



# OHL GAME DAY COACHES CLINIC

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Dale Haverchuk : Head Coach,  
David Bell : Assistant Coach  
Todd Miller : Assistant Coach  
Richard Rotenberg : Sports Therapist



# Welcome / Introductions

- Review agenda



development '10

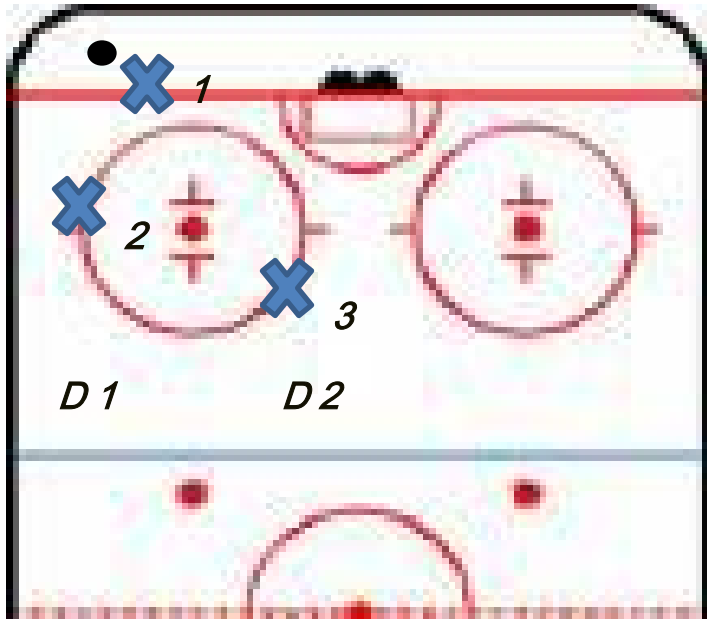


# OHL Barrie Colts Game Day Coaches Clinic



## Team Defense

### Offensive Zone Structure



### Offensive Zone

*X1 is Pursuing Puck or Controlling Puck.*

*X2 Supporting X1 for pass or Cycle Play.*

*X3 Must remain above puck at all times.*

*D1 Holding blue line on puck side*

*D2 Cuts ice in half & hold blue line*

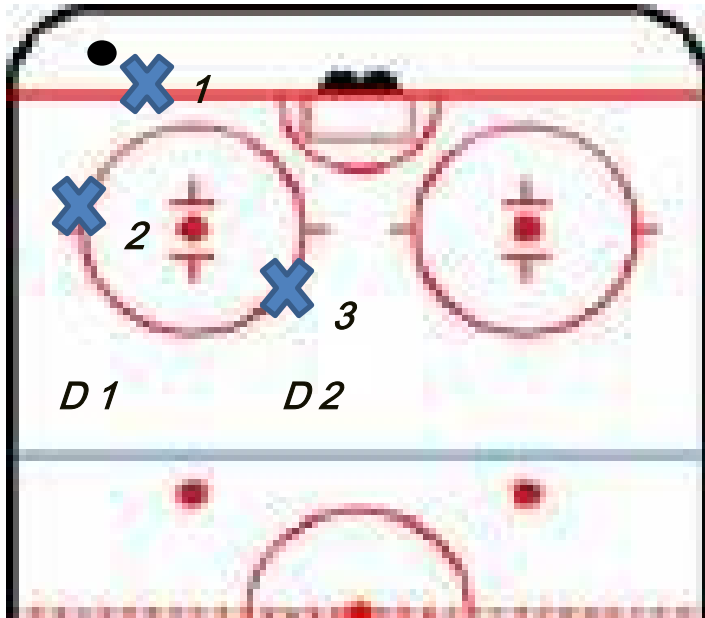


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## Team Defense

### Offensive Zone Key Points



### Offensive Zone

*Do not turn puck over on entry into Offensive zone or while skating through the Middle of the ice .*

