

WEISS TECH HOCKEY PLAYBOOK

4th Edition



89 pages of professional diagrams and explanations.

<http://weisstechhockey.com>



"When we play well as a team... we all look better as individuals."
– Wayne Gretzky

WEISS TECH HOCKEY PLAYBOOK

By Jeremy Weiss



More Drills and Skills at <http://weisstechhockey.com>

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See video explanations here:

<http://weisstechhockey.com/teaching-systems>

<http://weisstechhockey.com/timing-and-support>

When I was eight years old, my dad had an idea. His idea was to take a group of young athletes, and make a hockey team out of them. This wouldn't be an ordinary team though. This team would stay together from the time they were eight years old, with the end goal of winning the Ontario Championships when they were 13 years old. I was fortunate to be on that team.

As eight year olds, when most teams were still playing “dump and chase” hockey (where a pack of kids follow the puck wherever it goes), my dad taught us a color system of breakouts, and a basic forechecking system. He would read the ice from the bench, and call out the breakout. We would hear him and execute.

My dad made a team rule that you couldn't shoot the puck into the other team's zone, you had to carry it. This rule forced us to learn to attack using the attack triangle, and also helped us to develop our stickhandling skills. My dad's philosophy was that winning would be a by-product of the development we were gaining in those early years. Although winning wasn't the main focus, we did win our fair share of tournaments.



Closing ceremonies of The Brick Invitational in Edmonton, Alberta when we won the Championship in the summer of 1990

Over the years, my dad continued to build our team, each year changing only one or two kids, but keeping the same core together. By the time we were 12 years old, and most teams were just starting to learn basic systems, we had already been using them for four years, and had moved on to more complex concepts like timing, support, and cycling.

By this time, we already knew how to read our breakouts for ourselves, and were utilizing multiple forechecking systems, as well as a penalty kill and power play system. We were miles ahead of the other kids our age, and winning everything.

We continued to progress, and started playing more international competition. We played some of the top caliber teams in the world, including Czech Republic; Finland; Karkov, Russia; and Russia Red Army, and beat them all except Russia Red Army, who we tied in the finals of the world Minor Peewee Championships.

Over the 5 years I was with that team, we won 26 out of 32 major tournaments. As 13 year olds, we had an incredible year, finishing first in regular season play, winning the MTHL (Metro Toronto Hockey League) City Championship, and moving on to win the All-Ontario Provincial Championship.

The information contained in this playbook is a culmination of experience gained as a player and coach in some of the top hockey “hot beds” of the world. The plays and set-ups work phenomenally well, but should be adjusted to fit your team’s unique skill sets.

I encourage both players and coaches to study this book and apply its principles as your team progresses. Players who learn to think the game *off* the ice, are better players *on* the ice!

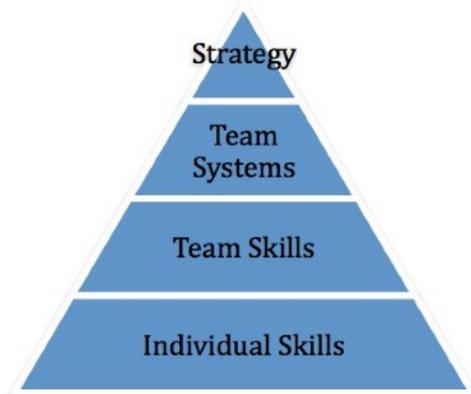
Jeremy Weiss





See video explanation here: <http://weisstechhockey.com/development-pyramid>

Hockey is one of the greatest games on earth. Hockey combines toughness, speed, timing, team systems, and strategy into one lightening-fast game. However, one can't just decide one day to "pick up" hockey, and find instant success based purely on their innate athletic ability (as is possible with some other sports). Hockey skills must be acquired step by step, like a pyramid.



When players are young, whoever has the best individual skills will usually score all the goals. However, as players grow and progress, team skills play more of a role in the success of a player (and the team). Eventually, all of the players will have the basic necessary individual and team skills, and the determining factor will be which team executes their team systems most effectively. Lastly, as the skill levels progress, team strategy comes into play, which consists of deciding which systems to use and when. As players move up through the skills pyramid, success depends more and more on who

thinks the game better, and not only on who can skate the fastest.

This playbook was designed with the intention of helping both players and coaches to learn how to *think* the game more efficiently. It outlines the responsibilities of each player in every basic situation of the game. It is the coach's responsibility to know the systems, and to help the players to recognize when to use certain tactics in game situations.

The breakouts have been color-coded for two reasons:

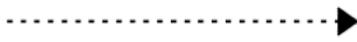
1. To give names to the various options – this allows for more effective communication between players on the ice.
2. As young players are developing their read and react skills, the coach should also be reading the plays from the bench as they develop. With the color-coded breakout system, he can (and should) yell out the plays from the bench. Since he calls out the plays in code, the opposing team won't know that he's yelling which breakout should be executed.

As the players' ability to think the game progresses, the coach won't need to read and call out the play for the players anymore. They will be able to read and react on their own. Every player (including goalies) should study this playbook, and visualize themselves executing each play with precision. Players should also know and visualize where their other teammates will be during each of the various game situations. Players who utilize visualization techniques *off* the ice, are more effective *on* the ice!

KEY TO DIAGRAMS:

 Player

 Opposing Player

 Pass

 Forward Skating without Puck

 Forward Skating with Puck

 Backward Skating without Puck

 Backward Skating with Puck

 Shot

“When I work harder at those one-on-one battles I get the puck more often. I don’t wait for the puck [to come to me], I go after it. My defense creates my offense.”
– Mike Modano

DEFENSIVE ZONE COVERAGE

Defensive Zone Key Words:

“Head on a Swivel” “Knees Bent” “Active Stick”



OVERVIEW:

The purpose of defensive zone coverage is two-fold:

1. Stop the initial scoring threat
2. Get the puck back, and break out of your zone

The set-ups in this section will not only help you to accomplish the first objective (stopping the scoring threat), but will put your players in good breakout position once they are able to regain possession of the puck.

In defensive zone coverage there are always trade-offs. Passive set-ups clog up the front of the net, but don't give as much opportunity to regain puck possession. Whereas more aggressive set-ups give you a better chance of getting the puck back, but may leave you more vulnerable in front of the net. Here are the defensive zone coverage options covered in this section:

- **Box +1:** Most passive set-up. Great for eliminating scoring chances, but doesn't cause a lot of turnovers
- **Sagging Zone:** A good "middle" option. More aggressive than the Box +1, but doesn't give up as much in front of the net as the Sagging Zone Arrow
- **Sagging Zone Arrow:** Most aggressive set-up. More likely to cause turnovers, but also leaves the front of the net vulnerable

There are a few key directives that should be stressed to each player, in order to help maximize the effectiveness of our defensive zone play:

- Each player must react to puck with speed and purpose
- We must always hold our own positions, even if one of our teammates misses their assignment (**Don't** try to do anyone else's job – have confidence in our teammates' abilities to fulfill their responsibilities)
- Positions in Defensive Zone coverage are approximate; we must react to specific game conditions, and make sure we cover the open man
- Our objective in Defensive Zone coverage: "man to man within your coverage area"

Important – Trust your teammates to do their own jobs! Mistrust leads to breakdowns. Trust allows you to do more by doing less! Do your own job and not everyone else's.

"In today's game, no player can do everything by himself... even the best of them. He needs the support of his teammates."

