



# Coach Seminar Series

# Defensive Concepts

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# ***“THE WINNING MODEL”***

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***DISCIPLINE***

**+**

***DEFENSE***

**+**

***SPECIAL TEAMS***

**=**

***WINS!!***



# ON ICE DISCIPLINE

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## No Bad Penalties

Bad penalties can be categorized as:

*Where:* Offensive zone; some neutral & defensive zone

*When:* (i) During Special Team play. (ii) Late in a game

*What:* (1) GREEDY/EMOTIONAL (retaliation, talking)  
(2) LAZY (holding, hooking)

# ON ICE DISCIPLINE

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## ➤ SHIFT LENGTH:

40 seconds or less.

## ➤ TEAM SYSTEMS:

Learn; Execute.



# OFF ICE DISCIPLINE

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- ✓ **Comply with Team Rules** – *curfews, timing*
- ✓ **Manage your Lifestyle** – *school, sleep, diet, liquids*
- ✓ **Conditioning** – *exceed your personal targets*

# WHAT IS CHARACTER???

## CHARACTER PLAYERS:

- *Work hard consistently – games, practices, off ice.*
- *Do not take bad penalties.*
- *Manage their lifestyles*
- *Adopt a “team first” attitude.*

**DISCIPLINE = CHARACTER**



# KEYS TO DEFENSE

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Goals are scored as a result of:

- ✓ PENALTIES
- ✓ GIVEAWAYS
- ✓ ODD-MAN ATTACKS
- ✓ 1 on 1 BREAKDOWNS

Goals are scored from:

- ☐ THE FORT – 96%
- ☐ THE MIDDLE – 3%
- ☐ OTHER AREAS – 1%



# KEYS TO DEFENSE

- **PENALTIES**

- *No Bad penalties*

- **GIVEAWAYS**

- *No “**High Risk, Low Gain**” Passes or Carries*
- *Safe Plays at Both Blue Lines*

- **ODD-MAN ATTACKS**

- *Defense First*
- *Backside 4: **Read & React***
- *Outman in Neutral Zone.*
- ***Lock** on Backcheck*

- **1 ON 1 BREAKDOWN**

- *“WIN THE BATTLES...  
WIN THE WAR”*

# KEYS TO DEFENSE

## • FORT

- *Encourage puck & people outside*
- *Beat your man back to Fort-defensive side & Screenouts.*
- *Outnumber Opposition in Fort*
- *Body Position for Identification*
- *“Asses & Faces”*
- *Control Outside; Passion Inside*

## • MIDDLE

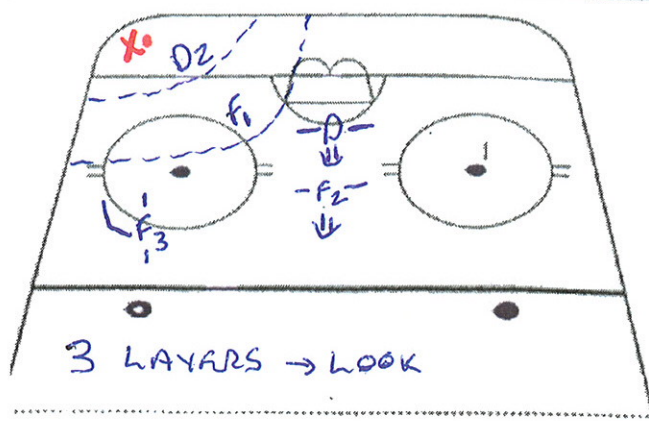
- *Encourage puck & people outside*
- *Beat your man to inside – backcheck & lock hard thru middle.*
- *Outnumber Enemy in middle. D strong gap play.*
- *Backside Read & React*



# DEFENSIVE ZONE COVERAGE

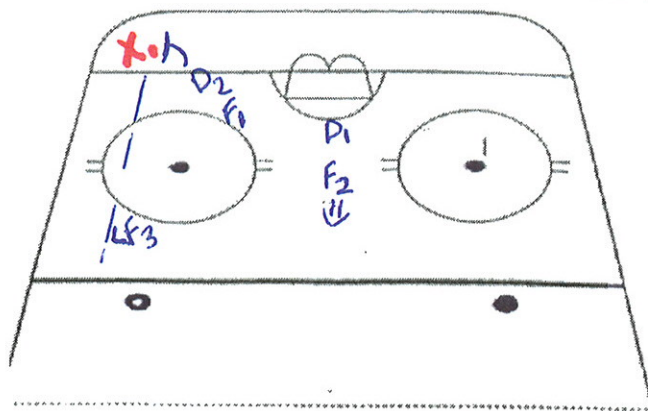
## FORT PROTECTION

- ❖ Start from the fort out.
- ❖ Pressure inside the fort, contain outside.
- ❖ When in trouble, return to the fort.
- ❖ Don't leave the fort if it is unprotected.
- ❖ Don't let your man beat you inside to the fort, with or without the puck – screen out!
- ❖ Sticks on ice.
- ❖ LOOK OFF THE PUCK!



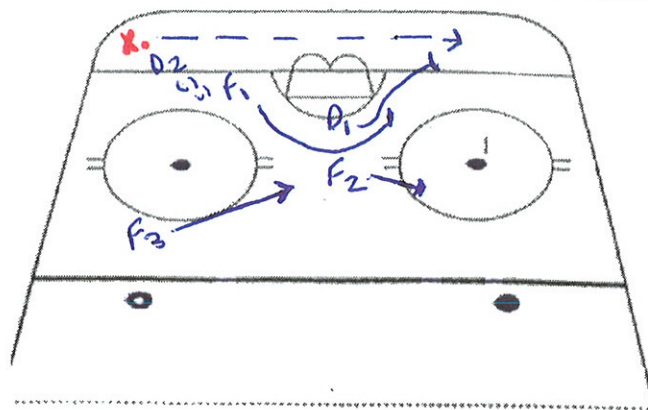
## INITIAL SET

- D2 closes, stick in front, from inside/out- objective is to not get beat back to fort & to pin when ready.
- D1 protects low fort – reads ass (stick length away) or face (closes gap)
- F1 supports D2 – reads & reacts – 2<sup>nd</sup> layer of defense.
- F2 protects high fort – screens out, picks up loose pucks, reads ass & face.
- F3 eliminates pass to point – body inside passing lane, stick on passing lane..