*Do not get three men caught deep !*

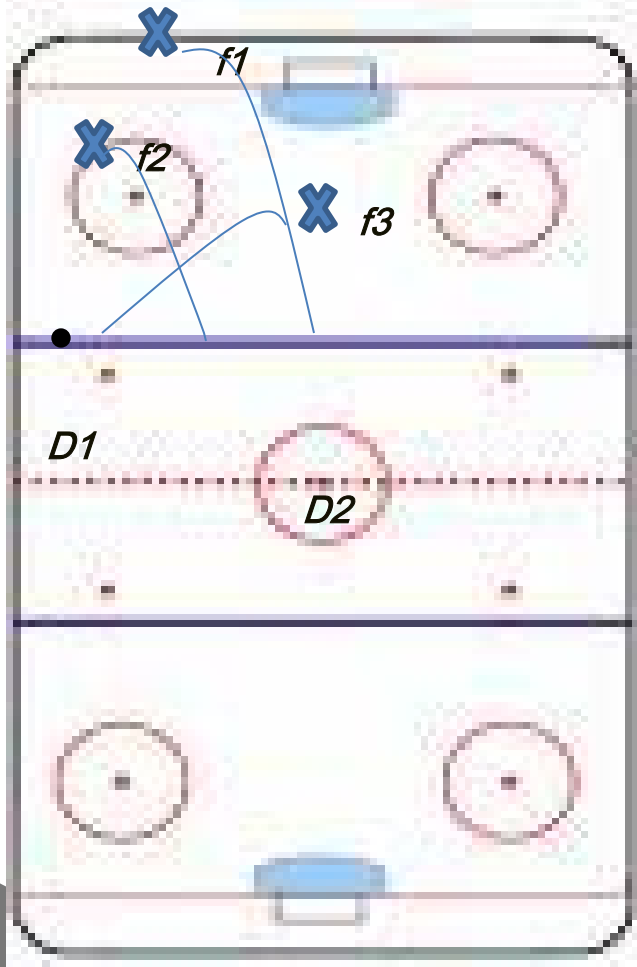
*D must cut ice in half protect middle*

*Do not make any blind passes below Goal line*

*All 50/50 puck battles retreat to defensive side of the puck*



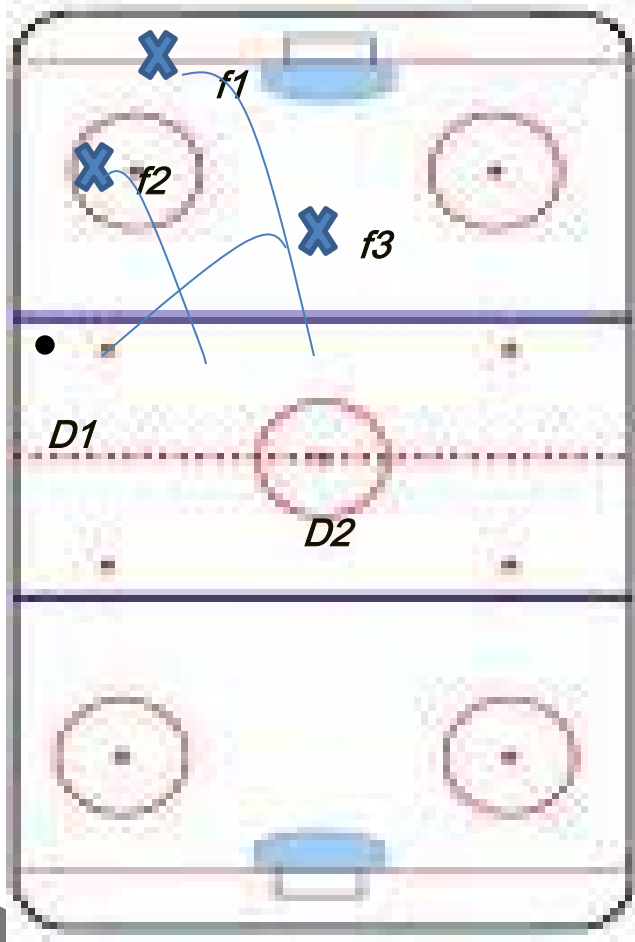
## Neutral Zone Structure



- X3 applies puck pressure*
- X1 & X2 apply back check support through middle of ice with sticks on ice*
- Forwards can not get beat up ice by d-men*
- D1 tries to hold red line forcing dumps or causing turn overs*
- D2 sags through middle of ice*
- Preventing cross ice passes or dump ins*



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## *Neutral Zone Key Teaching Points*

*Always protect the middle of the ice.*

*It is easier to recover inside out*

*D must communicate to everyone regarding their respective roles coming through the neutral zone .*

*Use your body / stick position to direct where you want the puck / player to go .*

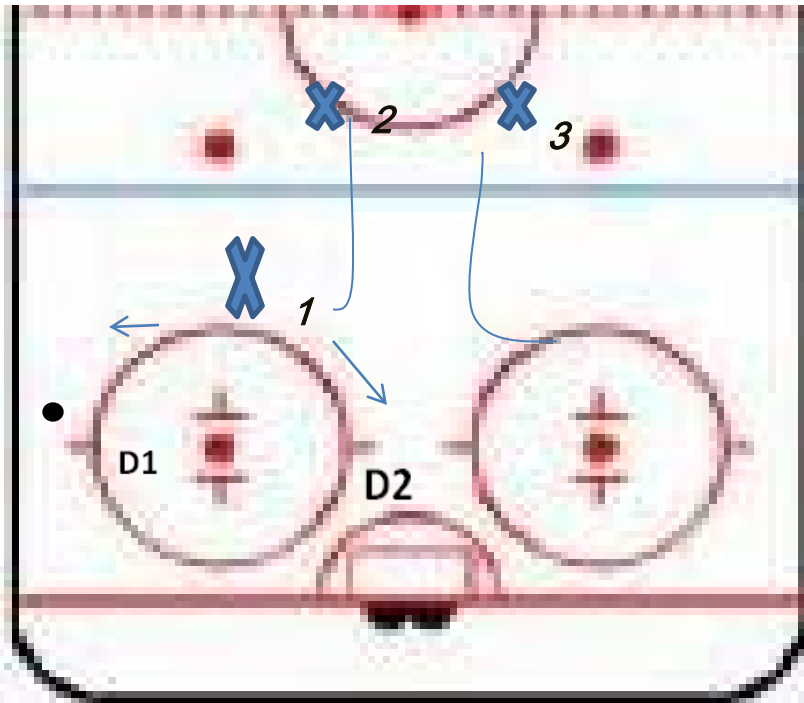
*The more puck pressure the better chance Of causing a turn over*



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## *Defensive Zone Structure*



*D1* Closes in on puck carrier

D1 makes sure he does not get beat to the net or loses inside body position

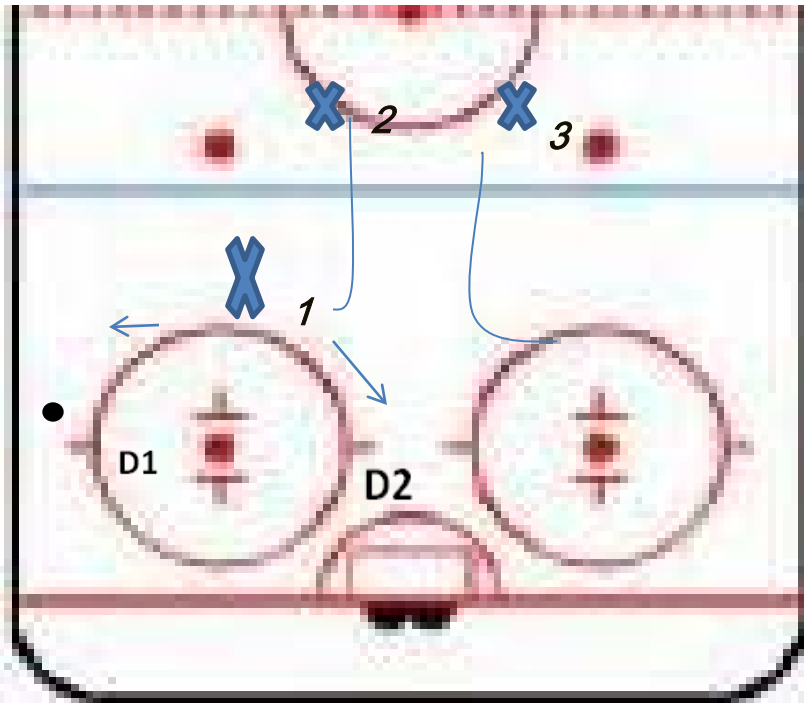
D2 picks up anyone driving to the net, keeping players to the outside, protects against cross goal crease passes, helps to clear rebounds from in front of the net



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## *Defensive Zone Structure*



- x1 Releases puck carrier to D1  
Picks up late man or double drive man to net .
- X2 & X 3 Race back into d zone  
house beating opposing d-men  
into position , stopping in the slot  
looking for loose pucks to clear out  
of in front of the net, or picking up  
late man attacking slot

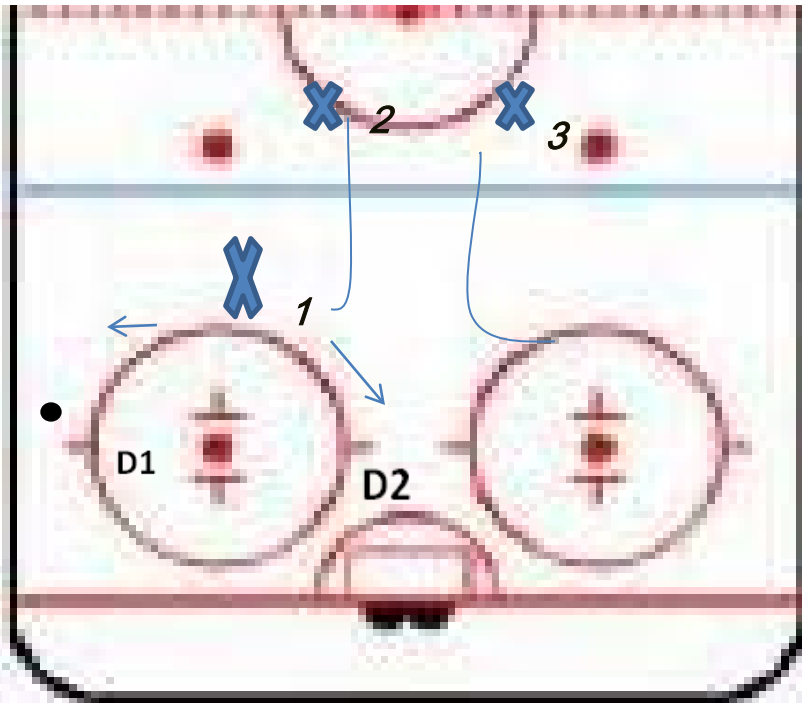




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## *Defensive Zone Key Teaching Points*