– Jean Perron



See video explanation here: <http://weisstechhockey.com/box-plus-one>

RESPONSIBILITIES:

Right Defenseman (Puck-side Defenseman)

- Pressures puck carrier
- Decides whether to “force” or “contain”
- Hit and pin if situation presents itself
- Stick on stick, body on body
- Look to recover quickly after hit, beat your man back to the front of the net

LD (Weak Side Defenseman)

- Position off weak side post
- Cover front of net down low

Center

- Corner of Box: Position of support for Strong-side Defenseman or Winger when puck goes to point
- First man to the puck when RD makes pin
- Be aware of opposing forwards on puck-side boards
- If RD is out-manned (2 on 1) Center must come in and help (provide support)

Left Winger (Weak Side)

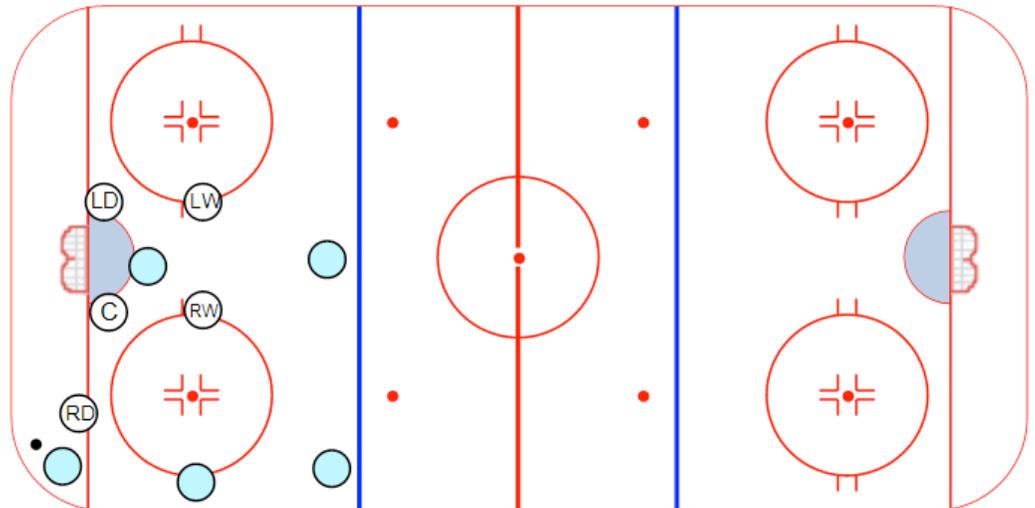
- Position in slot off far post
- Support LD on far post (pick up any loose men in front of the net in mid to high slot area – LD will pick up loose men in low slot)
- Be aware of “Puck Ring” around boards to weak side (you need to anticipate and beat the opposing defenseman to the boards)
- Cover slot and weak side opposing defenseman

Right Winger (Strong Side)

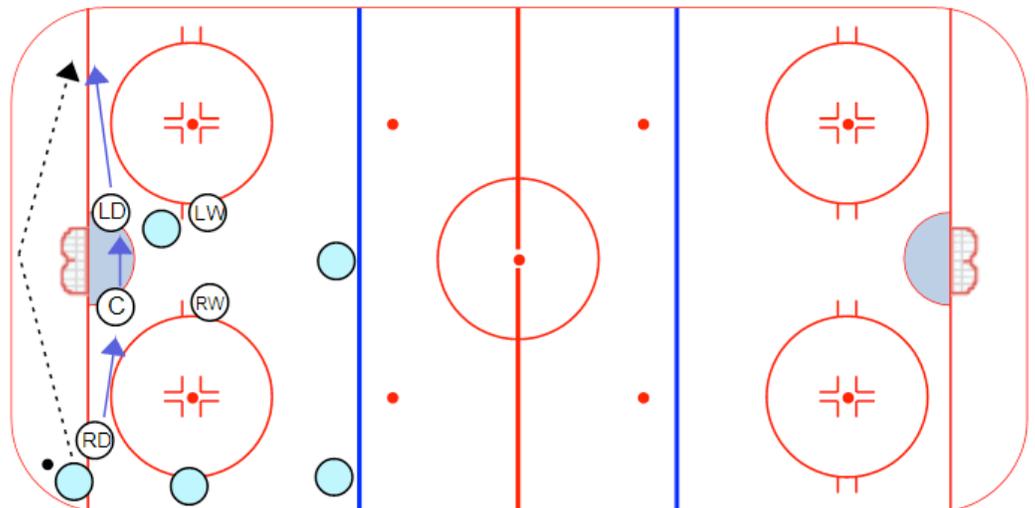
- Position in slot off near post
- Cover puck-side opposing defenseman if puck moves up to the point
- Must be aware of **both** opposing defensemen

DEFENSIVE ZONE RESPONSIBILITIES & POSITIONAL SHIFTS:

Box +1
Responsibilities



Box +1
Positional Shifts





See video explanation here:

<http://weisstechhockey.com/sagging-zone>

<https://weisstechhockey.com/team-hockey-systems/sagging-zone-coverage-clarification/>

<https://weisstechhockey.com/team-hockey-systems/defensive-zone-coverage-sagging-zone-in-action/>

RESPONSIBILITIES:

Right Defenseman (Puck Side Defenseman)

- Must attack puck carrier
- Look to “Hit and Pin”
- Should try to force pass and finish check
- Look to recover after pin, beat your man back to the front of the net

Left Defenseman (Weak Side Defenseman)

- Position off weak side post
- Cover front of net down low

Center

- Position of support for RD
- First man to the puck when RD makes pin
- Initiates breakout if he picks up the puck
- Be aware of opposing forwards on puck-side boards
- If RD is out-manned (2 on 1) Center must come in and help (provide support)

Left Winger (Weak Side)

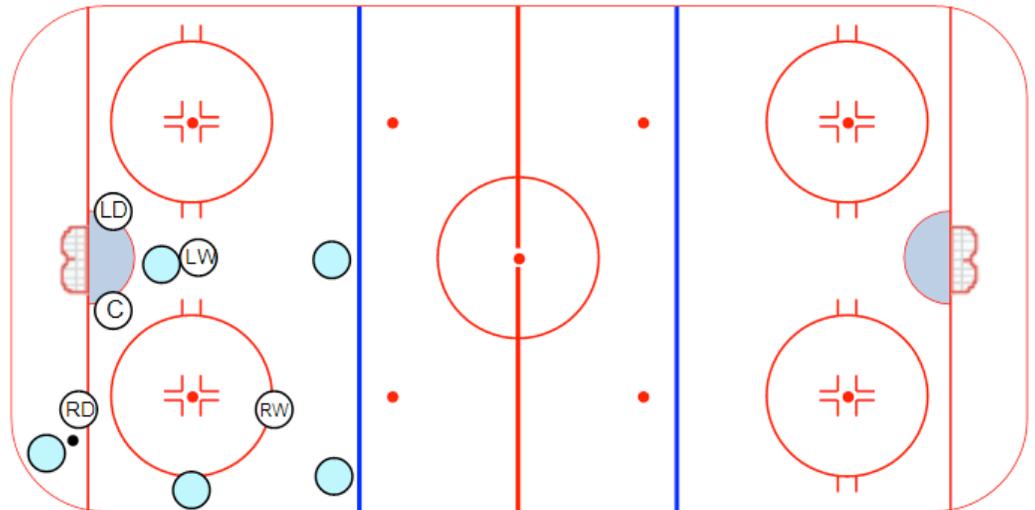
- Position in slot off far post
- Support LD on far post (pick up any loose men in front of the net in mid to high slot area – LD will pick up loose men in low slot)
- Be aware of “Puck Ring” around boards to weak side (you need to anticipate and beat the opposing defenseman to the boards)
- Cover slot and weak side opposing defenseman

Right Winger (Strong Side)

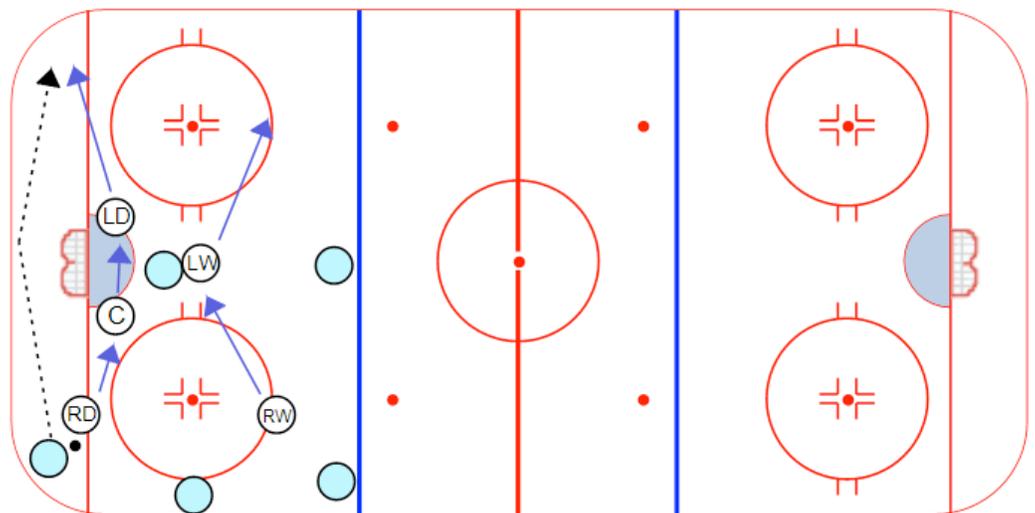
- Position about top of the circle, facing boards
- Should be able to see both the puck in the corner, and the opposing defenseman on the puck side
- Cover puck-side opposing defenseman
- Must be aware of **both** opposing defensemen