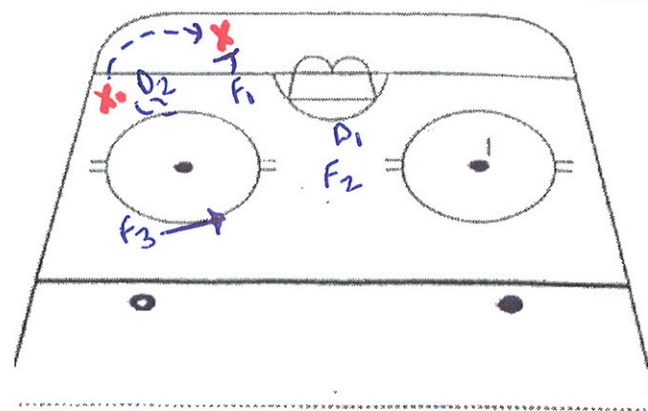
## REACTION: Puck Changes Sides

- D2 beats man to fort, always aware of opponents position.
- D1 leaves fort to contain puck only if he knows that fort is well covered.
- F1 crosses through fort to support D1, always aware of his man out from original corner.
- F3 mirrors puck as it moves side to side & stops at high fort.
- F2 moves out of fort to eliminate point pass only as F3 begins to enter fort.



## REACTION: OPPOSITION CYCLE

- D2 pins man or beats him inside to fort – does not follow pass!
- F1 closes on pass, stick in front, from inside/out- objective is to not get beat back to fort & to pin when ready.
- D1 protects low fort – reads ass (stick length away) or face (closes gap)
- F2 protects high fort – screens out, picks up loose pucks, reads ass & face.
- F3 eliminates pass to point – body stick inside passing lane, stick on passing lane.



## DEFENSIVE ZONE COVERAGE

### REACTION: SHOT FROM STRONG POINT

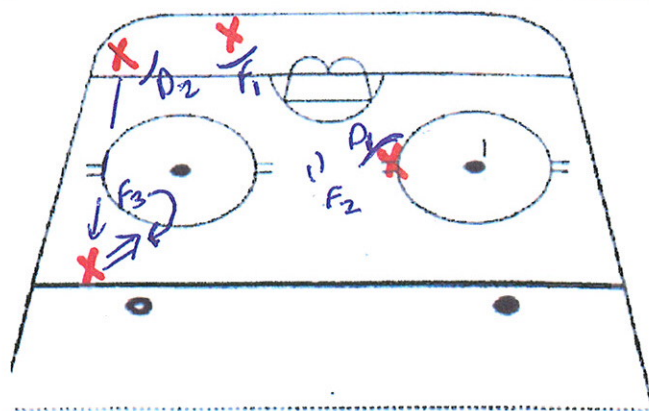
D2 screens out man from corner & prevents him from entering fort – tight gap, takes stick away.

F1 screens out man from corner & prevents him from entering fort - tight gap, takes stick away

D1 aggressive gap on man in fort – takes stick away.

F2 sags to fort, closes on any loose men or picks up rebound.

F3 – jumps into shot block lane, then out & finishes hit



### REACTION: SHOT FROM MIDDLE POINT

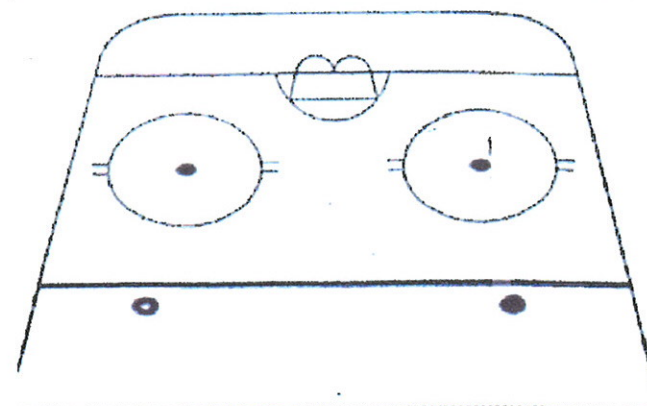
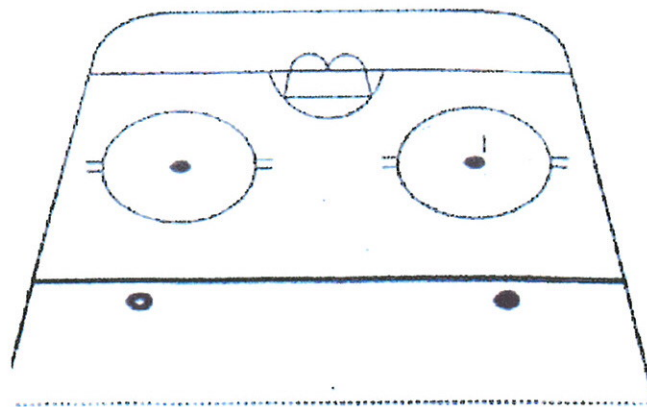
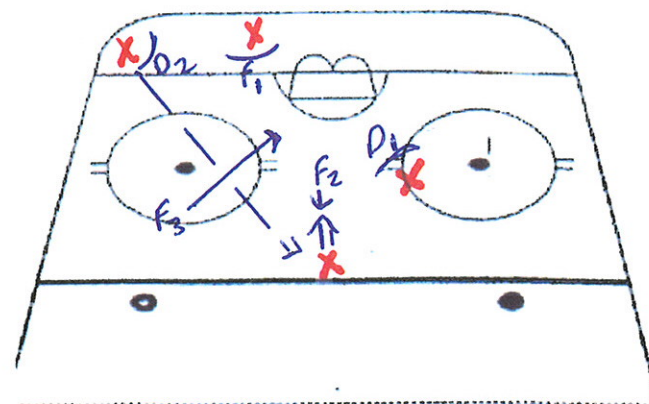
D2 screens out man from corner & prevents him from entering fort – tight gap, takes stick away.

F1 screens out man from corner & prevents him from entering fort - tight gap, takes stick away

D1 aggressive gap on man in fort – takes stick away.

F3 quickly returns to fort, closes on any loose men or picks up rebound.

