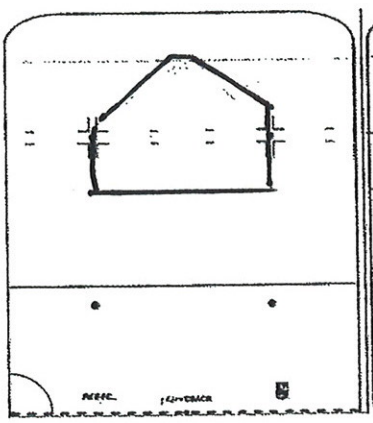
Owen Sound Attack

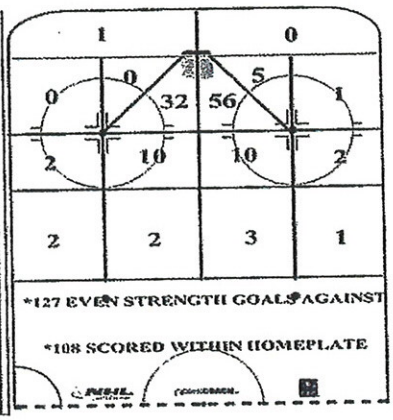
Major Junior "A" Hockey Club
1900 3rd Avenue East
P.O. Box 1420
Owen Sound, ON N4K 6T5
Phone: (519) 371-7452
Toll Free: 1-866-5-ATTACK
Fax: (519) 371-7990

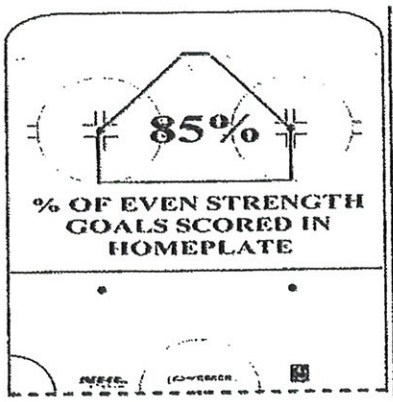
DEFENSIVE TEAM PLAY

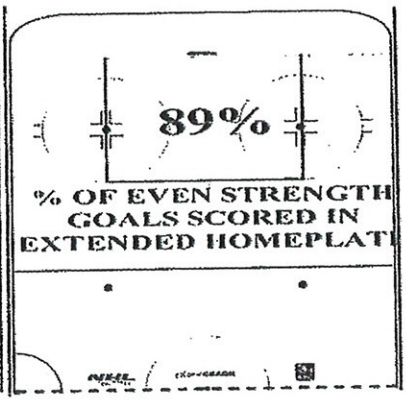
INTRODUCTION TO DEFENSIVE ZONE COVERAGE

THE HOME PLATE PHILOSOPHY









- Identify your man and jump to check (close quickly with stick on the ice) eliminating stick and man ~good angling to stay in control and to keep defensive positioning is essential

- Weak side patience is critical while remembering the most dangerous shots come from home plate ~not behind the net, in the corner, along the boards or at the points
- Everyone defends and looks for the puck

- Remember big hits are not necessary ~don't run at someone and forget about the puck

DEFENDING WITH TWO HANDS ON STICK AND STICK ON ICE

- Stay strong on opponent

- Strong on puck (slashing at hands opens passing lanes)

- Recovery of puck

- Avoid penalties

- Allows quick transition

- Everyone battles with two hands on stick (use 1 hand to influence or extend coverage if needed)

- When trying to take the puck off the opponent you are punching the puck up the boards or to a teammate, when underneath an opponents stick or punching the puck it is a short quick motion up or at the puck ~in control ~not putting yourself in a position to take a penalty

- When the puck changes sides stay inside home plate until the net area is covered making sure there is help in front then expand out to the top of the circle on the strong side building a wall and taking over strong side wing duties

- On passes to your point

- First align yourself with the shot or puck

- Close in on puck and if necessary go down to block the shot (always keep your eyes on the shooter and the puck)

STRONG SIDE D RESPONSIBILITIES

When opponent has his back to you be more aggressive, if he is facing you with control be more patient, stay square and stay in control of the situation by influencing opponent where you want him to go.

YOU ARE IN CHARGE!!!

ANGLE	Do not allow lane to the net or the back of the net while taking away time and space –you control the play by dictating where you want opponent to go
INFLUENCE	Keep your stick on the ice taking away passing lanes while influencing and trying to flush up the boards
CONTAIN	Stay in athletic position with stick on puck while staying off of his hip –allowing some air between you and the opposition is okay
COLLISION/HIT	Deliver hit from an athletic position with stick on the ice looking to obstruct puck movement while thinking about puck recovery

WEAK SIDE D RESPONSIBILITIES WHEN IN FRONT OF THE NET

- Do not get stuck in the crease –stay out of paint
- Don't be afraid to move away from the net when there is a battle in the corner
- You are the safety valve in case of a breakdown
- Need a defenseman in front at all times

CENTER POSITIONING

- Center, or 1st forward back low, is always underneath the puck working with your defenseman -stay out of the battle, keep your stick on the ice defending pass outs and be ready to eliminate time and space

- Identify how your defenseman has done and jump on loose pucks otherwise remain **patient** and in a good underneath position

- When center and defenseman exchange positions in the corner or below the goal line center must read to make sure defenseman is not on the wrong side of his man -when the puck goes to your man close quickly on him with two hands on your stick and stick on the ice

- If the puck goes up the boards to your winger remain underneath him (defensive position) until he has clear possession then expand into an offensive posture.

STRONG SIDE FORWARD'S POSITIONING

- Positioned near the top of defensive circle (stick on the ice) helping with the opponent in the high slot area along with the weak side defenseman to build a wall while forcing the puck to the point and not allowing seam passes to the weak side (keeping puck to the perimeter)

- Positioned to deny a roll off the boards from a cycle into Home Plate area - your stick is on the ice influencing outside movement and passes (you want the puck to go to the point)

- If puck moves to the point

WHEN BOXING OUT:

- Be aggressive
- Keep two hands on stick and stick on ice while trying to eliminate screen
- Do not turn your back on the play and know where the puck is
- Be ready to clear any rebound opportunities

WHEN FRONTING THE OPPOSITION:

- Stay away from opponent and be aware of where he is
- Cut down opponents shooting angle
- Stay strong on your stick and avoid being "pick pocketed"

IT IS YOUR JOB TO BLOCK THE SHOT!!

IF BEHIND THE OPPONENT IN FRONT OF THE NET:

- Stay in athletic position
- Know where the puck is
- Avoid crosschecks, stay off of his hips and keep two hands on your stick
- Lift opponent's stick 12" to 16" off the ice when shot comes while maintaining athletic position and using your core muscles
- Do not get tied up in unnecessary battles

- Opponent must get through at least 3 layers of defense to get to the net

    1. Strong side D
    2. Support forward
    3. Weak side D

- Position yourself to be able to read the battle in the corner and be aware of their F's

- Read opponents options

- Keep your stick on the ice (two hands on your stick)

- Stay patient while doing more work with your eyes and collecting information before chasing

- Don't chase behind the net until you have support -they can't score from behind the net

DEFENDING THE FRONT OF THE NET

IT IS A FORWARDS JOB TO:

1. Screen the goalie
2. Tip the shot
3. Fight for the rebound

IT IS A DEFENSEMAN'S JOB TO:

1. Box out
2. Front the opposition
3. Get under sticks
4. Clear any rebound opportunities