DEFENSIVE ZONE RESPONSIBILITIES & POSITIONAL SHIFTS:

Sagging Zone Responsibilities



Sagging Zone Positional Shifts





See video explanation here: <http://weisstechhockey.com/sagging-zone-arrow>

RESPONSIBILITIES:

Right Defenseman (Puck Side Defenseman)

- Pressure puck carrier
- Read “force” or “contain”
- Should try to force pass
- Look to recover after pressuring, beat your man back to the front of the net

Left Defenseman (Weak Side Defenseman)

- Position off weak side post
- Cover front of net down low

Center

- Position of support for RD
- First man to the puck if RD makes pin
- Cut off possible outlet behind the net
- If RD is out-manned (2 on 1) Center must come in and help (provide support)

Left Winger (Weak Side)

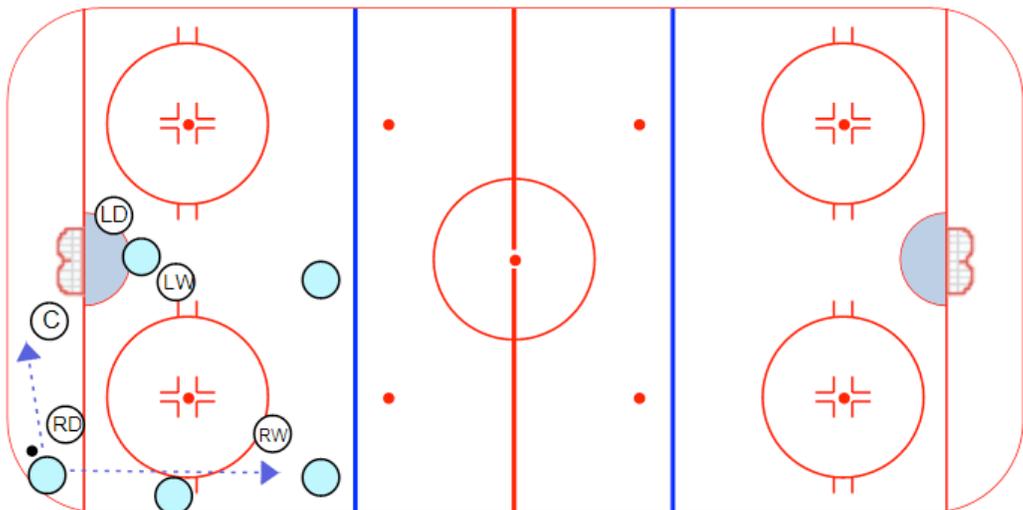
- Position in slot, in position to pick off any attempted passes to opposing far-side defenseman
- Support LD on far post (pick up any loose men in front of the net in mid to high slot area – LD will pick up loose men in low slot)
- Be aware of “Puck Ring” around boards to weak side (you need to anticipate and beat the opposing defenseman to the boards)
- Cover slot and weak side opposing defenseman

Right Winger (Strong Side)

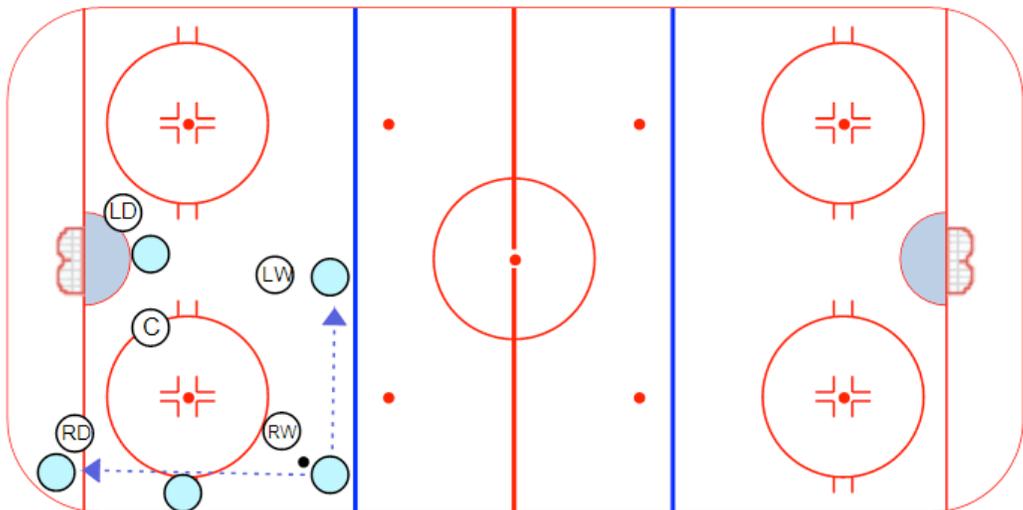
- Position fairly tight on opposing strong-side defenseman
- Eliminate passing lane to strong-side defenseman
- Must be mindful of the board-side winger if he tries to attack the “seam”
- If opposing team begins to exploit the “seam,” he can slide lower so he is still in the passing lane between the board-side winger and the strong-side defenseman

DEFENSIVE ZONE RESPONSIBILITIES & POSITIONAL SHIFTS:

Sagging Zone Arrow Responsibilities



Sagging Zone Arrow Positional Shifts



“Read and React is the most important aspect of the game; without that ability, your physical skills are wasted.”
– Mike Keenan

BREAKOUTS

Breakout Key Words:

“Look before Passing” “Quick Transitions” “Receive Passes with Speed”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

As is the case with defensive zone coverage, the purpose of our breakout set-up is two-fold:

1. Get the puck out of the defensive zone under control
2. Put yourself in a strong position for a threatening attack in the offensive zone

Generally speaking, there are only a few different options for breakouts. Once you've nailed down the basic options, the key to executing a successful breakout will be the players' abilities to read and react. Here's what we cover in this section:

- **Transition from Box +1 to Breakout**
- **Transition from Sagging Zone & Sagging Zone Arrow Coverage to Breakout**
- **Board-side Breakout:** Used when opposing forecheckers clog up the middle
- **Middle Breakout:** Used when opposing forecheckers eliminate board-side option
- **Skate it Behind the Net:** If defenseman reads pressure directly behind him, he can skate the puck behind the net, then run a board-side or middle breakout from the other side
- **D to D:** Against an overload-style forecheck, the D to D pass can be an effective option. After going D to D, the far-side defenseman can execute either a board-side or middle breakout

You'll notice in this section we have color coded each breakout. This is primarily for teams in the younger ages, who will have coaches calling out plays from the bench. You can use the color-coded names, or designate new names if you prefer. The idea is to teach your players the breakout patterns, then help them to read the play until they are old enough to read it for themselves.

In this section, we start by outlining the transitions from defensive zone coverage to breakout. The smoother this transition is, the more effectively your team will be able to break out. After the transition diagrams you'll find the various breakout options.

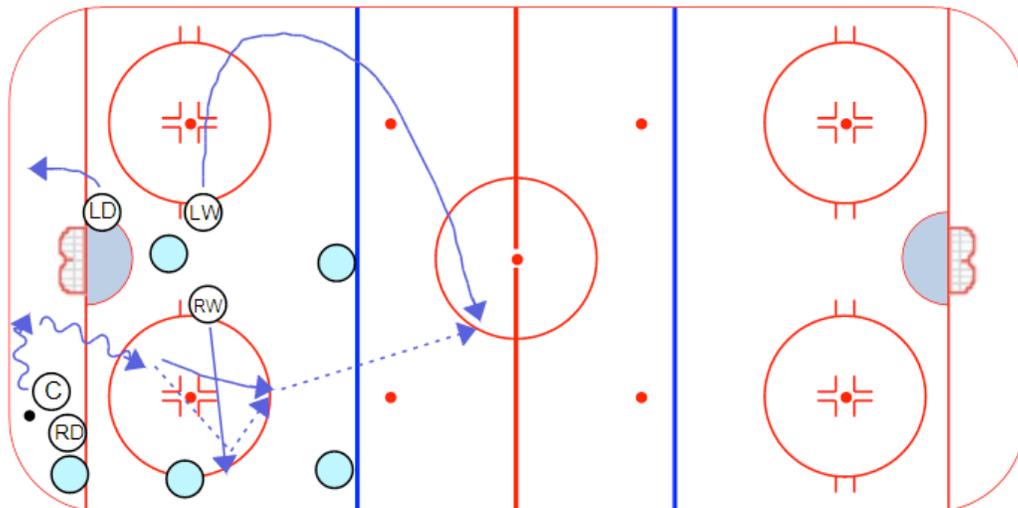
Note: The strong-side winger can present himself as a passing option either by swinging from the bottom of the circle up, or from the blue line down. Either option can work. Swinging "bottom up" seems to work better with the Box +1 coverage, and swinging "top down" tends to work more smoothly with the Sagging Zone & Arrow coverages.