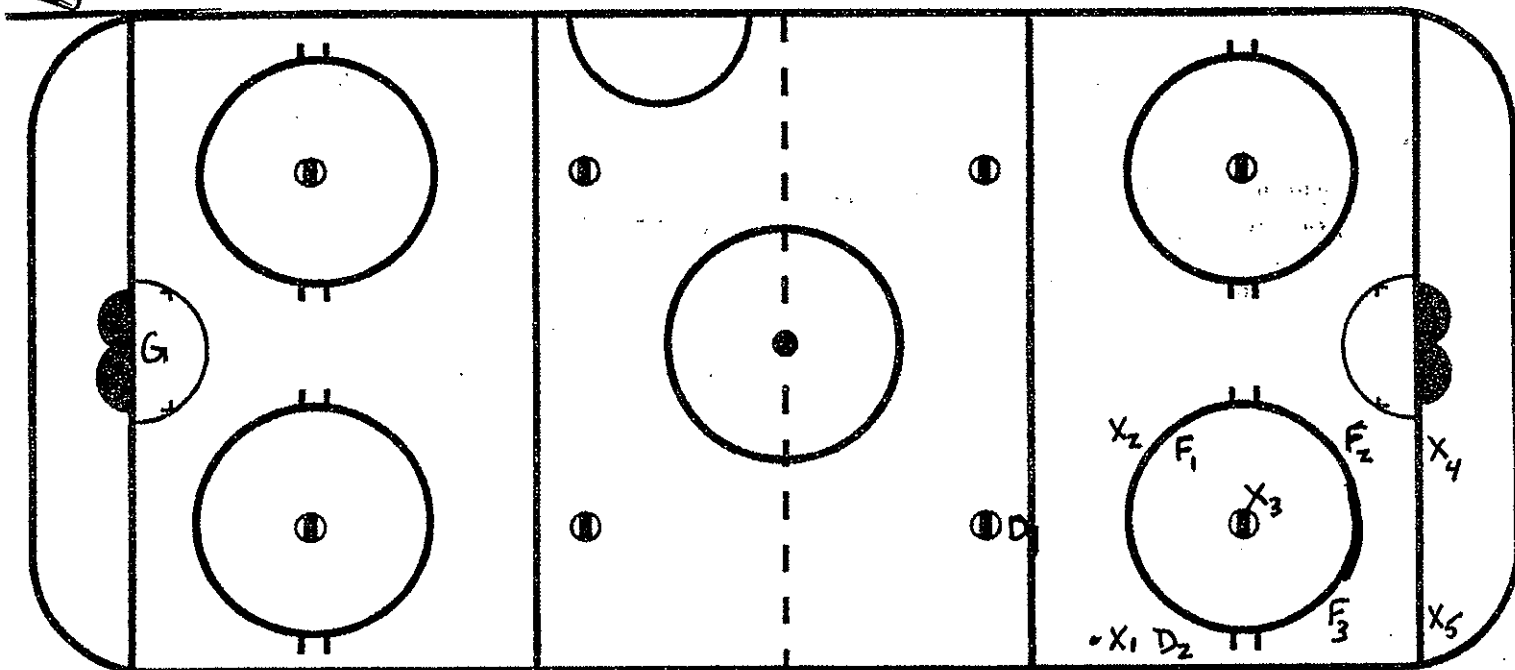
F2 – jumps into shot block lane, then out & finishes hit







# LONG 2 VS 1 SORT OUT

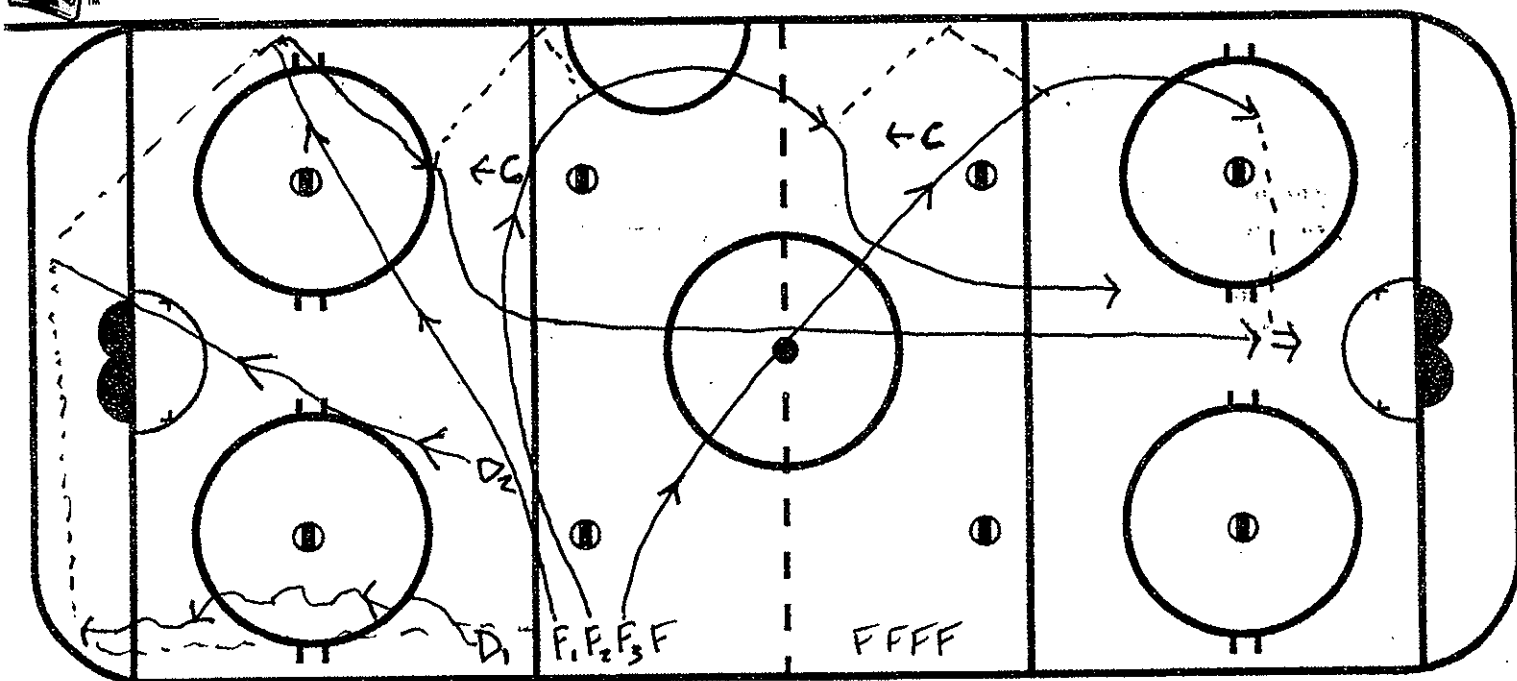


- DRILL STARTS ON WHISTLE
- X1 & X2 ATTACK 2 VS 1 ON D1. X3 IS JOINING LATE
- D2 & F1 MUST BACKCHECK & SORT OUT WITH D1 WHO'S MAN IS WHO'S.
- IF X1 & X2 DON'T SCORE ON RUSH ALL PLAYERS PLAY 5 VS 5 IN ZONE.

\* IT IS IMPORTANT FOR EVERYONE TO COME BACK HARD & TO COMMUNICATE WHO THEY HAVE IN THE COVERAGE.



