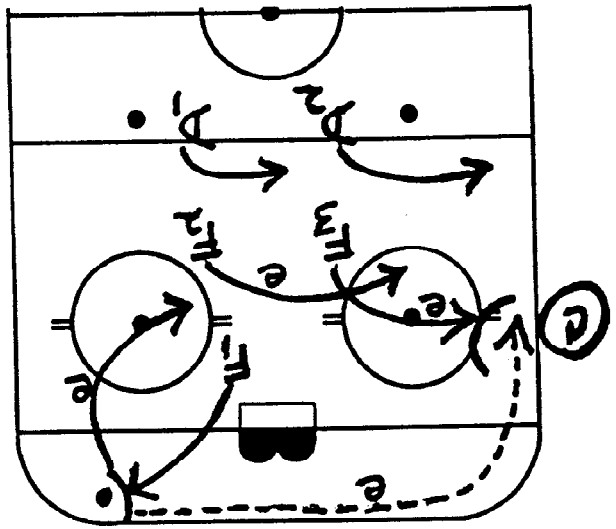
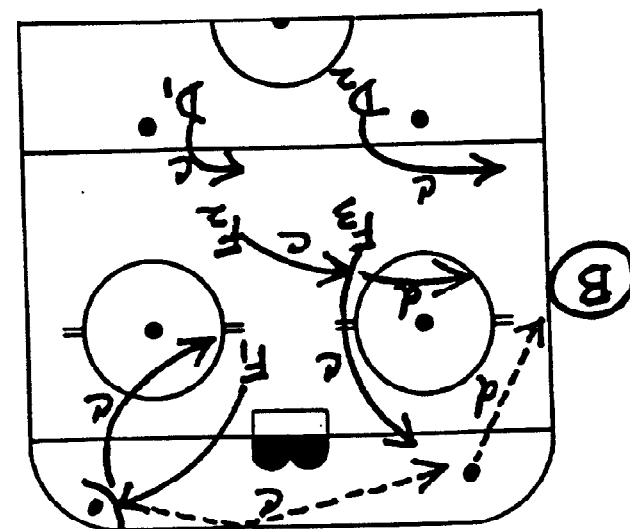
(A) F1 GETS GOOD INSIDE PRESSURE, CONTAINS and PASS IS MADE TO HASH

- F2 ANGLES and FINISHES

- F3 moves across blocking middle looking for "CHIPS" off boards (see a)
- OR reading to SUPPORT D1 (b)
- D1 reads and either looks for "CHIP" (b) or supports F3 (a)
- D2 backs thru middle ALWAYS AWARE OF WIDE SIDE!



- Once puck is trapped in offensive zone
- KEEP ONE FORWARD HIGH ALWAYS!
- D MAY PINCH, EITHER SIDE (Partners TALK, help each other to read PINCH SITUATIONS)



- F1 MUST FINISH CHECK THEN
HUSTLE OUT
- F3 ATTACKS PASS, ANGLE &
FINISH
- F2 comes across looking for pass to
hash; READY TO ANGLE &
FINISH
* PROTECT MIDDLE FIRST THEN
ATTACK PASS TO HASH (d)
- D1 D2 MOVE TO SUPPORT BUT
NO PINCH
(* THIS IS VERY SIMILAR TO
2-1-2 ONLY NO PINCH)

(C) F1 GOOD INSIDE PRESSURE,
OPPONENTS RIM (C)

- F1 FINISH CHECK THEN HUSTLE
OUT
- F3 ANGLE AND ATTACK HASH,
FINISH
- F2 move across look for "CHIP",
loose puck
- D1 D2 support on blueline (no
pinch)

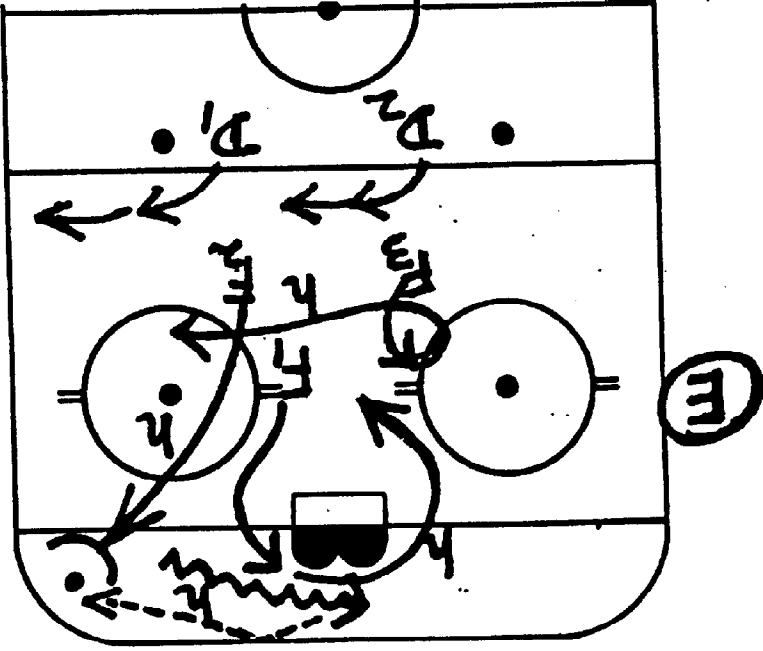
(D) F1 CANT CONTAIN, OPPONENT SKATES
TO BACK OF NET

- F1 IF HE HAS STICK ON MAN HE
CHASES BEHIND
- F2 F3 MAINTAIN HIGH
INSIDE/OUT POSITION protecting
middle