"[...] , the team that has not got a good system for getting the puck out of its own zone will always be in trouble."
– Lloyd Percival



See video explanation here: <http://weisstechhockey.com/transition>

Transition from
Box +1 to Breakout



RESPONSIBILITIES:

- RD makes pin, helps to dig puck out with skates
- Center reacts to pin, either by jumping in to pick up loose puck and initiate the breakout, or by shadowing RD and presenting himself as a middle breakout option
- Strong side winger reacts to center gaining control of puck, and hustles to the boards for a possible BOARD-SIDE breakout
- Weak-side winger reads the progression of the breakout and prepares to become a WEAK-SIDE outlet and then the subsequent "Breakaway Man"

Note: Weak-side winger **cannot** leave the zone too early. This could cause us to become out-manned should we turn over the puck before a successful breakout has occurred.

Remember: We are still reacting to the puck and should always be in a position of support if one of the elements of the breakout is unsuccessful.

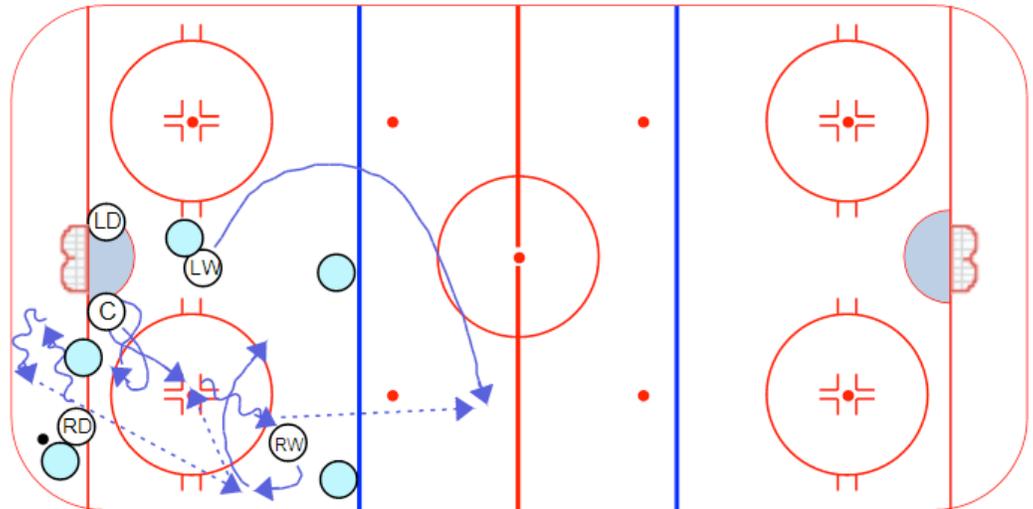
"Look before passing," "Quick transitions," "Receive passes with speed"

Important: This is the transition that should happen from Box + 1 Coverage to Breakout Position. From this point we can run *whichever* breakout suits the situation. **Read and React is Essential!**



See video explanation here: <http://weisstechhockey.com/transition>

Transition from Sagging Zone, or Arrow Coverage to Breakout



RESPONSIBILITIES:

- RD makes pin, helps to dig puck out with skates
- Center reacts to pin, either by jumping in to pick up loose puck and initiate the breakout, or by shadowing RD and presenting himself as a middle breakout option
- Strong side winger reacts to center gaining control of puck, and hustles to the boards for a possible BOARD-SIDE breakout
- Weak-side winger reads the progression of the breakout and prepares to become the “Breakaway Man”

Note: Weak side winger **cannot** leave the zone too early. This could cause us to become out-manned should we turn over the puck before a successful breakout has occurred.

Remember: We are still reacting to the puck and should always be in a position of support if one of the elements of the breakout is unsuccessful.

“Look before passing,” “Quick transitions,” “Receive passes with speed”

Important: This is the transition that should happen from Defensive Zone Coverage to Breakout Position. From this point we can run *whichever* breakout suits the situation.
Read and React is Essential!



See video explanation here:

<http://weisstechhockey.com/breakout-options>

<http://weisstechhockey.com/crossing-lanes>

RESPONSIBILITIES:

D1 (Defenseman with puck)

- Brings puck toward “Quiet Zone” (area behind the net – it is called the Quiet Zone because nobody will be there unless the puck is there – thus, it will usually be a safe zone)
- Reads pressure - if being pressured from the outside in, he misdirects **toward the boards** to escape the opposing forechecker
- Makes pass to Winger who is drifting down the strong side boards

D2 (Defenseman on weak side)

- Main responsibility is to **communicate** to D1 (where pressure is coming from, how many opposing players are coming in, and which breakout to use.)
- Provides support for D1 if he needs to pass behind the net (see “D to D” Breakout)

Strong Side Winger (“Receiver” for BOARD-SIDE Breakout)

- *Reads* D1 and swings to the boards – drifts down toward D1
- **Never** takes eye off the puck
- **Times** it so that he is in the right position when D1 is ready to pass (he shouldn’t be too high or too low to receive pass)
- Receives pass from D1 and either gives a one-touch pass to Center, or if opposing defenseman is pinching down, chips it off the boards to Center who should be swinging through to pick it up

Center

- *Reads* D1 and “mirrors” what he is doing (this helps him not to get in front, or behind, the play)
- Center has to be ready to swing through the “window” when D1 is ready to pass. This is part of providing front side support for D1 and Strong Side Winger
- Receives pass from Strong Side Winger once D1 has passed to Winger, or, if Winger chips the puck past the opposing defenseman, Center races to puck

Weak Side Winger (“Breakaway Man”)

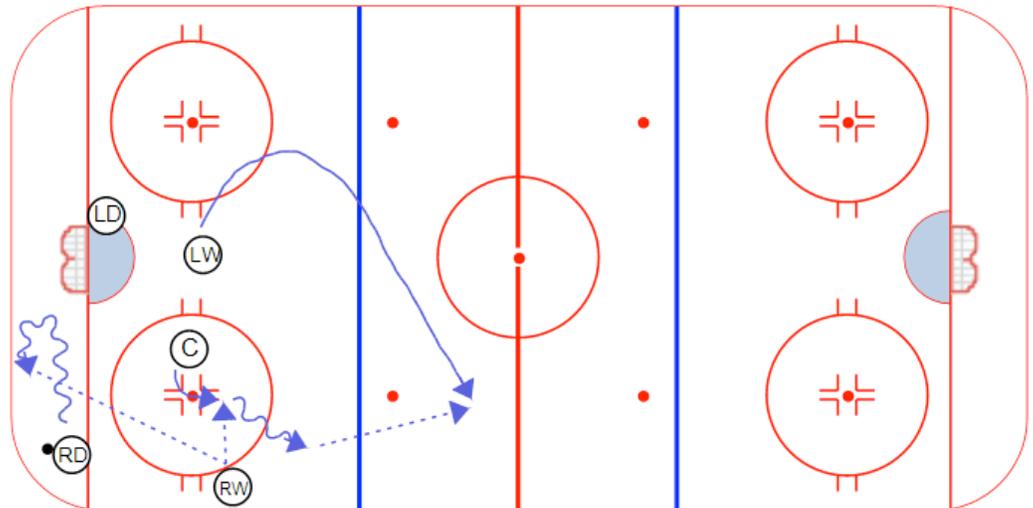
- *Reads* the play developing on the other side of ice
- Times it so that he arrives at the “Receiving Zone” when Center is ready to pass it
- Receives pass at full speed

OPTION 1: Board-Side Breakout (Green)



BREAKOUT RESPONSIBILITIES & POSITIONAL ROUTES:

Board-side (Green)
Breakout





See video explanation here:

<http://weisstechhockey.com/breakout-options>

<http://weisstechhockey.com/crossing-lanes>

RESPONSIBILITIES:

D1 (Defenseman with puck)

- Brings puck toward “Quiet Zone” (area behind the net – it is called the quiet zone because nobody will be there unless the puck is there – thus, it will usually be a safe zone)
- Reads pressure - if being pressured from the outside in, he misdirects **toward the boards** to escape the opposing forechecker
- Makes pass to F1 who is swinging through the “window”