# CHIP DRILL



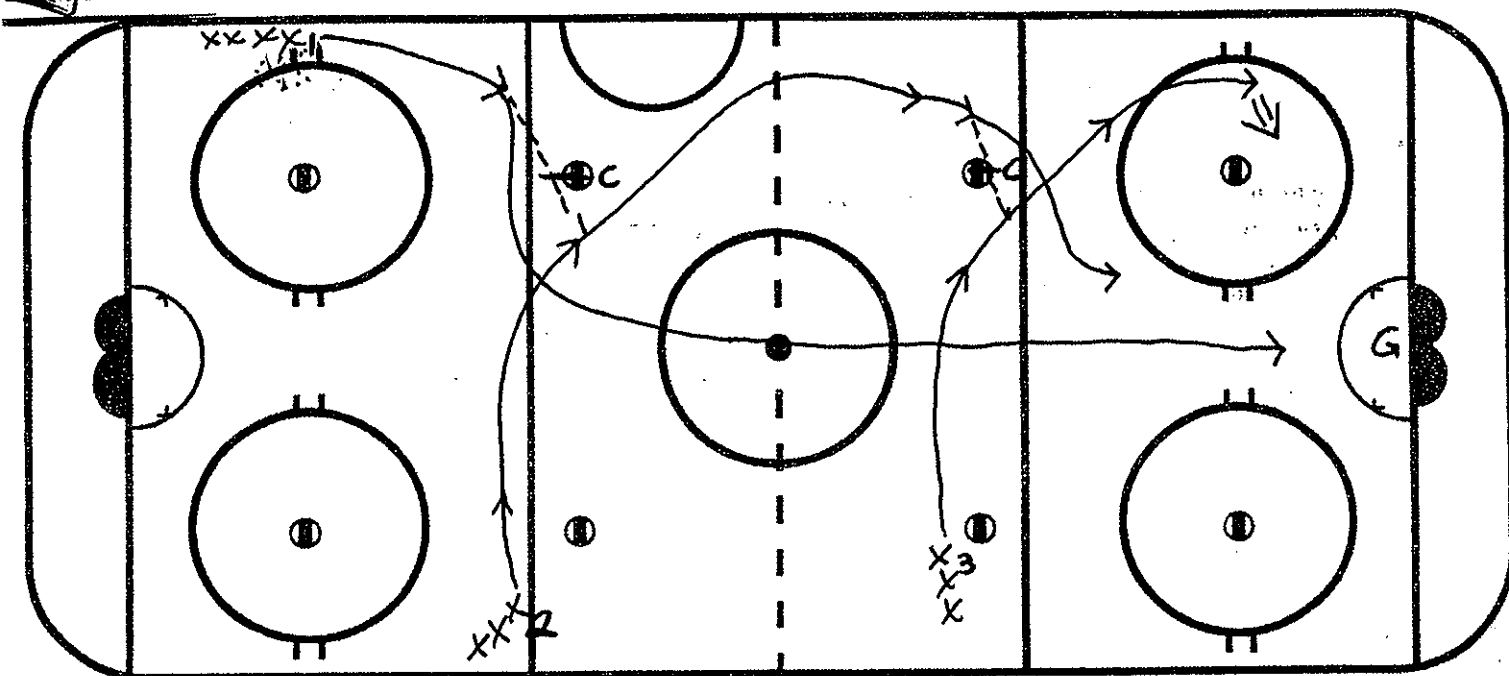
- F1 DUMPS PUCK TO D1 CORNER
- D1 THEN PASSES TO D2 FOR BREAKOUT
- WHEN PUCK IS DUMPED F1 RACES TO FAR HASH TO RECEIVE A PASS FROM D2. F1 WILL THEN SKATE UP ICE UNTIL PRESSURED BY COACH. F1 THEN CHIPS PUCK OFF WALL TO F2 WHO IS IN A SUPPORT POSITION
- F2 THEN SKATES UNTIL PRESSURED BY 2ND COACH. F2 THEN CHIPS PUCK OFF WALL TO F3 WHO IS IN A SUPPORT POSITION.
- THEN ALL 3F ATTACK 3 VS. 0
- THEN OTHER END GOES.

IT IS IMPORTANT FOR F2 + F3 TO HAVE GOOD TIMING & FOR ALL F'S TO MAKE GOOD CHIPS





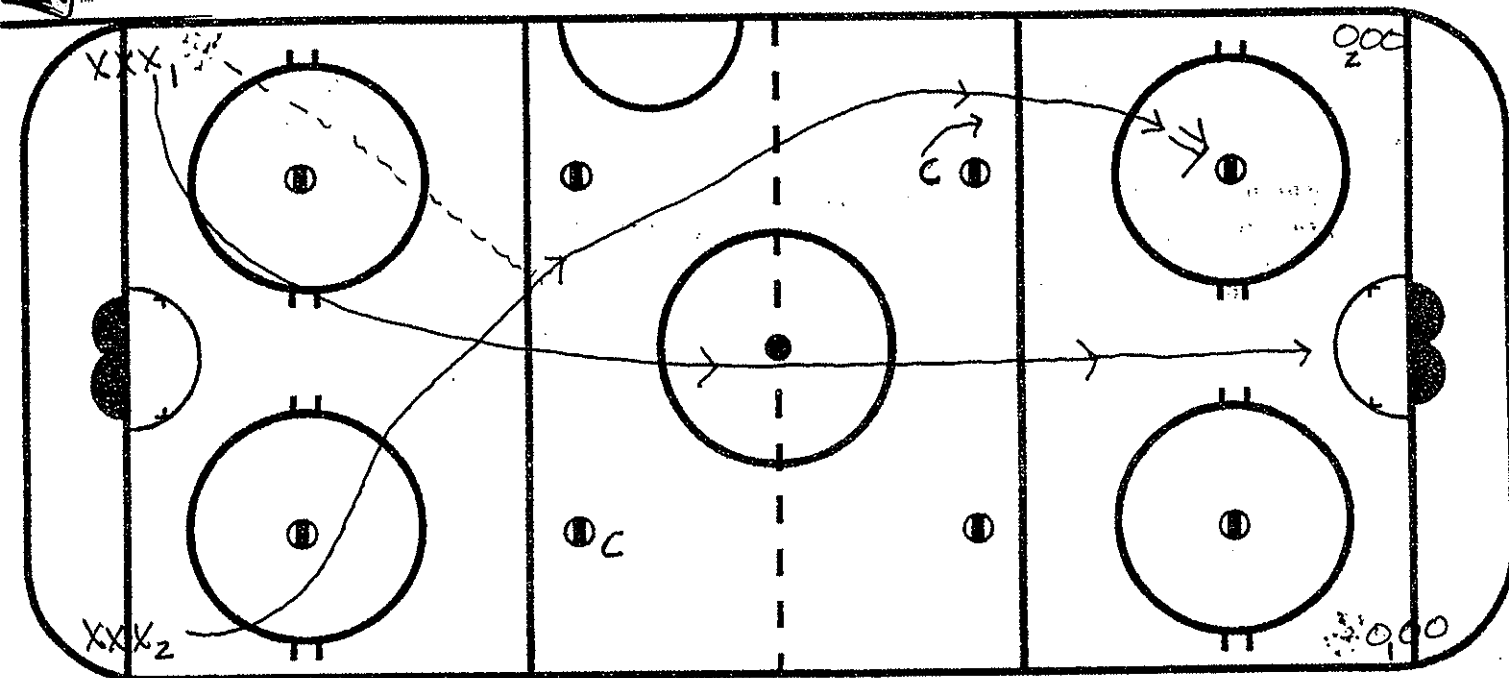
# SUPPORT DRILL



- ON WHISTLE X1 START WITH PUCK
  - X1 SKATES TOWARD BLUELINE + THEN PASSES A PUCK UNDER THE COACHES STICK TO X2
  - X2 THEN SKATES ALONG WALL + SLIDES PASS UNDER THE 2<sup>ND</sup> COACHES STICK TO X3
  - ALL X'S THEN ATTACK 3 VS. 0
- 
- \* - IT IS IMPORTANT FOR X2 + X3 TO PUT THEMSELVES INTO A GOOD LANE FOR SUPPORT.
  - ALL X'S HAVE TO HAVE GOOD TIMING + FEET HAVE TO BE MOVING
  - X1 HAS TO CATCH UP TO PLAY + DRIVE NET
  - AGAIN IT IS IMPORTANT FOR PLAYERS TO BE CREATIVE ON ATTACKS