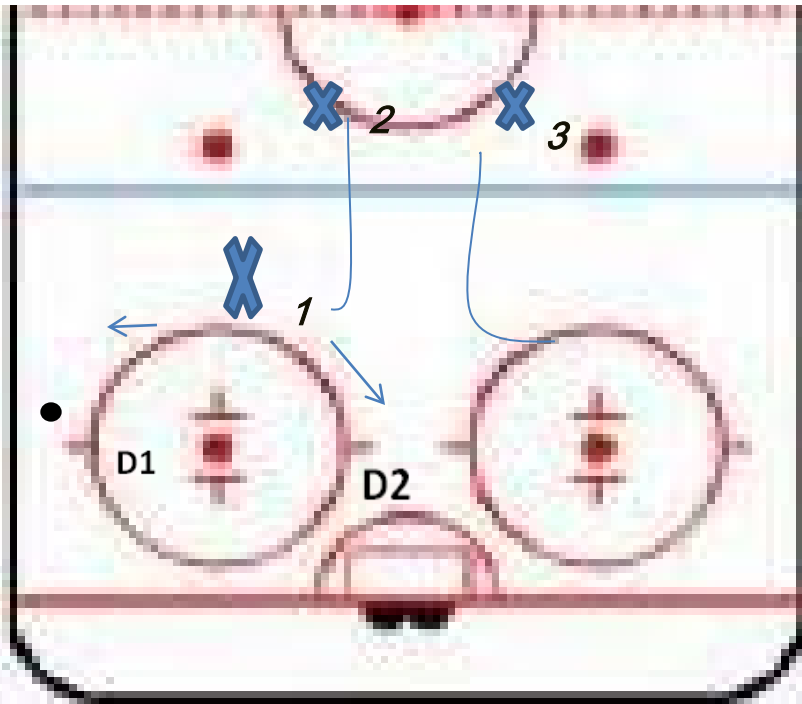
Players must have coverage sorted  
Out by d-zone entry  
D must hold lanes “protect opposition  
From penetrating” into the house “  
Must gain body positioning on all net  
Drives  
X2 & x3 must skate through middle then  
fan out into d-zone coverage  
All players must talk



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## *Defensive Zone Specific Structure*



## Man on Man

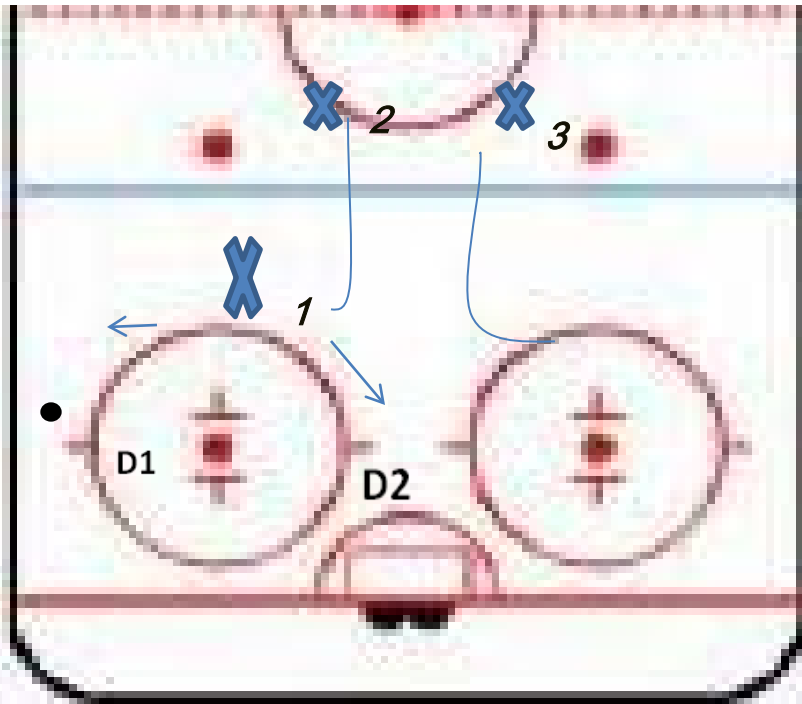
*Once you establish d zone coverage on a Player that player becomes your responsibility to until the next stoppage in play .*



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## *Defensive Zone Specific Structure*



## Zone Play

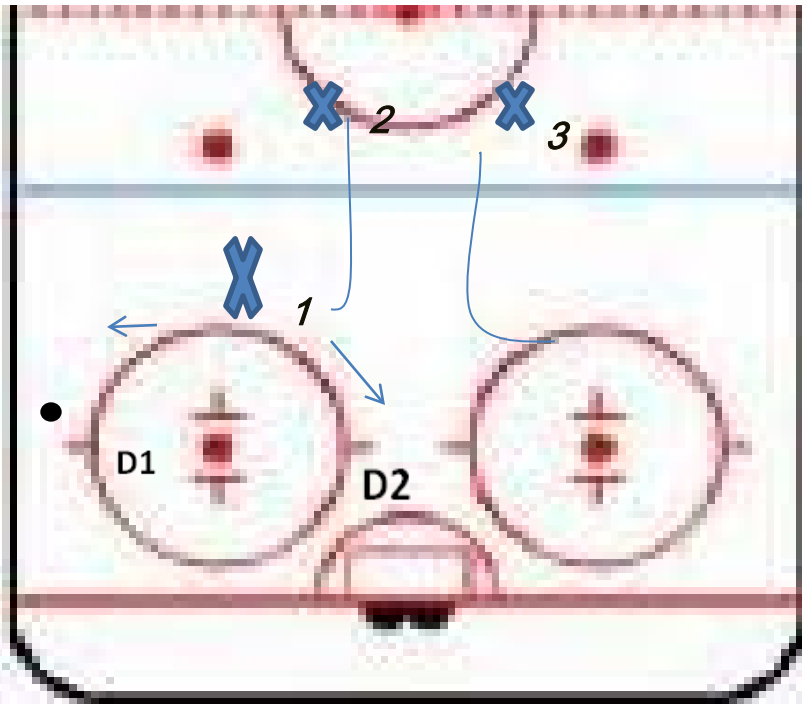
Each player is given a defined area in the defensive zone to cover . It is that player's responsibility to defend against all opposing players who come into his designated area of coverage .