D2 (Defenseman on weak side)

- Main responsibility is to **communicate** to D1 (where pressure is coming from, how many opposing players are coming in, and which breakout to use.)
- Provides support for D1 if he needs to pass behind the net (see “D to D” Breakout)

Strong Side Winger

- *Reads* D1 and swings to the boards – drifts down toward D1
- **Never** takes eye off the puck
- **Times** it so that he is in the right position when D1 is ready to pass (he must be ready even if he doesn't receive the pass)
- Follows up the play and becomes F3 (trailer man) in the offensive zone

Center (“Receiver” for MIDDLE Breakout)

- *Reads* D1 and “mirrors” what he is doing (this helps him not to get in front, or behind, the play)
- Center has to be ready to swing through the “window” when D1 is ready to pass. This is part of providing front side support for D1 and Strong Side Winger
- Receives pass from D1 and drives wide to force the opposing strong side defenseman to either play him or back up

Weak Side Winger (“Breakaway Man”)

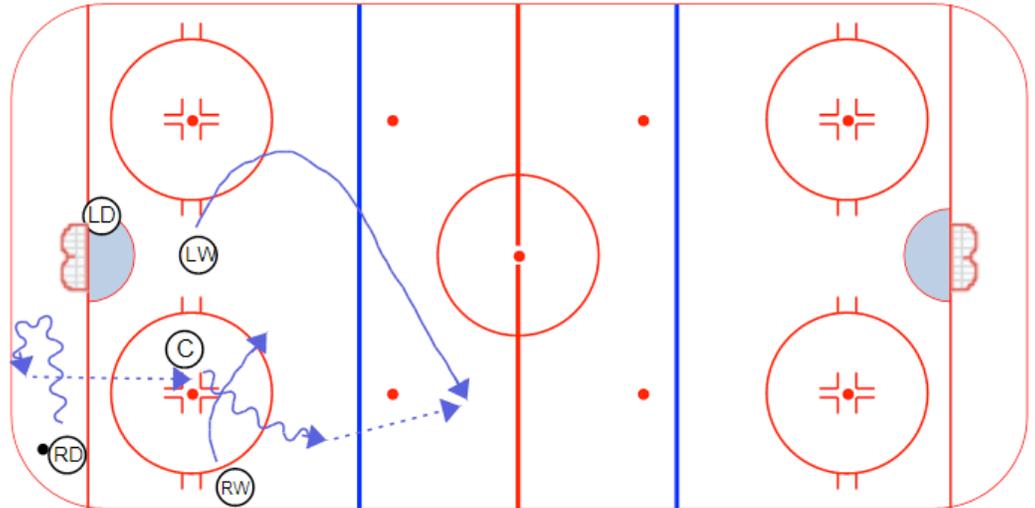
- *Reads* the play developing on the other side of ice
- Times it so that he arrives at the “Receiving Zone” when Center is ready to pass it
- Receives pass at full speed

OPTION 2: Middle Breakout (White)



BREAKOUT RESPONSIBILITIES & POSITIONAL ROUTES:

Middle (White)
Breakout





See video explanation here:

<http://weisstechhockey.com/breakout-options>

<http://weisstechhockey.com/crossing-lanes>

RESPONSIBILITIES:

D1 (Defenseman with puck)

- Brings puck toward the quiet zone (as in either regular Breakout)
- If he reads that the pressure from the opposing forward is directly behind him and not from the outside in (in other words the forward is chasing him), he continues behind the net instead of misdirecting
- Once on the other side of the net D1 can proceed with a MIDDLE or BOARD-SIDE Breakout, depending on the situation

D2 (Defenseman on weak side)

- Reads that D1 has opted to go BEHIND THE NET and fills in at the weak side post (crosses from one post to the other)
- Continues to pick up any loose players in front

Center

- “Mirrors” the puck – *slides across front of net as D1 skates behind the net*
- Acts as the 3rd defenseman
- Prepares to swing through the “window” and present himself as an option for the MIDDLE Breakout (if D1 decides on the MIDDLE)

Weak side Forward

- Reads that D1 has taken the puck to his side and that he is now the strong side winger
- Swings through to the boards to present himself as an option for the BOARD-SIDE Breakout

Strong side Forward

- Reads that D1 has taken the puck to the other side and that he is now the weak side winger
- Prepares to become the “Breakaway Man” as in regular Breakout

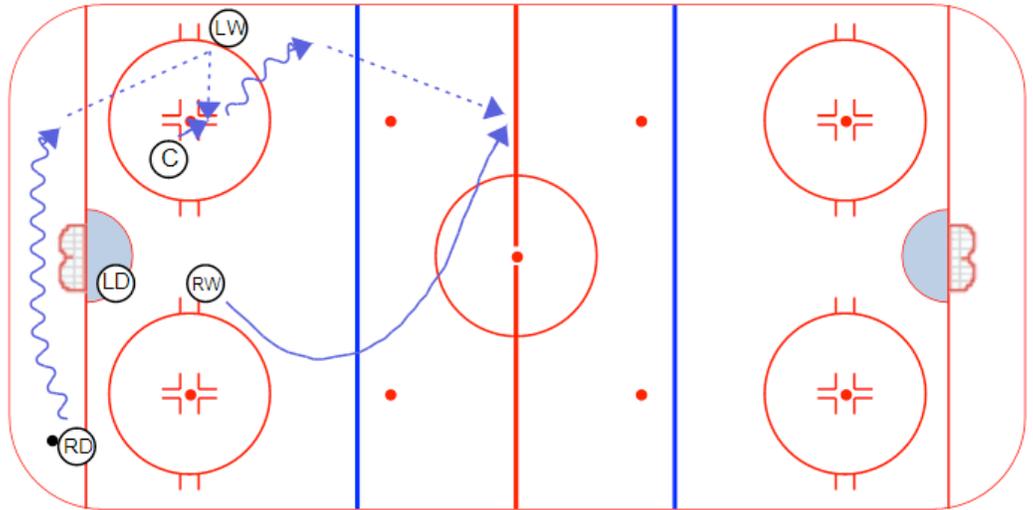
Note: You can do either a “BEHIND THE NET TO MIDDLE” or a “BEHIND THE NET TO BOARD-SIDE.”

WEAK SIDE OPTION: Behind Net (Yellow)

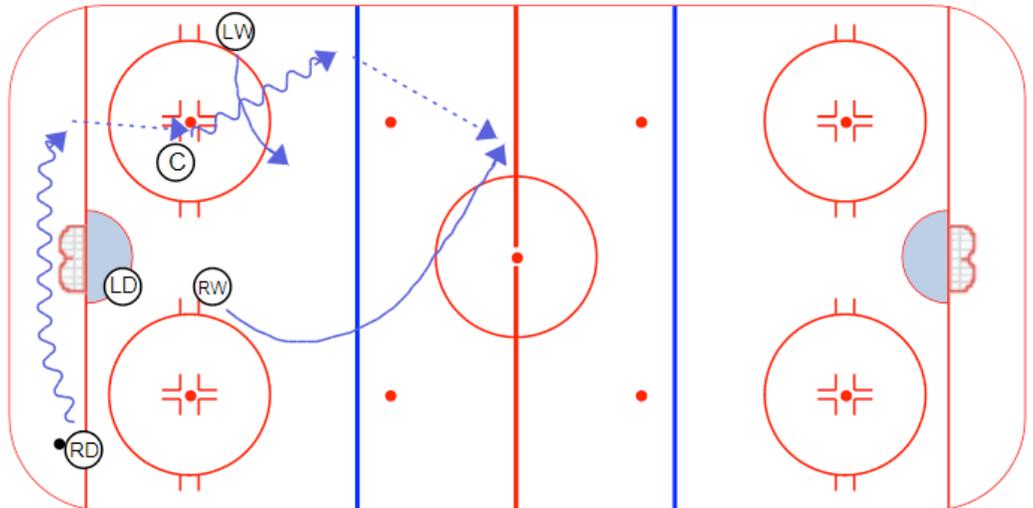


BREAKOUT RESPONSIBILITIES & POSITIONAL ROUTES:

Behind the Net
(Yellow) to Board-
Side (Green)
Breakout



Behind the Net
(Yellow) to Middle
(White) Breakout





See video explanation here:

<http://weisstechhockey.com/breakout-options>

<http://weisstechhockey.com/crossing-lanes>

RESPONSIBILITIES:

D1 (Defenseman with puck)