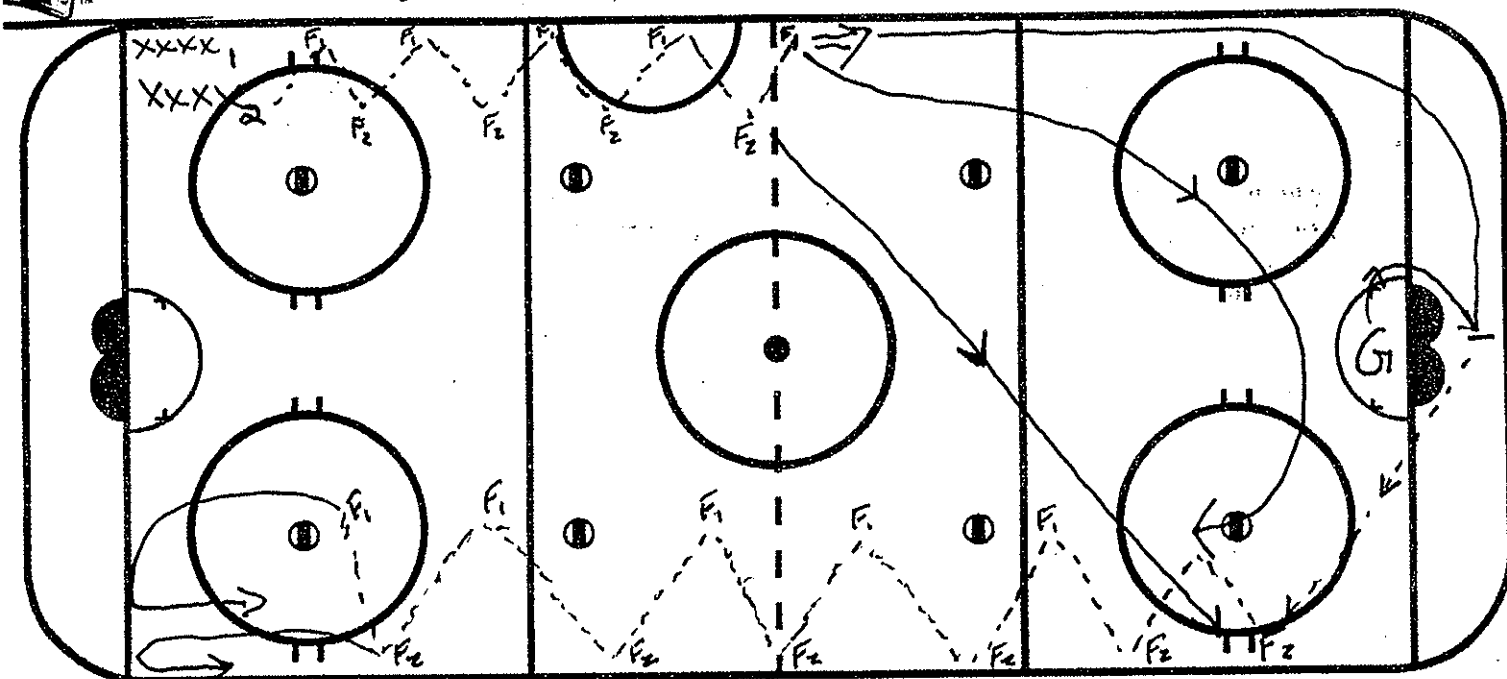
# DRIVE DRILL



- PLAYERS IN ALL 4 CORNERS
  - PUCK ARE IN X1 & O1'S CORNERS
  - ONE END AT A TIME
  - X2 SKATES ACROSS ZONE & RECEIVES PASS FROM X1
  - X2 THEN SKATES AROUND COACH WHO PUTS TOKEN PRESSURE ON & THEN X2 MAKES A PLAY AT THE NET.
  - AFTER X1 MAKES PASS HE THEN SKATES HARD TO NET LOOKING FOR LOOSE PUCKS.
  - THEN THE OTHER END GOES AFTER X'S HAVE GONE BYE
- \* IT IS IMPORTANT FOR ATTACKING PLAYERS TO BE CREATIVE ON THE ATTACK
- ALSO X1 HAS TO DRIVE NET HARD!



# WARM UP



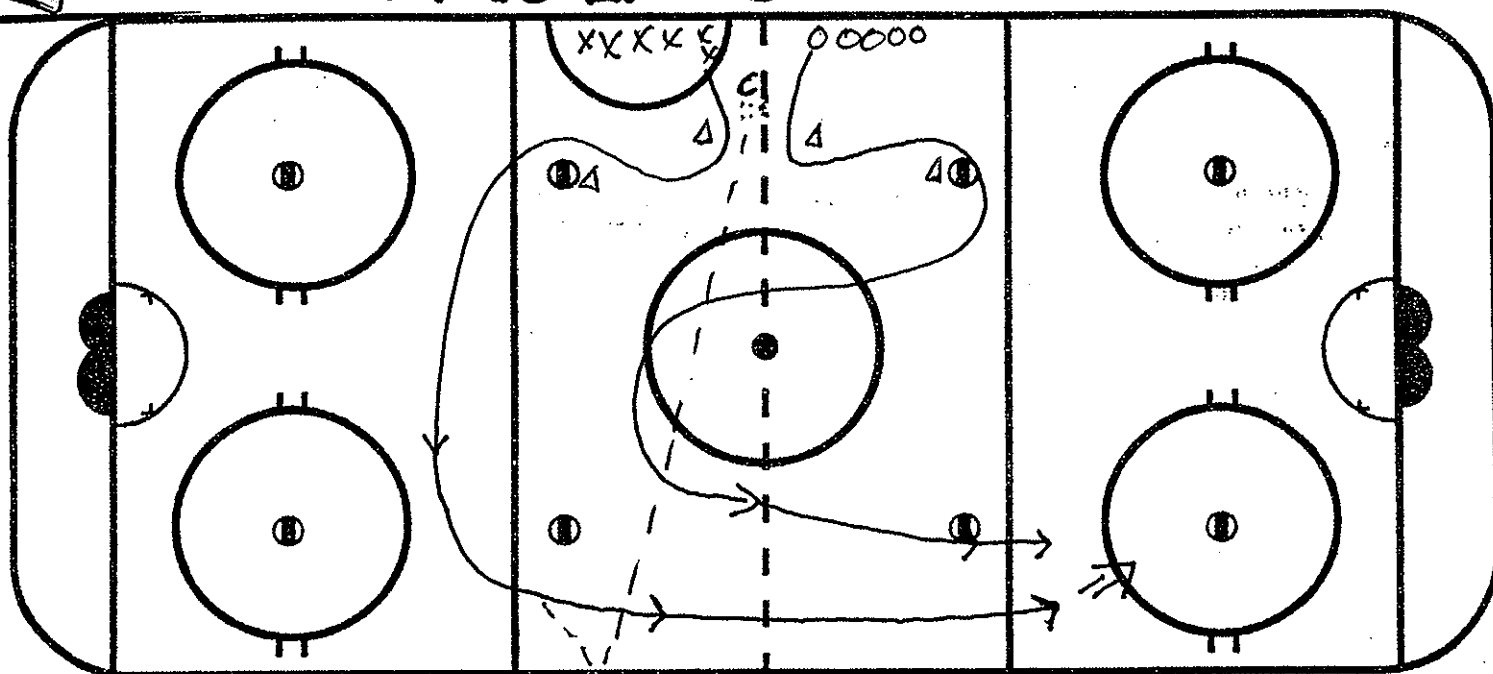
- GOALIES IN NET
- PLAYERS ALL IN ONE CORNER IN TWO LINES  $\rightarrow$  X1 + X2
- X1 + X2 PASS PUCK BACK & FORTH TO THE RED LINE & THEN RIM THE PUCK IN.
- X2 THEN SKATES HARD TO FAR SIDE HASH & OPENS UP TO RECEIVE A PASS FROM GOALIE WHO HAS COME OUT & STOPPED THE RIM.
- X1 SUPPORTS PASS & THEN X1 + X2 GO BACK DOWN PASSING PUCK BACK & FORTH.

