

FUN WITH FACEOFFS

BY

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A. GENERAL INFORMATION ABOUT FACEOFFS

The best player for the situation should take the face off.

All players, including the goaltender, must be ready for each face off.

Face offs are important (35-55 per game).

Inside winger goes to the face off dot when the puck is dropped.

Centers should approach each face off at least "even". Play even first, our inside winger will influence any loose pucks.

Know your assignment at each face off. It will change in various zones and situations.

Get to know the ref or linesman dropping the puck. Know how the puck is being dropped.

Pick up pucks and hand to ref or linesman.

Ask, don't tell an official to check something. We want the officials on our side.

Win face offs with strength – not tricks.

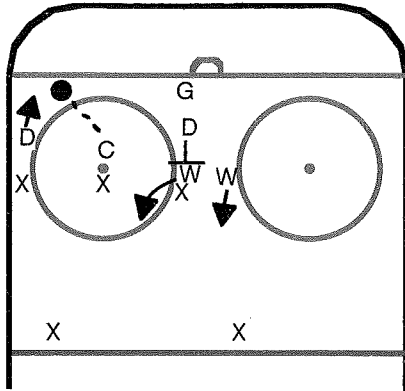
Learn to read the opposition center.

Watch their tendencies and posture (hands, thumbs, legs, stick, etc.)

Watch the opposition from the bench.

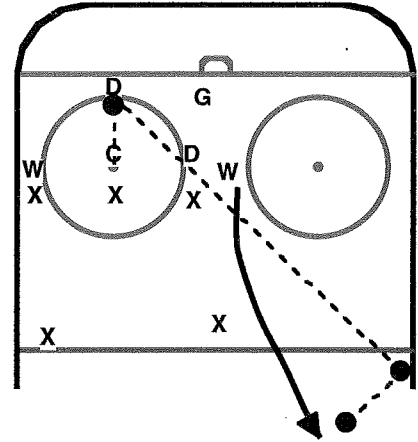
B. DEFENSIVE ZONE

NORMAL



- 1 Center pulls puck back to corner.
- 2 LW goes to shooter or D.
- 3 RW goes in to support center and then up towards D.
- 4 LD covers opposing forward.

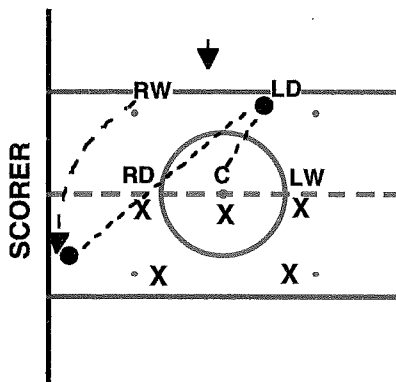
LIGHTNING



1. Center pulls puck back to D.
2. LW goes to opposing D, then past D for pass.

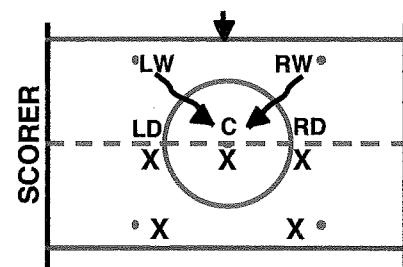
C. NEUTRAL ZONE FACE OFF

INVERT



1. C draws puck to LD
2. RD must stay with wing
3. C must stay with center
4. RW breaks for a pass from LD

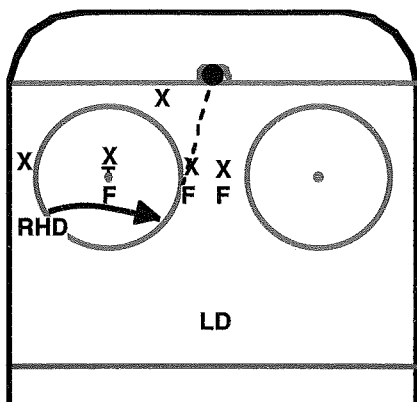
TOTAL INVERT



1. Wings come in to pick up loose puck
2. Ds must stay with wings
3. C must stay with center

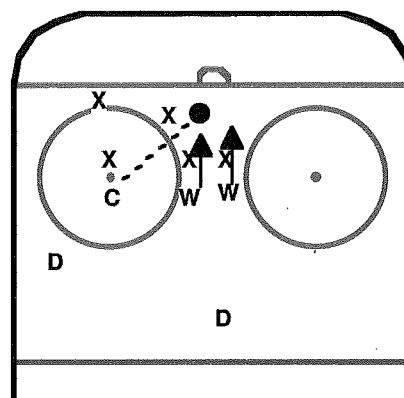
D. OFFENSIVE ZONE FACE OFFS

“COLOR”