- Brings puck toward the quiet zone (as in either regular Breakout)
- If he reads an overload situation with inside out pressure, such as a 2-1-2 “Stack”, or a 1-2-2 with F1 pressuring inside out, he passes D to D behind the net to his partner, who has read the pressure and dropped down below the goal line for support
- D2 receives the pass, he can proceed with a MIDDLE or BOARD-SIDE Breakout, depending on the situation

D2 (Defenseman on weak side)

- Reads that D1 has inside out pressure, and drops down below the goal line to provide support
- Picks up D to D pass and makes either a MIDDLE or BOARD-SIDE Breakout pass, depending on the situation

Center

- “Mirrors” the puck – *slides across front of net as D1 passes behind the net*
- Acts as the 3rd defenseman
- Prepares to swing through the “window” and present himself as an option for the MIDDLE Breakout (if D2 decides on the MIDDLE)

Weak side Forward

- Reads that D1 has passed the puck to his side and that he is now the strong side winger
- Swings through to the boards to present himself as an option for the BOARD-SIDE Breakout

Strong side Forward

- Reads that D1 has passed the puck to the other side and that he is now the weak side winger
- Prepares to become the “Breakaway Man” as in regular Breakout

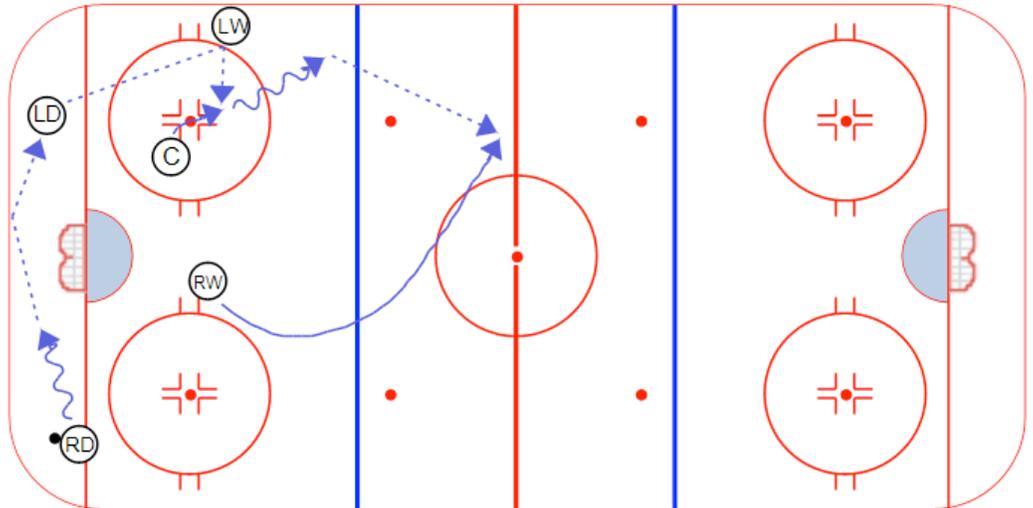
Note: You can do either a “D to D TO MIDDLE” or a “D to D TO BOARD-SIDE.”

WEAK SIDE OPTION: "D to D" (Blue)

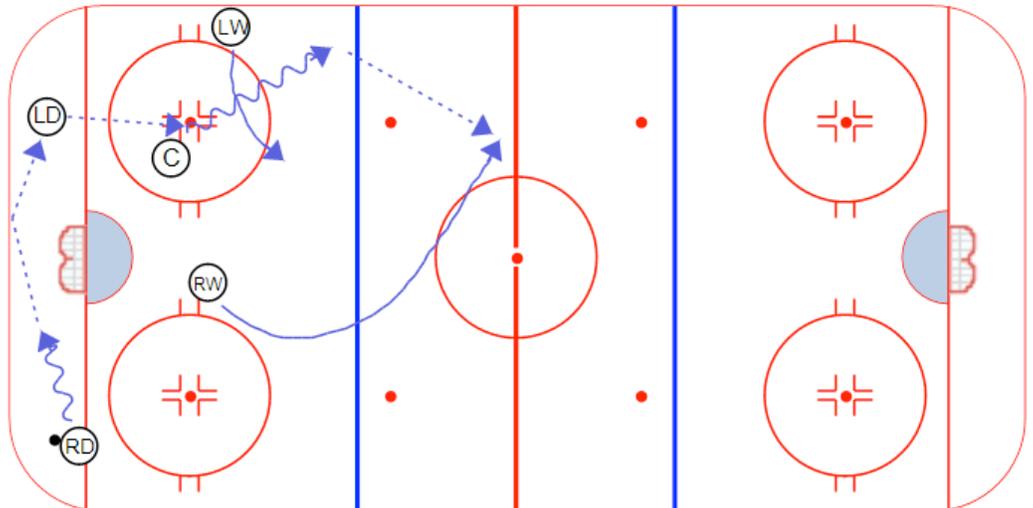


BREAKOUT RESPONSIBILITIES & POSITIONAL ROUTES:

D to D (Blue) to
Board-Side (Green)
Breakout



D to D (Blue) to
Middle (White)
Breakout



“When observing support, watch the players away from the puck.”
– Dave King

OFFENSIVE ATTACK

Offensive Zone Key Words:
“Attack Triangle” “Cycle” “Support”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

There are a few characteristics a good offensive attack set-up should have:

1. Proper support—both front and back sides
2. Width and depth of attack
3. Speed and timing

My basic philosophy with offense is to set up some foundational principles of attack, then encourage lots of creativity within that framework. I recommend using the "Attack Triangle" as your offensive set-up, but then teach your players to use all options, and to get creative within that set-up.

In this section we discuss the following aspects of offensive attack:

- **Positional Responsibilities:** Where each forward should go and why
- **Offensive Attack Options:** Various attack scenarios that work within the attack triangle set-up

The strength of the attack triangle set-up lies in the fact that it offers the puck carrier both front-side, and back-side support; or in other words, a front-side and a back-side passing option.

The objective is for the puck carrier (F1) and the second player into the zone (F2) to drive hard and deep, wide to each side, forcing the opposing defensemen to go with them. This creates width of attack, and opens up space in the middle for the third player (F3) to enter the zone as a "trailer" option, adding depth to the attack.

Using this framework allows a team to attack in waves. Teach your players to think in terms of options, as we show in the diagrams. If Option 1 is taken away, the puck carrier and his partners should look for Option 2, then Option 3, and so on. There are literally dozens of possible options that can be run within the attack triangle set-up, so encourage your players to be creative!

"I believe we should do everything to encourage our sportsmen to keep on increasing their speed, in particular, then they are skating without the puck."

– Anatoli Tarasov



See video explanations here:

<http://weisstechhockey.com/attack-formations>

<http://weisstechhockey.com/attack-triangle>

<http://weisstechhockey.com/cycling>

<https://weisstechhockey.com/team-hockey-systems/attack-triangle-in-action/>

<https://weisstechhockey.com/team-hockey-systems/using-the-triangle-to-open-up-space-on-the-attack/>

It is important to understand that hockey is a very quick and unpredictable game. Therefore, it is difficult to try to set up structured (“set”) plays on offense, as is common in other sports such as football.

Therefore, we must understand that these are just guidelines to work from, not the only way to play.

OBJECTIVE:

An effective attack has 2 objectives:

1. Enter the zone with width and depth of attack using an “Attack Triangle”
2. Don’t pass until you draw an opposing player to you – skate the puck until you are forced to pass it. This is how you isolate your opposition and turn 2 on 2’s into 2 on 1’s, and 2 on 1’s into 1 on 0’s. Have poise with the puck!