\* IT IS IMPORTANT TO ALLOW PLAYERS TO GET A PROPER WARM-UP. PLAYERS & GOALIES ARE ALLOWED TO HANDLE THE PUCK FOR THIS WARM-UP DRILL.





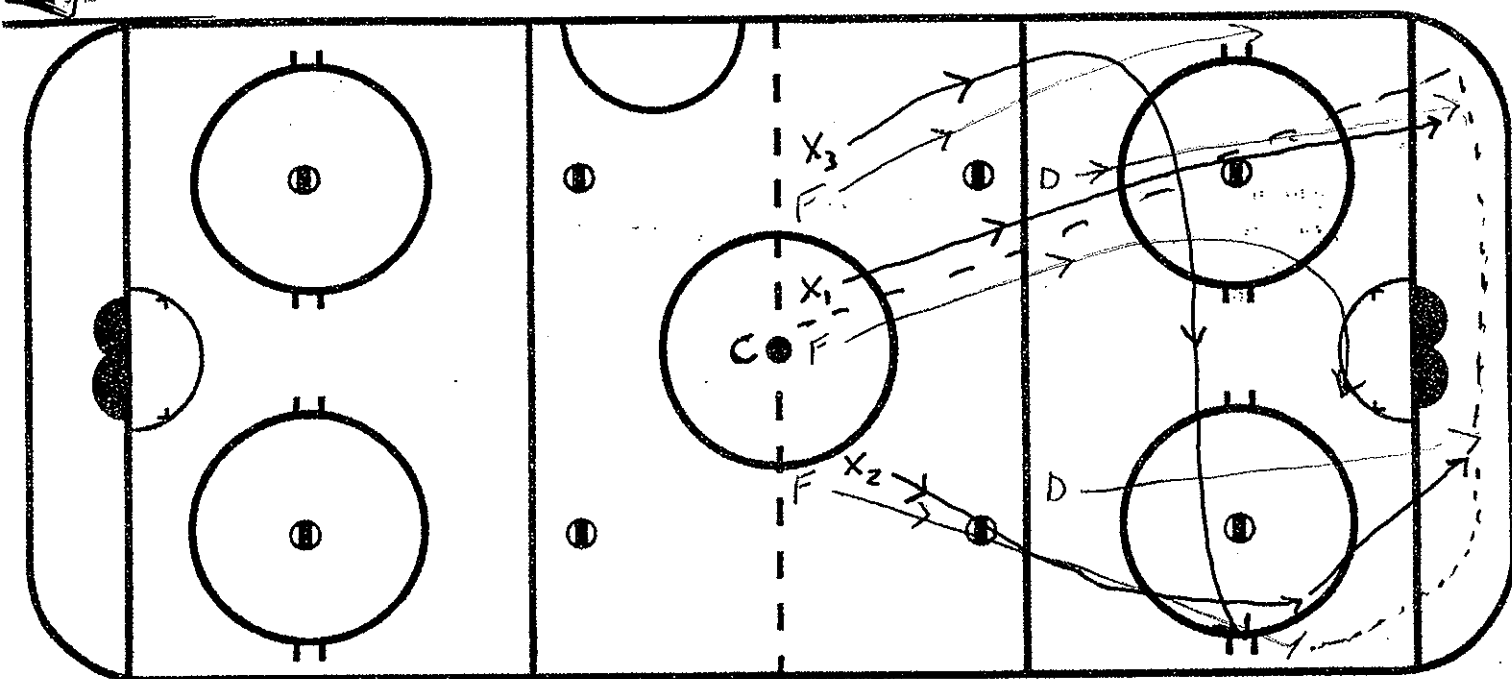
# ANGLE DRILL



- 2 LINES ON EITHER SIDE OF RED LINE.
  - ON WHISTLE ONE PLAYER FROM X LINE GOES & ONE PLAYER FROM O LINE GOES AROUND PYLONS.
  - COACH THEN PICK A SIDE & THROWS PUCK TO FAR SIDE
  - X THEN PICKS PUCK UP & GOES DOWN WALL FOR A SHOT ON GOAL
  - AT THE SAME TIME O'S WILL ANGLE PLAYER X NOT ALLOWING HIM TO CUT BACK TO MIDDLE OF ICE. IF PLAYER X IS ABLE TO CUT BACK THEN PLAYER O HAS TAKEN A BAD ANGLE
- \* IT IS IMPORTANT FOR PLAYER O TO PICK UP SPEED SO THAT PLAYER X CANNOT GO AROUND HIM.