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## *Defensive Zone Specific Structure*



### Layered / Box + 1

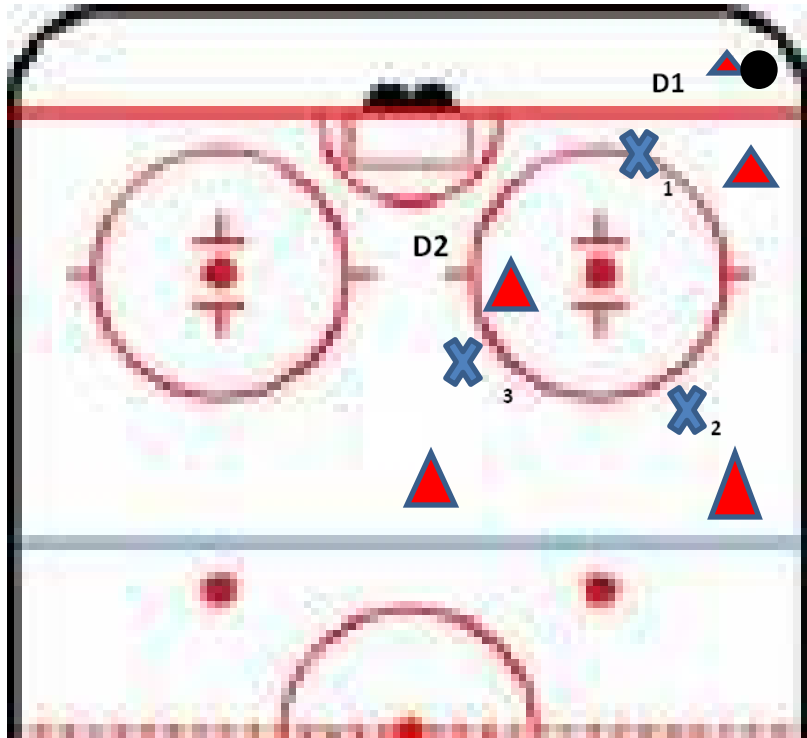
All areas of the d-zone have a Primary defender with a supporting Defender sharing defensive responsibilities. There are shared areas of the ice and players are not restricted to stay in “zones”.



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## Layered / Box + 1



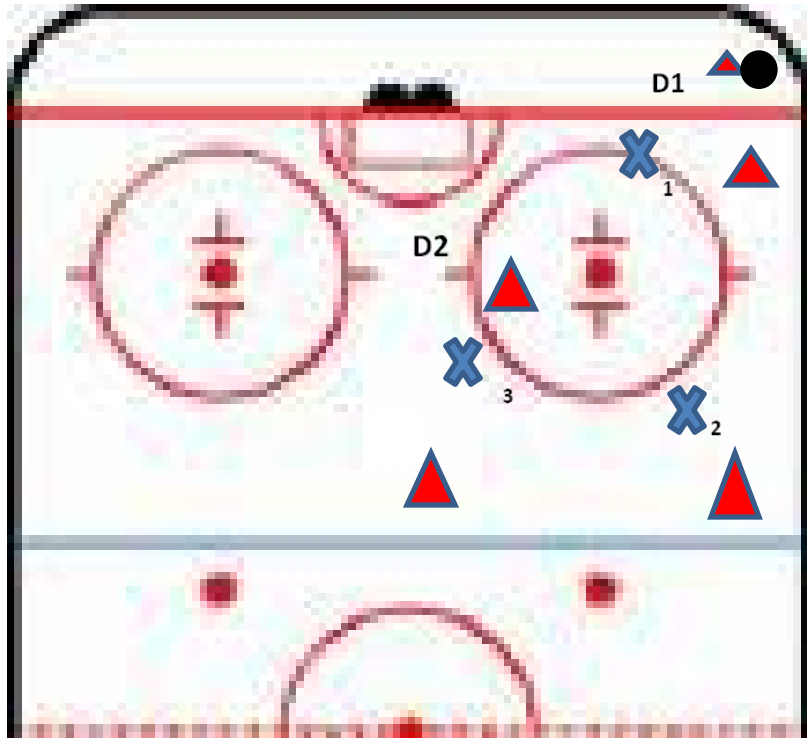
D1 must contain puck carrier maintaining body position to net. Pin or eliminate man allowing x1 to support and gain puck possession.



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## Layered / Box + 1



D2 Hold net front gapping up on Slot presence

Maintain communication with partner & F1 sorting out coverage



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## Layered / Box + 1



F1 Staying out of the pile knowing where offensive support is and maintaining body position On him and the pile.

Ready to jump on loose pucks or to engage on support man if he gains puck possession.



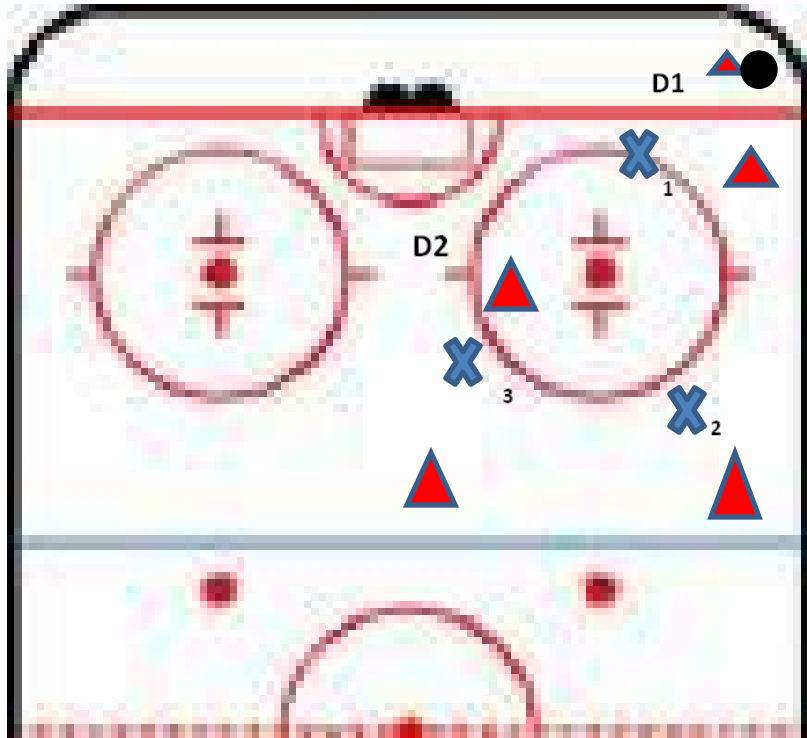




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## Layered / Box + 1



F3 Must sag into slot helping to take away passing lane to weak side defensemen.

F3 Must talk to all players , as he can see the entire d zone

F3 Must prevent d-man from jumping into back door offensive plays.



## Keys to Good Defensive Zone Coverage

### ➤ Talk

Constantly update each other on the situation  
( goalie is not excluded in this responsibility )

Be your team mates eyes when they are engaged in battle.

### Head on a Swivel

Always be aware of your surroundings do not let opposition  
players to jump into holes or past you to the net



## Keys to Good Defensive Zone Coverage

### ➤ Sticks on Ice

There is no reason or situation where sticks should  
**Not** be on the ice.

Stick on puck , stick should be active and in the  
passing lane.

Always get opponents stick up off the ice on pucks  
arriving at the net or on rebounds in the “house”.