RESPONSIBILITIES:

The following plays will all keep the same basic format:

- F1 (First forward in the zone – with puck) drives hard and takes puck wide
- F2 (Second forward in the zone) drives hard to the far post and stops there. This will force the opposing defenseman to spread out, adding width to the attack
- F3 (Third forward in the zone) trails in behind the play and creates depth of attack

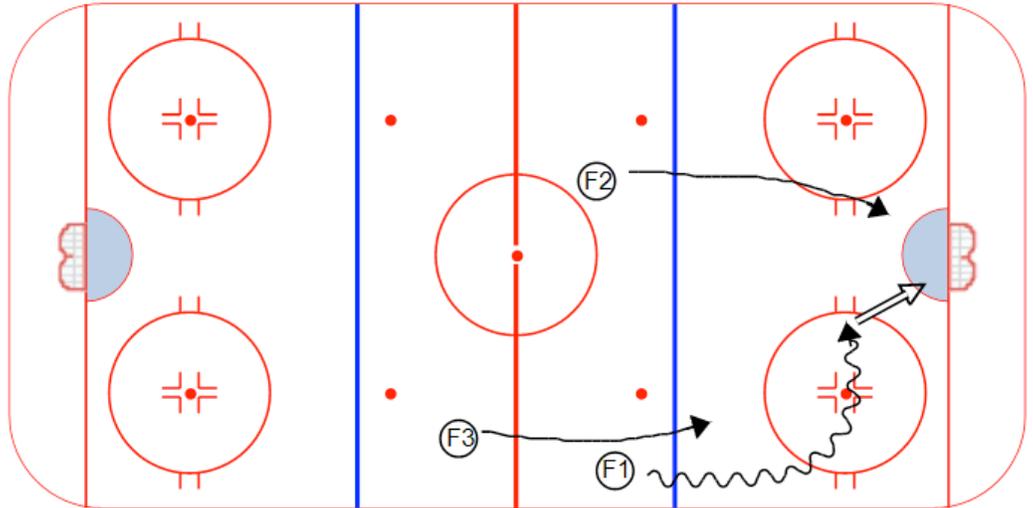
All players must study these plays and options, and try to execute them in practice and games. If part of the play (or the whole play) breaks down, then you must use your imagination and natural ability to improvise.

Remember:

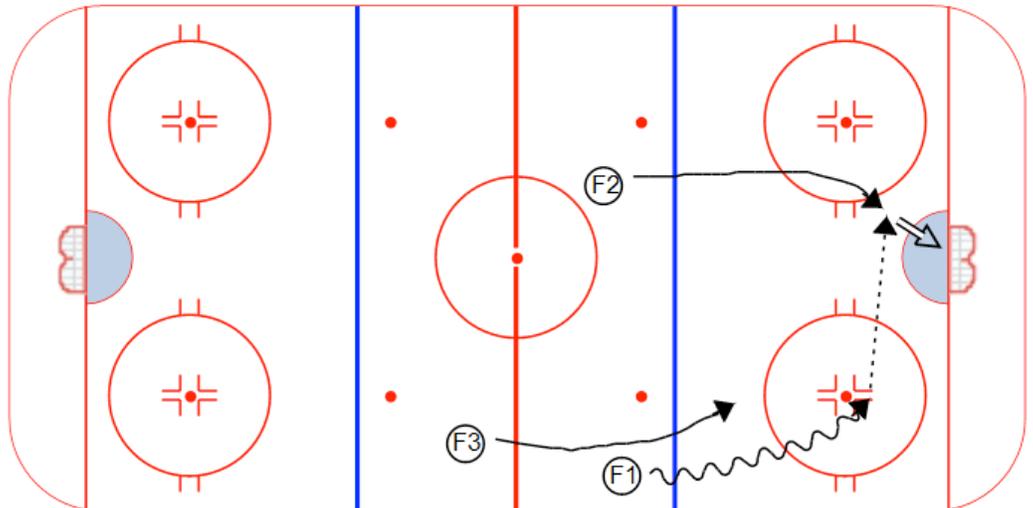
1. Read and React to the puck carrier with speed and intensity
2. Use speed to force defenders to make decisions
3. “Cycling” and criss-crossing confuses defenders

OFFENSIVE ATTACK OPTIONS:

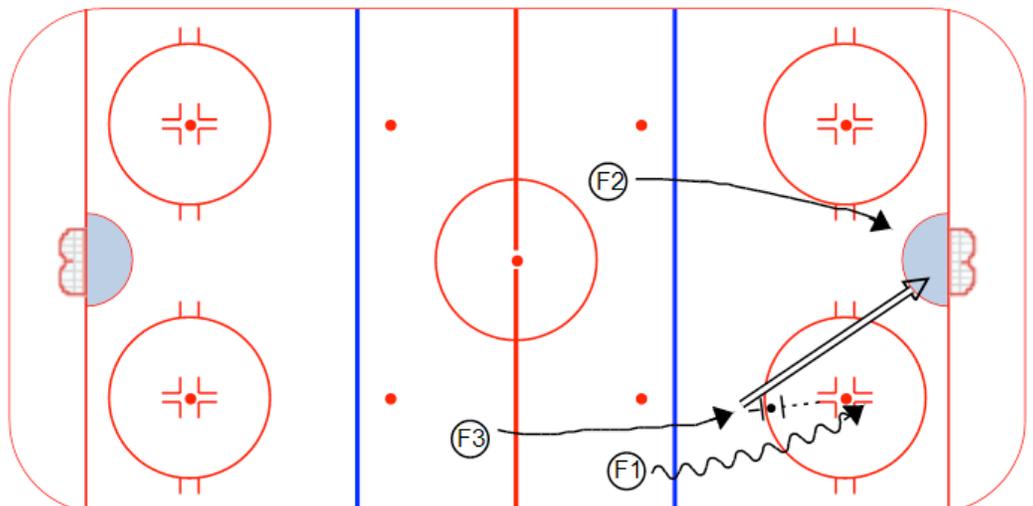
Option 1:
Drive wide, cut to
the net



Option 2:
Drive wide, pass
across to F2 for
one-time shot

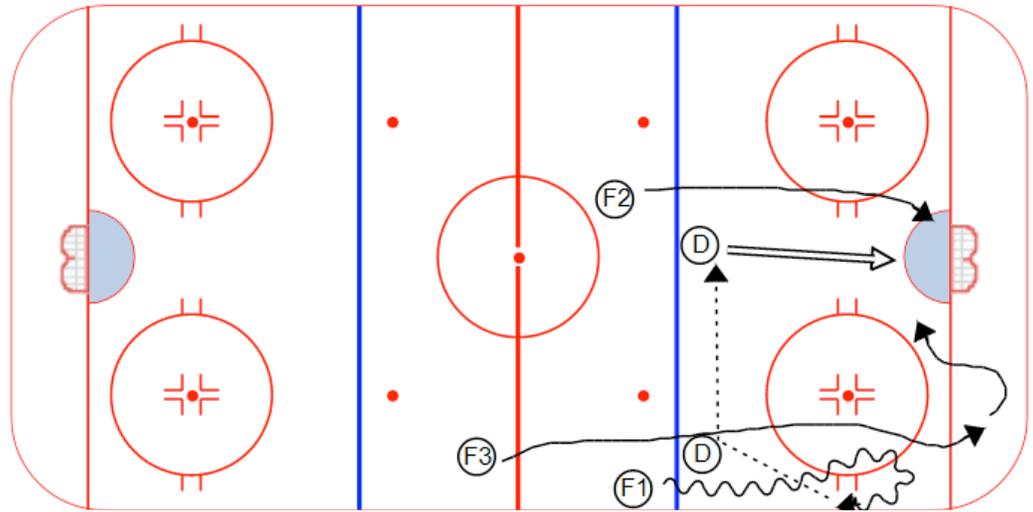


Option 3:
Drive wide, drop
pass to F3 for a
shot on net

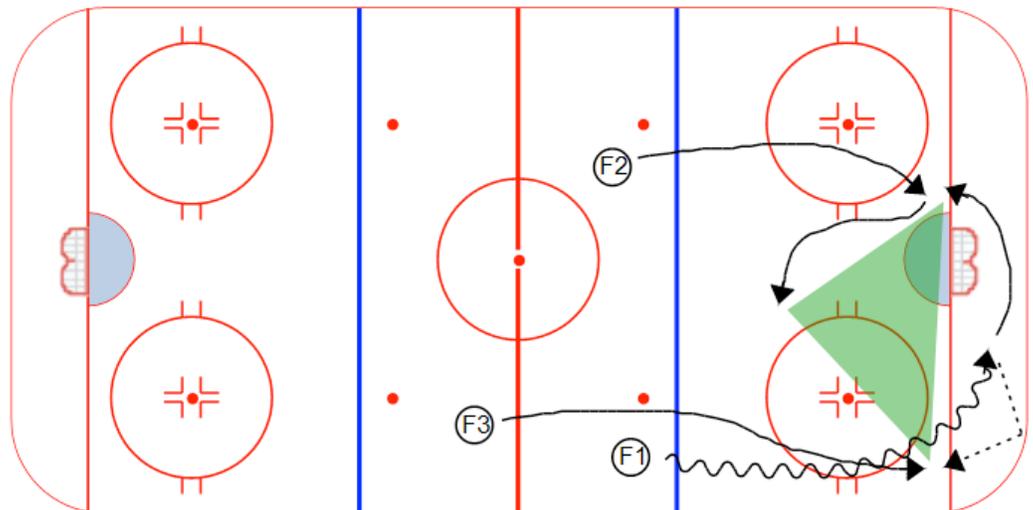


OFFENSIVE ATTACK OPTIONS:

Option 7:
Drive wide, delay,
pass back to D.
D to D pass, shot on net



Option 8:
Drive deep, low
cycle maintaining
triangulation. Work
puck to the front
for a shot on net



“Puck protection is an extremely important part of the game. It’s certainly more important than the average player and fan realize. [...] Puck protection starts before you ever get to the loose puck.”
– Bob Johnson

FORECHECKING SYSTEMS

Forechecking Systems Key Words:

“Attack with Precision” “Positional Discipline” “Angling”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

A well-designed, well-executed forechecking system can be the difference for your team's ability to maintain control of the puck over the course of the game. When your team runs the right forechecking system, and runs it well, they will be able to hem the other team into their own zone, and maintain intense offensive pressure.