# FORECHECK DRILL

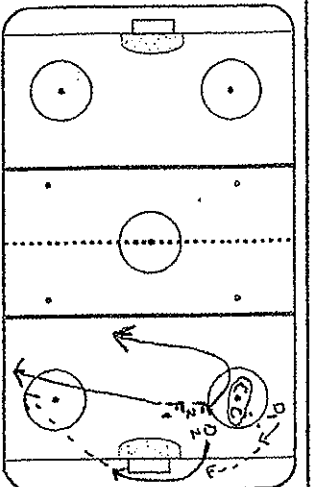
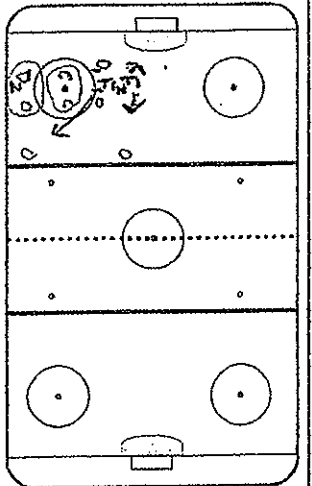
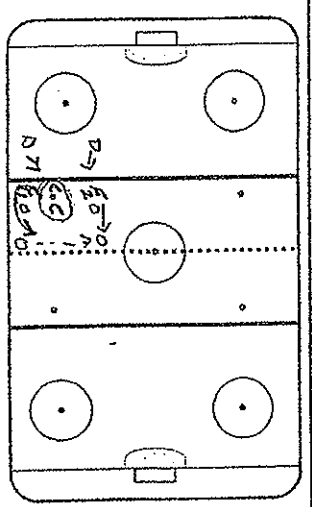
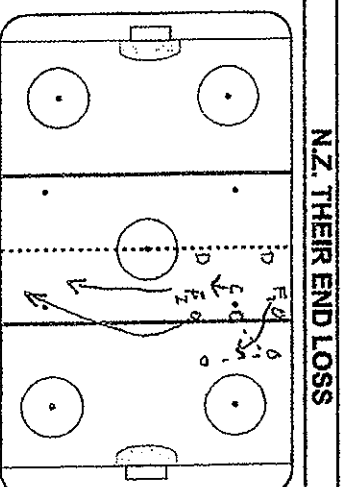
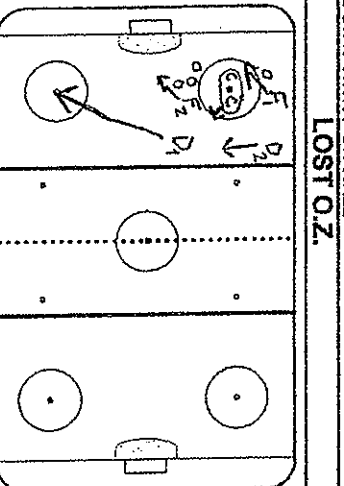
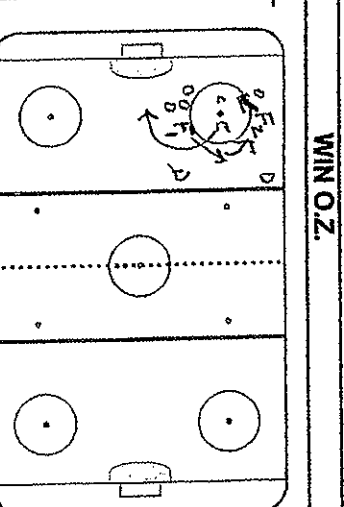
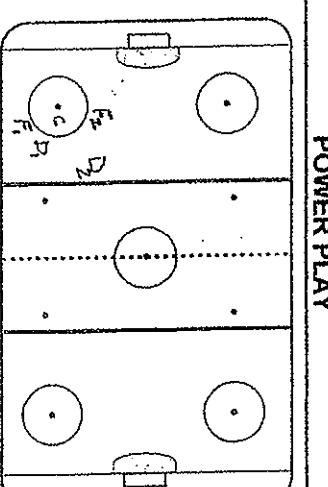
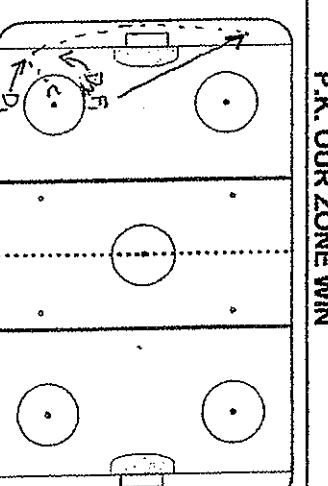
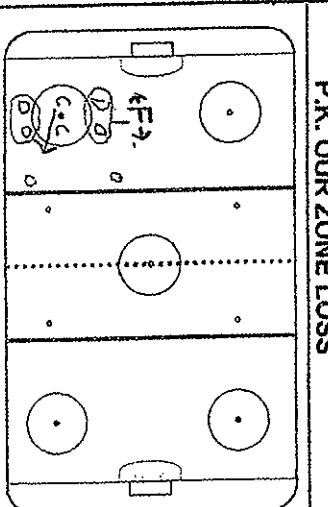


PART I → COACH DUMPS PUCK INTO A CORNER → X1 ATTACKS WHERE PUCK GOES - O'S ARE BREAKING OUT.

PART II → COACH DUMPS PUCK → X1 & X2 GO → X1 ATTACK PUCK - X2 GOES TO WEAKSIDE WALL & READS PLAY. IF O'S GO D TO D THEN X2 ATTACKS WHERE THAT 1ST PASS GOES.