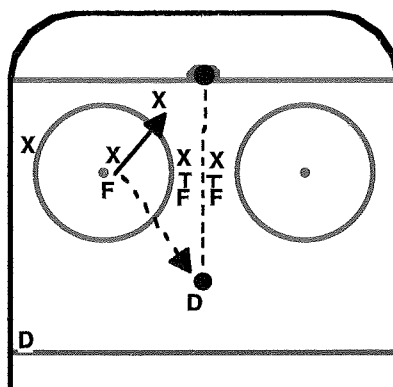
- 1 Center takes opponent off the dot.
- 2 RHD skates across, picks up puck, skates to middle, shoots and scores.
- 3 Wings tie up opponents then rebound.

“ANIMAL”



1. Center pushes puck to net.
2. Forwards break to goal when puck is dropped.

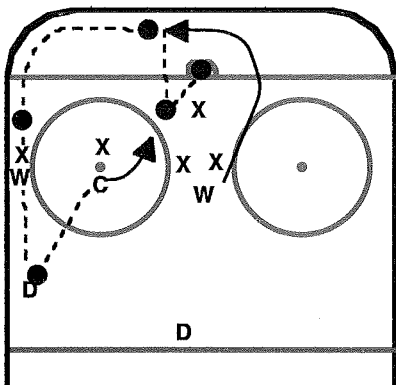
“FOOD”



- 4 Center draws puck back to RD.
- 5 Both wings block anyone going up ice.
- 6 RD gets off as quick a shot as possible.

D. OFFENSIVE ZONE FACE OFFS

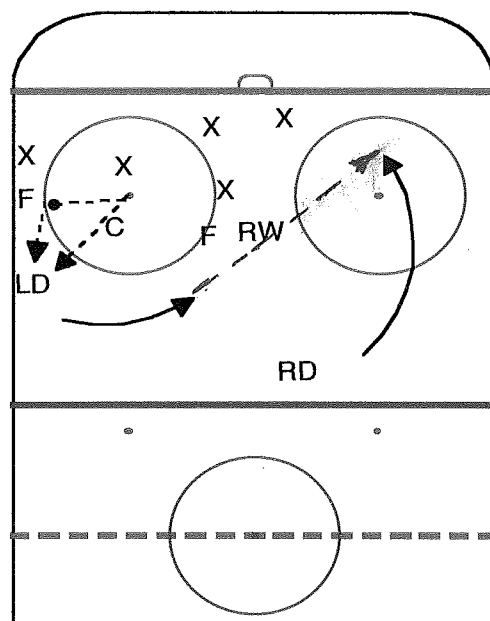
"EVEN NUMBER"



1. Center pulls puck back to LD.
2. LD raps puck around corner.
3. LW locks up opponent and lifts her stick to allow puck to pass thru.
4. RW catches puck and passes to center breaking to the net.

If we lose the face off, go to normal forecheck

ODD NUMBER



1. Center puck to D or W if puck goes to W they move it to D
2. D skates puck to middle of rink as if shooting
3. RD slips in low and outside for a pass from LD (would be best) if RD is left handed shooter
4. RW tries to pick anyone coming up the middle



2008-09 U.S. Women's National Select Team Collegiate Game Schedule



vs. University of North Dakota
Blaine, MN - Schwan Super Rink Free Admission
Sunday, October 19, 2008
Game Starts @ 2:00 pm



@ St. Cloud State University
St. Cloud, MN - National Hockey Center
Tuesday, October 21, 2008
Game Starts @ 7:07 pm



@ Minnesota State University - Mankato
Mankato, MN - All Season's Arena
Thursday, December 4, 2008
Game Starts @ 7:07 pm



vs. University of North Dakota
Blaine, MN - Schwan Super Rink Free Admission
Sunday, December 14, 2008
Game Starts @ 10:00 am



@ University of Wisconsin
Madison, WI - Kohl Center
Saturday, January 3, 2009
Game Starts @ 7:07 pm



@ University of Minnesota - Duluth
Duluth, MN - DECC
Tuesday, January 20, 2009
Game Starts @ 6:07 pm