## Keys to Good Defensive Zone Coverage

### ➤ Body Position

Always keep your body between your opponent and your net .

Do not lunge or lean when closing in on opponent.

Put your complete body in the shooting lane.

Always be in an attack mode / position when in the Defensive zone



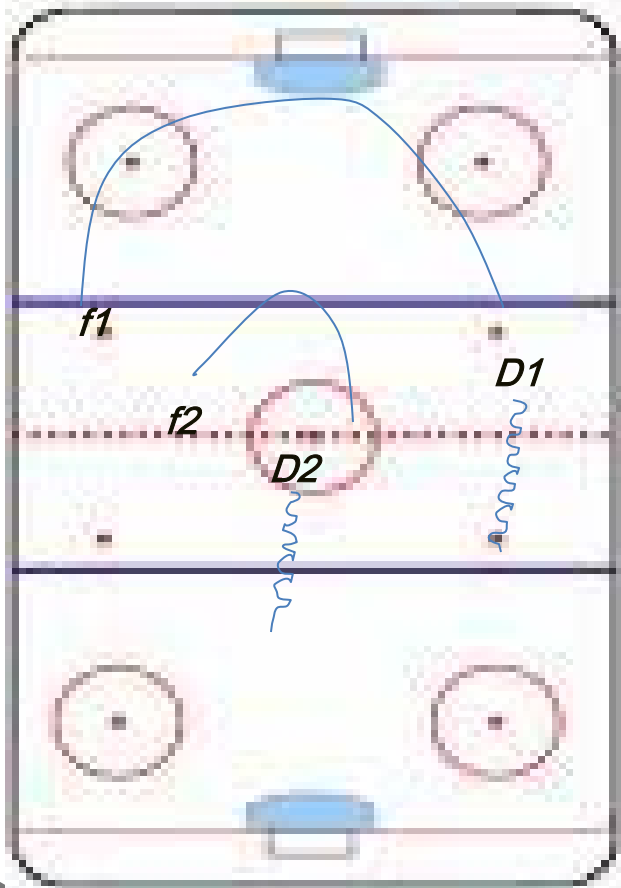
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## *Colts Penalty Kill*

### *Key Teaching Points*

- ✓ *Short High Energy Shifts*
- ✓ *Out Work ; Out Battle PP*
  - ✓ *Active Sticks on ice*
  - ✓ *Get in Shooting Lanes*
  - ✓ *Stops & Starts*
- ✓ *Clear pucks on first ATTEMPT*





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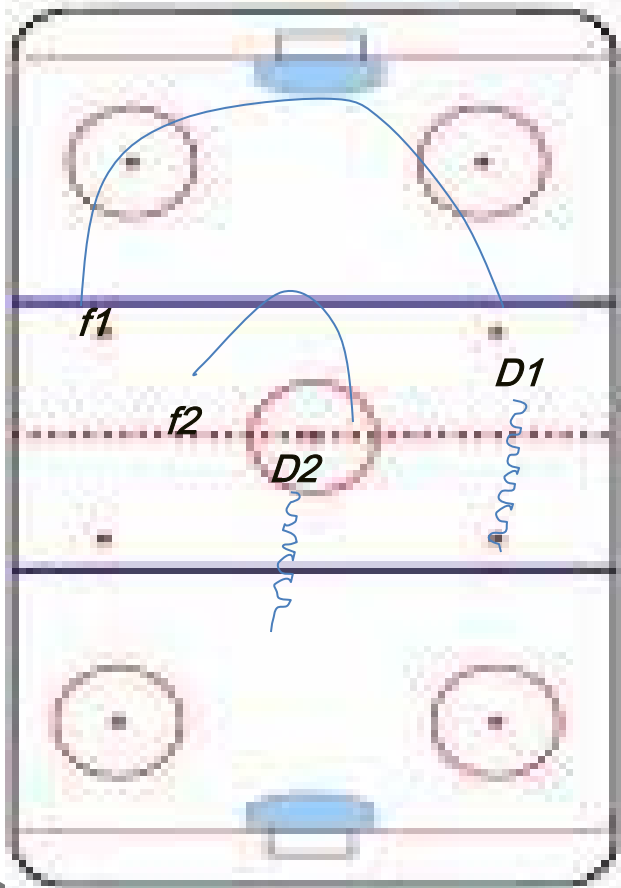


## *Colts Penalty Kill*

### *Key Teaching Points*

*When do you press on PK ?*

- ✓ *On Dz entries*
- ✓ *Bobbled Pucks*
- ✓ *Bad Passes*
- ✓ *Pucks on dasher*
- ✓ *Loose Pucks*
- ✓ *Odd Man Situations*