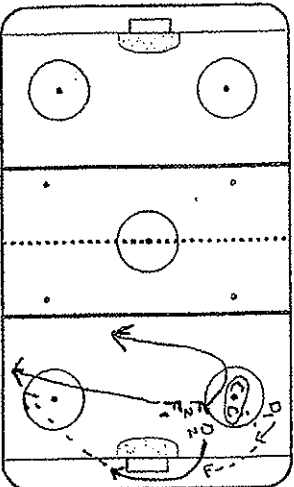
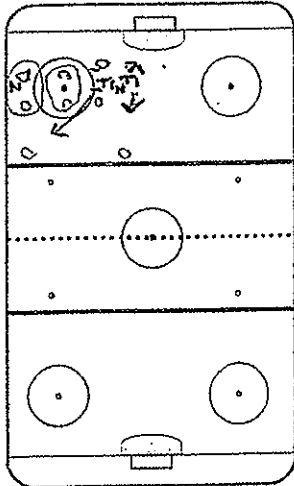
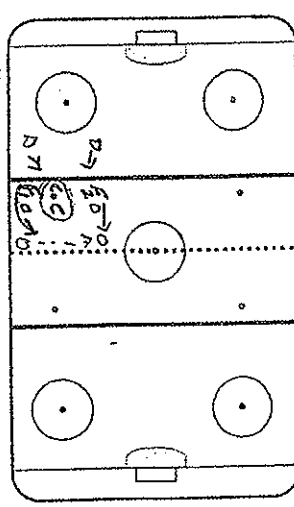
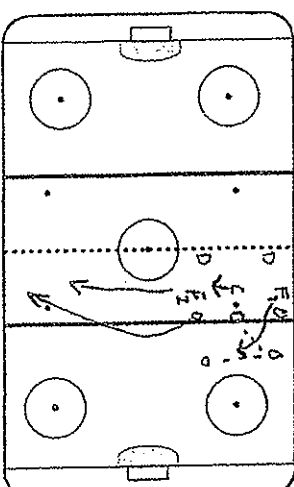
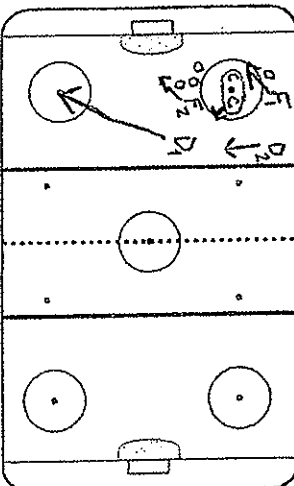
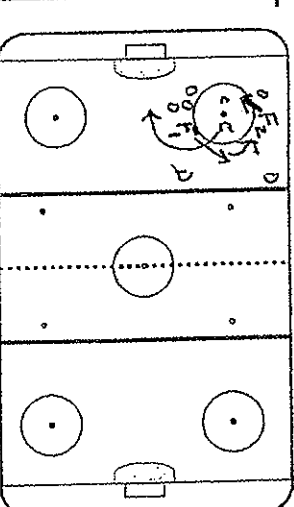
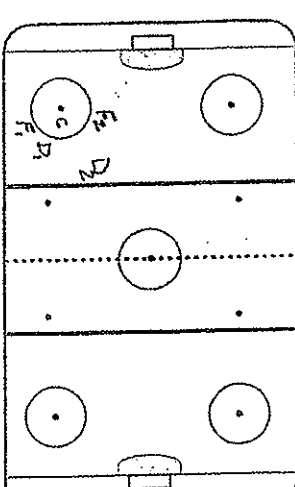
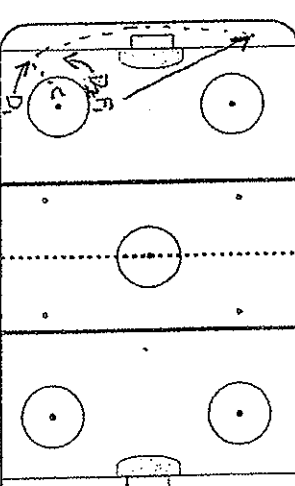
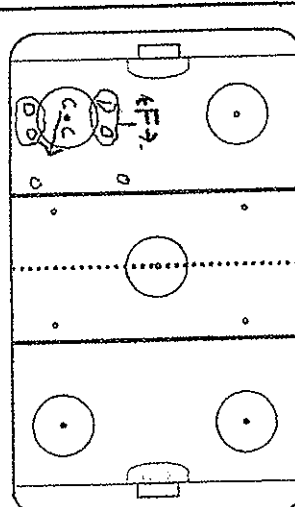
PART III → COACH DUMPS PUCK → X1 & X2 DO SAME AS PART II. → X3 GOES DOWN STRONG SIDE WALL. IF D GO D TO D THEN X3 HAS TO SKATE HARD ACROSS TO OPPOSITE BOARDS → X1 COMES BACK HARD THREW MIDDLE → X2 ALSO GETS BACK TO BACKSIDE



D.Z. WIN	D.Z. LOSS	N.Z. OUR END LOST
 <p>D1 PUSHES PUCK D2 F1 GOES TO WALL FOR OUT F2 STARTS TO PT. &amp; THEN GOES TO SUPPORT F1 C STAYS WITH C THEN JOINS</p>	 <p>F1 GOES TO WALL PT. C STAY WITH THEIR C F2 STAYS IN FRONT &amp; GOES I.F. FOLLOWS PUCK UP OR DOWN D1 IN FRONT FINDS THEIR F IN FRONT D2 STAY WITH F ON WALL</p>	 <p>F1 PUSHES IF THEY GO D TO D THAN F2 JUMPS OTHER D C STAYS WITH THEIR C D WATCH THEIR WINGERS</p>
N.Z. THEIR END LOSS	LOST O.Z.	WIN O.Z.
 <p>F1 PUSHES OR ANGLES EVERYONE ELSE SHIFT OVER C WITH C F2 SHIFTS OVER WITH THEIR WINGER D SHIFT OVER WHILE WATCHING THE WINGERS</p>	 <p>F1 JUMPS &amp; PRESSURES WALL D F2 JUMPS D IN FRONT D1 PINCHES DOWN ON WEAK SIDE D2 COMES ACROSS C WATCH C &amp; COMES BACK THROUGH MIDDLE</p>	 <p>F1 SKATES OUT IN FRONT OF F GOING TO PT. THEN PEELS OFF TO BOARDS F2 JUMPS TO NET C FINDS SPOT IN FRONT OF NET</p>
POWER PLAY	P.K. OUR ZONE WIN	P.K. OUR ZONE LOSS
 <p>D1 MOVES UP A BIT TO HELP</p>	 <p>D1 BUMPS PUCK TO FAR CORNER F1 GOES TO CORNER TO GET PUCK REVERSE IS NEEDED SOMETHING WITH D2 IN FRONT</p>	 <p>C GOES OUT TO PT. F1 STAYS IN MIDDLE FOLLOWING PUCK ON WALL UP &amp; DOWN, ALWAYS PROTECTING THE MIDDLE LANE</p>





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# **ROAD WARRIORS**

## **1) PREPARATION**

### **✓ MENTAL**

- Know who you are playing against – OHL website
- *Think 3-2 Win*
- Focus on short increments of time...Shifts, Period...Target to be up one or tied going into third period.
- Target 3 personal game goals that you must achieve for team to win.

### **✓ PHYSICAL**

- Proper sleep, fluids, nutrition before games.
- Attention to pre-game prep – ladder
- Efficiency in warmup

## **2) PENALTY KILL**

- ✓ Reduce Penalties from 5.6/game... **TARGET 4.5 KILLS/GAME**
- ✓ Increase Efficiency... **TARGET 80% EFFICIENCY**
  - Aggressive Forecheck
  - Strong Retrievals
  - Good Force/Contain Decisions
  - Outwork Opposition PP

***BY REDUCING KILLS TO 4.5/GAME & IMPROVING EFFICIENCY TO 80%, WE REDUCE OUR GOALS AGAINST BY .9 TO 3.0!***

## **3) THINK DEFENSE...THINK SAFE...TARGET 5 ON 5 G.A OF 2.0**

- Better reads, quicker to backside, tighter gaps & screen-outs, harder battles, safer puck play, more dump-ins than at home.

***BY REDUCING OUR 5 ON 5 G.A. BY .4/GAME, WE HAVE REDUCED OUR ROAD GAME G.A. TO 2.6....WE NOW HAVE GIVEN OURSELVES A CHANCE TO WIN!***

(7

## **4) GOALS FOR...TARGET 3.0/GAME**

- Retain PP performance of one goal per game average
- Keep offense simple – pucks & people to net!
- Better defense creates counter-attacks...our strength!

***FINAL SCORE.... BARRIE 3***

***OPPOSITION 2***





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