IF F1 CATCHES AND ELIMINATES
BELOW GOALLINE (f)

- F3 look for LOOSE PUCK
- F2 find OPEN ICE in SLOT
- D1 D2 take position on blueline
IF PASS TO HASH MARKS (g)

- F1 FINISHES CHECK THEN
HUSTLES BACK
- F3 ATTACKS HASH MARK
ANGLE and FINISH
- F2 comes across looking for "CHIP"
or SUPPORTS D2 who also looks for
"CHIP"



(E) if OPPONENTS REVERSE (h)

- F1 MUST HUSTLE OUT
- F2 ANGLES and FINISHES
- F3 moves across ready to attack a PASS TO HASH MARKS

(F) if F1 can't contain in corner

- F1 CHASES, NO STICK ON MAN
 - F1 CUT IN FRONT, IF PUCK CARRIER STOPS
- we go into 1-2-2 continuous weave

USE WHEN opposition is SET UP BEHIND THEIR NET

Principles:

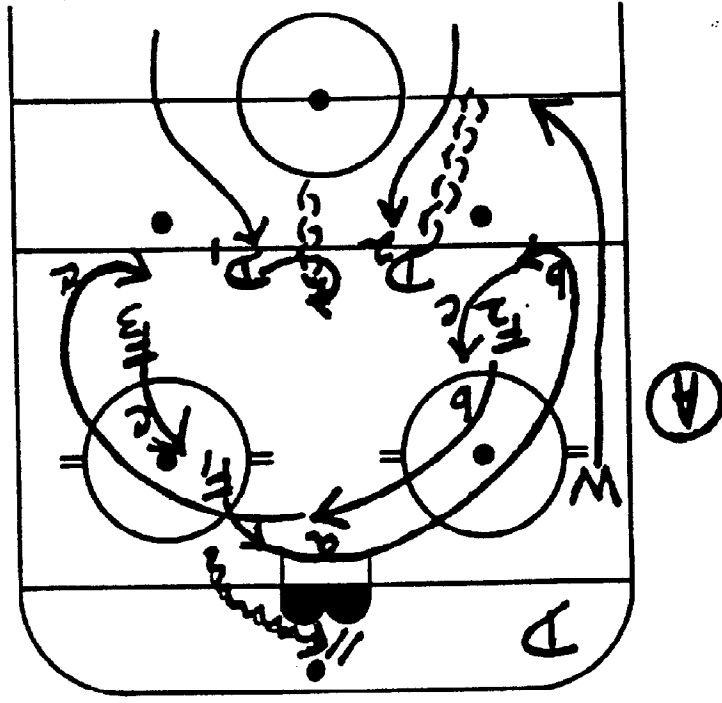
- No pressure below bottom of circles
- WE KEEP MOTION/SPEED/CHECKING ANGLES while opponents slow, stop and set up
- CREATE NEUTRAL ZONE TURNOVERS
- MAKE QUICK COUNTER ATTACKS
- NEVER GIVE UP A 3 on 2

Objectives:

- DENY OPPOSITION ANY ATTACK SPEED FROM BREAKOUT
- CLOG MID ICE CORRIDOR and Neutral Zone
- ALWAYS MAINTAIN A CHECKING ANGLE
- FORWARDS MUST MAINTAIN EYE CONTACT WITH PUCK
- FRUSTRATE OPPOSITION INTO TRYING LONG, LOW PERCENTAGE PASSES

Tasks:

(Initial Penetration)



F1 - Reads "NO CHANCE TO PRESSURE", establishes a WIDE ANGLE and SWINGS THRU LOW SLOT (TOP OF CREESE) then OUT TO REPLACE F2 and HAVE HIGH MAN RESPONSIBILITIES

* Hopefully puck carrier will step out to opposite side

F2 F3 Enter 3 one outside the DOTS

F2 - READS opposition SET UP BEHIND NET and F1 SWINGING TOWARDS HIM - F2 will BE NEXT to SWING THRU (has angle on opposition stepping out)

* TIME your swing so that F1 REPLACES you

F3 - HOLDING POSITION ABOVE CIRCLE TOPS READS POSITION OF OPPOSING 'C' AND READIES TO ATTACK 1ST PASS

D1 D2 - PLUG MIDDLE AT BLUELINE AND READ OPPOSING WINGERS

(* Each D responsible for 1 winger if he BLOWS ZONE on your side, go WITH HIM)

(A) KEY: As long as puck stays back of net we keep "cycling" our forwards to maintain speed
 i.e. F1 swings thru (a), if puck stays behind net then F2 and F1 exchange positions, F2 swings thru (b), F1 HAS HIGH MAN RESPONSIBILITIES
 if puck carrier stays behind as F2 swings then F3 swings thru (c) exchanging with F2 who now has HIGH MAN RESPONSIBILITIES, F1 faces play (taking F2 original position) readying to replace F3 if puck carrier still stays behind net.

SITUATIONS:

(B) PUCK CARRIER STEPS OUT AWAY FROM F1 SWING

- F2 has angle and speed FINISH!
 - F3 looks to attack 1st pass
 i.e. up boards to 'C' swinging (d)
 across ice if puck carrier goes D to D (e)

(C) PUCK CARRIER STEPS OUT BEHIND F1 SWING

- F2 establishes inside position to take away middle (f)
 - F3 moves across to support (f)
 - F1 recognizes he'll have no angle or speed therefore clears area exchanging with F3 if PASS GOES TO HASH (g)