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## *Colts Penalty Kill*

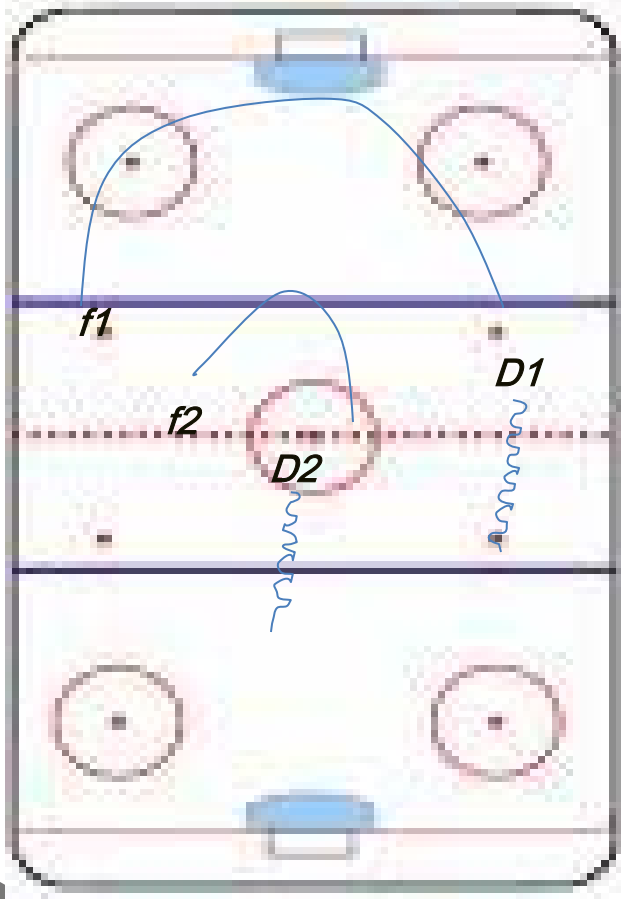
*Key Teaching Points : F2*

*F2 Controls Skates ( Speed )*

*Curl through Middle of ice staying above the puck .*

*Protect Middle of ice against cross ice pass.*

*When taking over for F1 funnel puck up wall to strong side D.*







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## *Colts Penalty Kill*

*Key Teaching Points : D1*

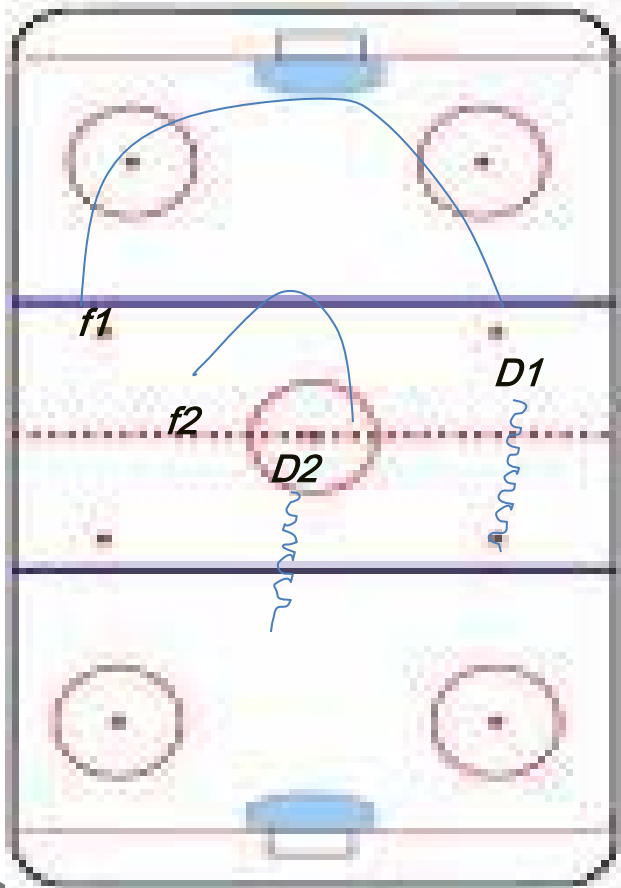
*D1 Tight Gap on strong side & Puck*

*Try to create puck turnovers*

*Win battles puck races for Dumped Pucks*

*Do not get caught on wall !*

*Prevent chipped pucks to the middle of the ice .*





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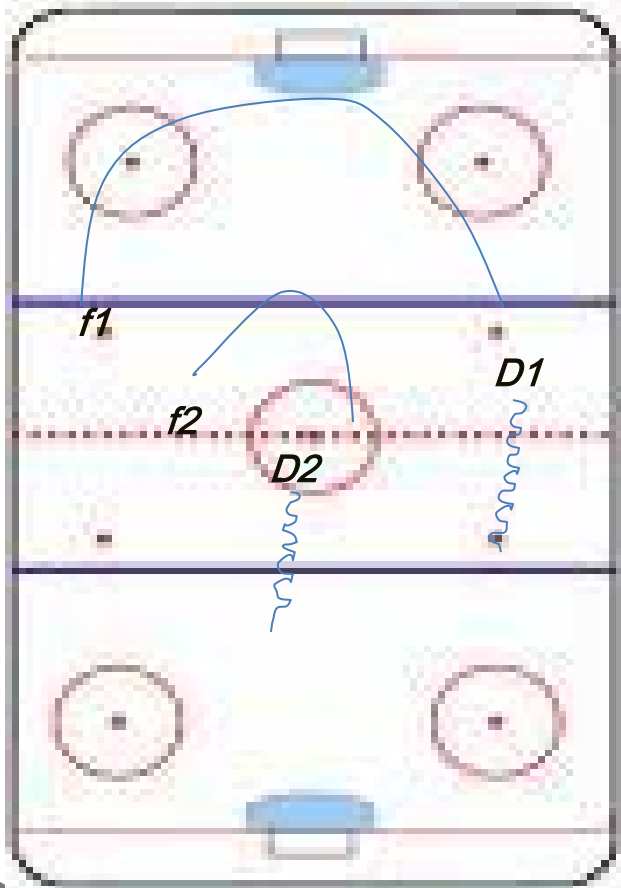
## *Colts Penalty Kill*

*Key Teaching Points : D2*

*D2 Sag through Middle*

*Prevent Cross ice Stretch Passes*

*Ready to retrieve Dumps or chips into D zone.*



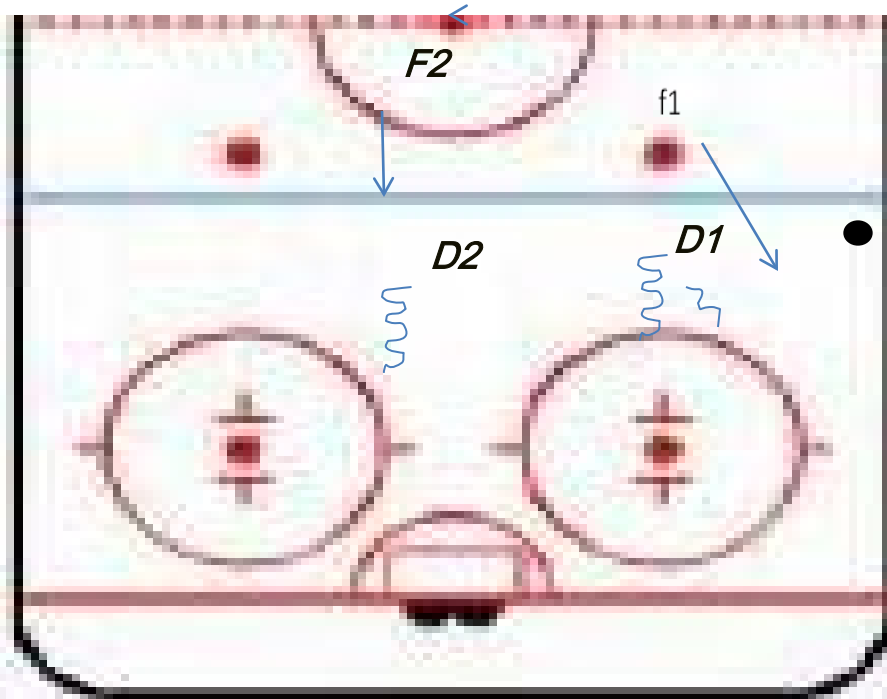


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## *Penalty Kill : Puck Entering D Zone*

### POWERPLAY ENTERING WITH PUCK



*D1 Stay off wall protecting middle of ice waiting for support forward skating back hard providing back pressure On the puck carrier*

*D2 Protect middle of ice picking up net drive player Able to support loose pucks Control rebounds*

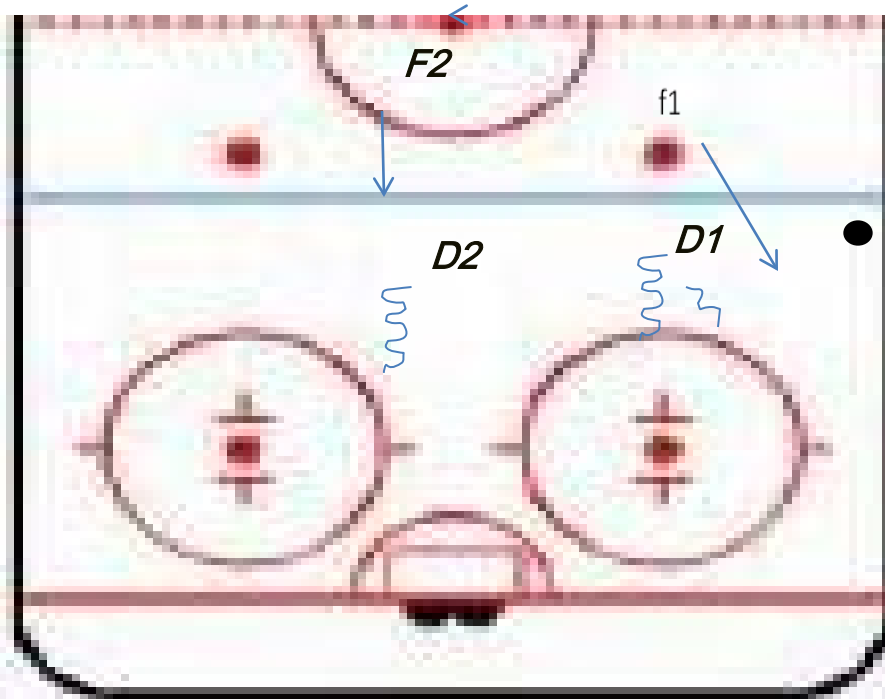


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## Penalty Kill : Puck Entering D Zone

### POWERPLAY ENTERING WITH PUCK



*F1 Skating back hard on puck carrier providing pressure forcing puck carrier to move the puck or dump it.*

*F2 Skating hard through the middle of the ice , picking up 2<sup>nd</sup> net drive, & high slot coverage , ready to jump on high rims or rebounds.*



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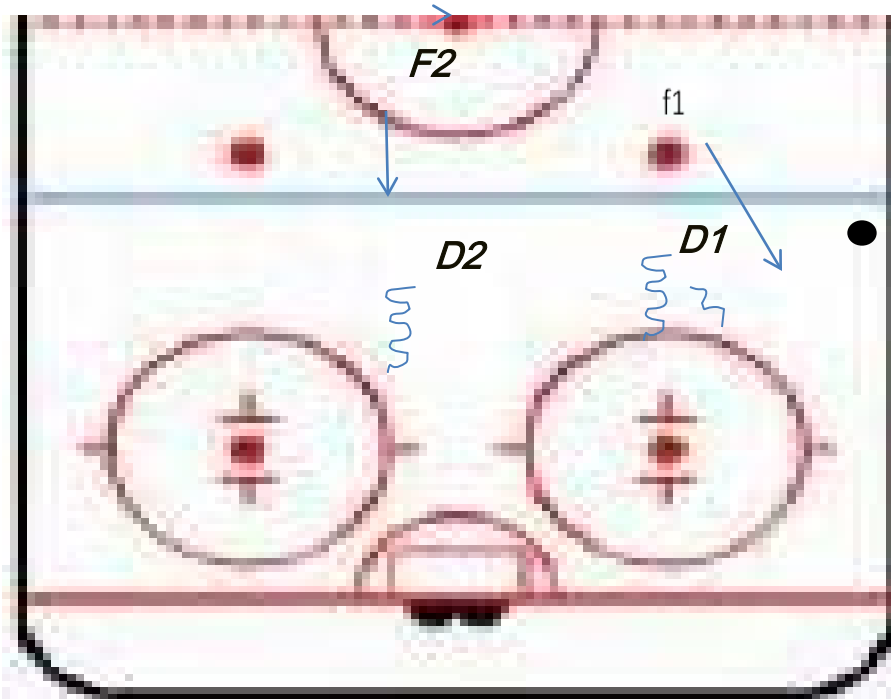


## *Penalty Kill : Puck Entering D Zone*

### POWERPLAY ENTERING WITH PUCK

#### *Key Teaching Points*

- 1. It's never too late to back check .*
- 2. Must always pressure the puck on entries into the d-zone.*
- 3. Always Protect middle of the ice off the rush.*

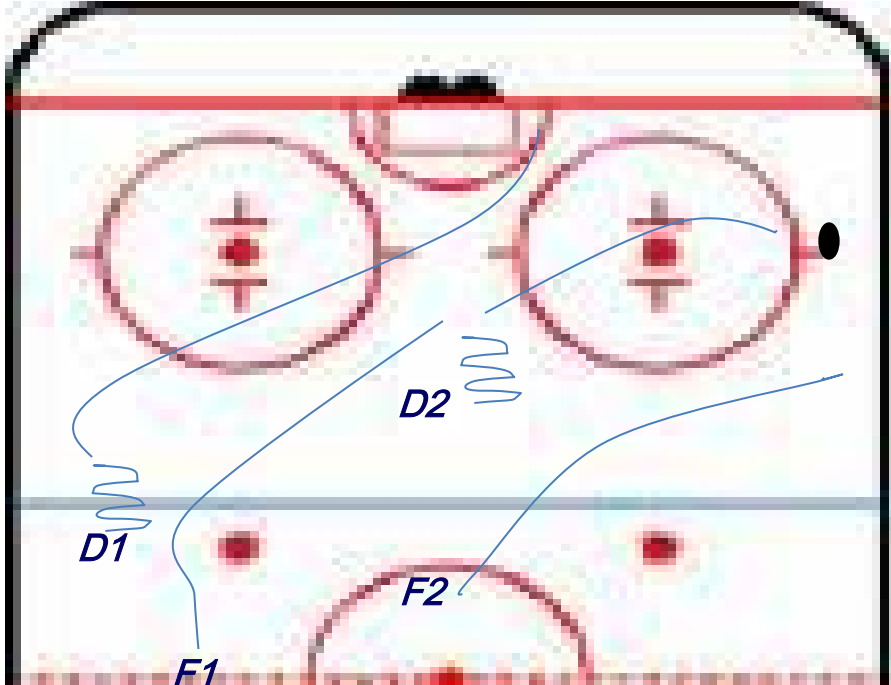




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## *Penalty Kill : Puck Entering D Zone*



### POWERPLAY DUMP INS OR RIMS

#### *Key Teaching Points*

*D1 recover to front of net  
ready to join any odd man  
battles or loose pucks*

*D2 win race to puck , be ready  
to get rid of the puck , get in  
battle mode  
if required*



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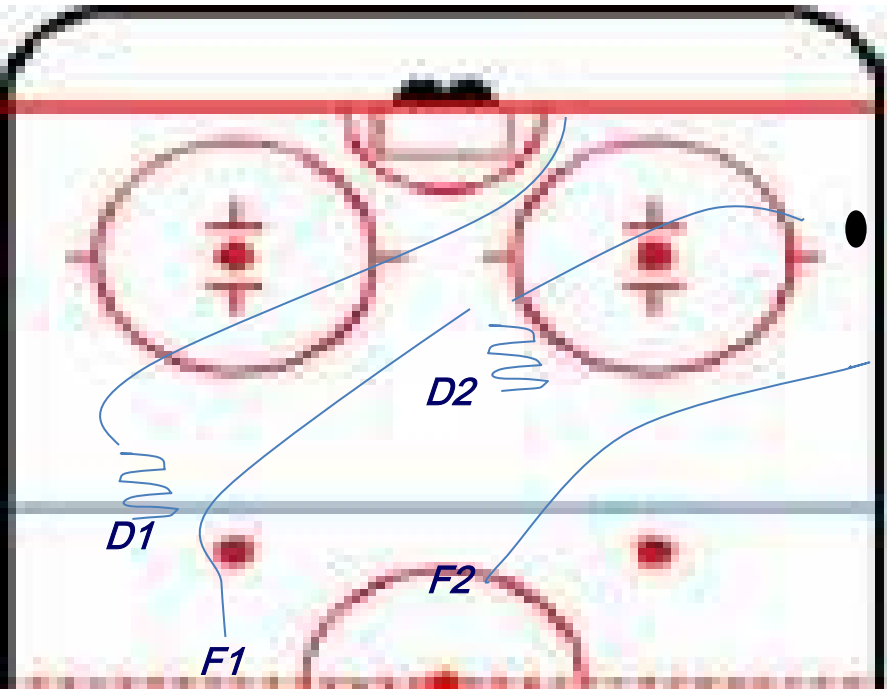


## *Penalty Kill : Puck Entering D Zone*

### POWERPLAY DUMP INS OR RIMS

#### *Key Teaching Points*

- F1 Recover to middle;  
protect slot  
jump on all reversed pucks  
down low*
- F2 win race to all rimmed  
pucks against weakside D*





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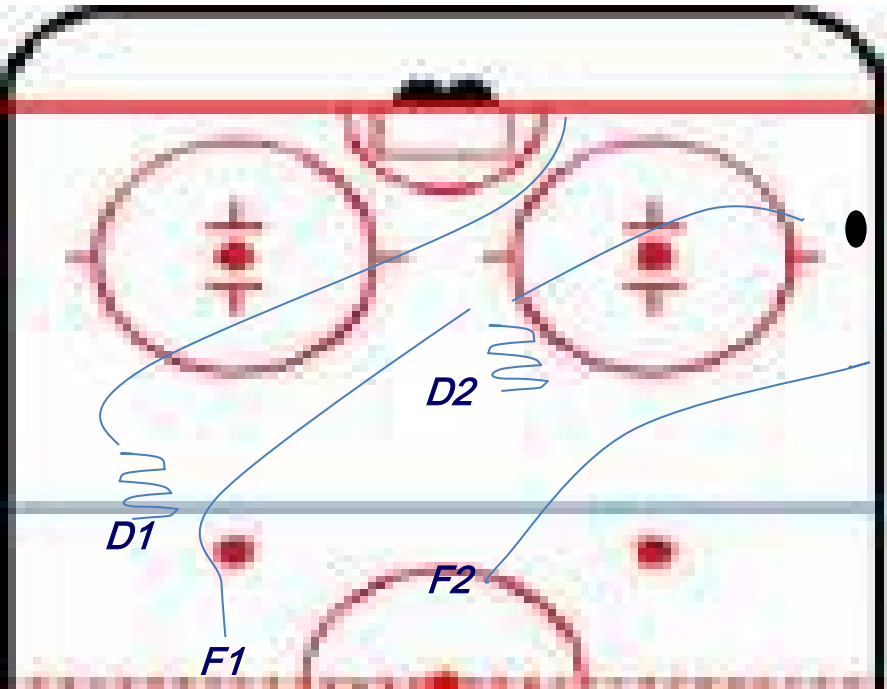


## *Penalty Kill : Puck Entering D Zone*

### POWERPLAY DUMP INS OR RIMS

#### *Key Teaching Points :*

- 1. Win all races to dump ins*
- 2. Seal off all release points*
- 3. Swarm puck*
- 4. Out man all battles for loose pucks*
- 5. No easy recoveries*







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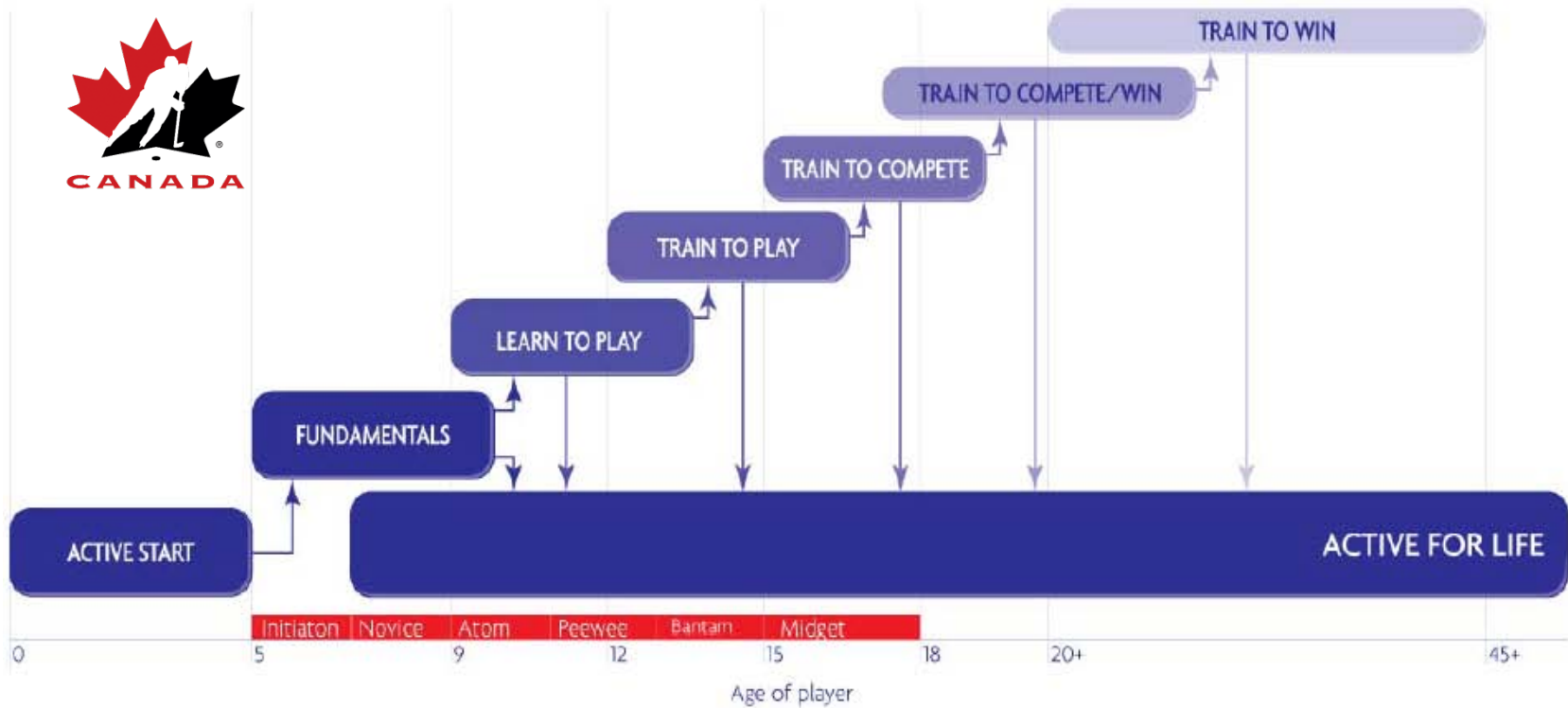
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# LTPD – The 7 Step Pathway



Darker blue indicates more active participants.

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Challenge • Learn • Improve

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