In this section you'll find four different forechecking set-ups. Each has different strengths and different weaknesses:

- **2-1-2 Stack or Spread:** Aggressive pressure, great to set the tone. Could be vulnerable to a quick transition & breakout
- **1-2-2:** Functions like an "offensive zone trap." Very effective at causing turnovers, vulnerable if the puck-carrying defenseman decides to walk the puck
- **2-3 Press:** Highly aggressive and intimidating. Instills fear and panic in the opposing defensemen. Takes discipline to execute, and is vulnerable to a "chip out" if the players are too slow to react
- **Neutral Zone Trap:** Effective if you are "out-gunned" by your opponent. Can be an extremely effective forecheck if your team is slower and less skilled than your opponent. You need to have a quick transition from defense to offense, once you get the puck back in the neutral zone. Drawback is that this set-up can actually hinder skill development if used too early

Strategically, I recommend picking one forechecking system and mastering it. As soon as your team can consistently execute it with precision, then introduce another one and repeat the process. The goal is to become proficient in 3 or 4 different systems.

Once your team has a large repertoire of forechecking set-ups, you can use that to your strategic advantage as a coach. You can designate different set-ups for different lines, or even change the set-up mid-game if the other team starts adjusting to your game plan.

As in the game of chess, players must master all the different phases of the game to be successful. Knowledge of both theoretical and practical perspectives is essential for successful coaching of the game.

– Jean Perron



See video explanations here:

<http://weisstechhockey.com/2-1-2>

<https://weisstechhockey.com/team-hockey-systems/2-1-2-spread-in-action/>

<https://weisstechhockey.com/team-hockey-systems/2-1-2-stack-in-action/>

RESPONSIBILITIES:

F1 (First forward in)

- Plays puck carrier
- Takes an "inside-out" angle, forcing puck carrier to turn back toward puck side boards
- Pins opposing player against boards and waits for F2 to come in and pick up puck – keeps player tied up without getting an interference penalty

F2 (Second forward in)

- Goes to far side post to cut off "D to D" pass (spread)
- Supports F1 once pin is made (stack)

F3 (Third forward in)

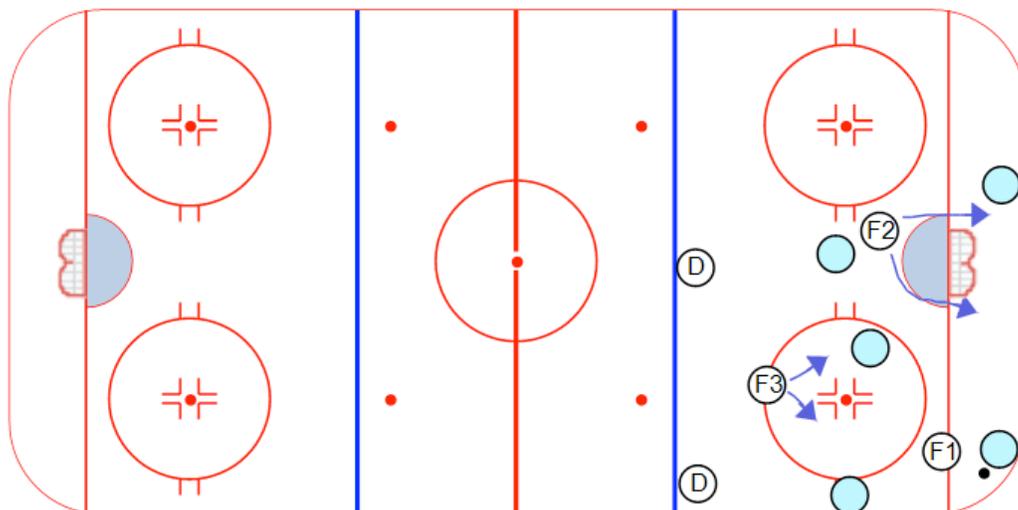
- Mirrors the puck off the top of the circles
- Attacks opposing winger or center if opposing defenseman tries to make a pass to either of them
- Takes away middle lane – forcing opposing team to break out using outside lanes

Defense

- Maintain blue line
- Only pinch on the weak side (**F3 takes care of the close side pinch**)

Note: Use goal posts as guides for forecheck angles.

Example of the 2-1-2 "Spread."
For the "Stack," F2 follows F1 and picks up the puck once the hit is made





See video explanations here:

<http://weisstechhockey.com/1-2-2>

<https://weisstechhockey.com/team-hockey-systems/faq-on-1-2-2-foosball-forecheck/>

<https://weisstechhockey.com/2938/1-2-2-foosball-forecheck-in-action/>

RESPONSIBILITIES:

F1 (First forward in)

- “Flushes” the puck carrier
- Puts just enough pressure on opposing puck carrier that he has to move the puck
- His objective isn't to pin puck carrier down low but to force a pass

F2 & F3

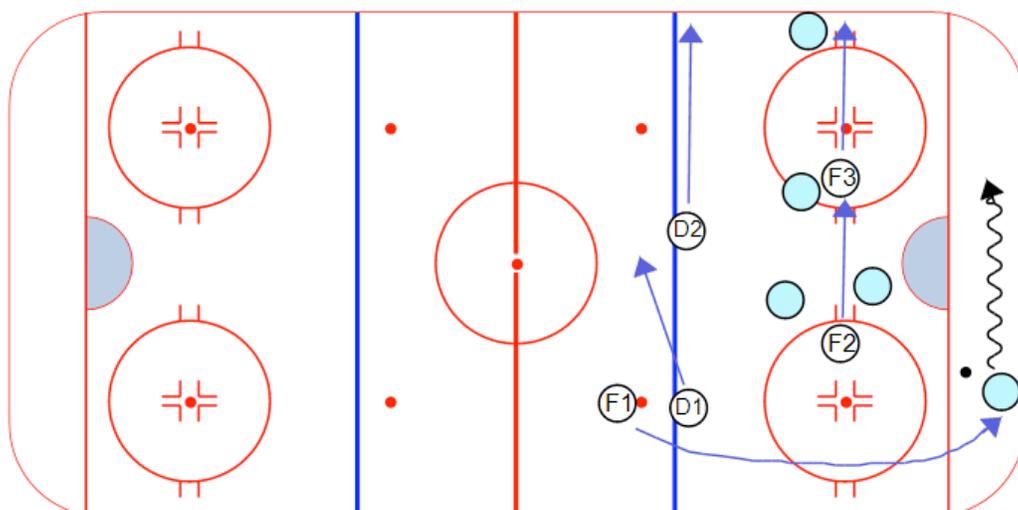
- Set up just above the face-off dots on either side
- Pick up opposing wingers
- Take away outlet passes
- Eliminate opposing team's breakout options
- NOTE: F2 and F3 CANNOT GO INTO THE CORNER AFTER THE PUCK, THIS WILL CAUSE THE FORECHECK TO FALL APART

Defensemen

- “Seal” off the boards incase the puck squirts up ice – NO PINCHING
- Support each other

Note: This forecheck baits the other team into thinking they have options and then takes those options out of the offensive zone.

1-2-2 Forecheck





See video explanations here:

<http://weisstechhockey.com/2-3-press>

<https://weisstechhockey.com/team-hockey-systems/qa-on-the-2-3-press-forecheck/>

RESPONSIBILITIES:

F1 (First forward in)

- Rushes the puck carrier at full speed with an inside-out angle (forces him to pass up the boards - wide)
- If he gets to puck carrier before he can pass it, F1 hits him hard
- If puck carrier passes the puck “D to D” F1 must return to the front of the net to support F2 who has gone in to make the hit

F2 (Second forward in)

- Positions himself in slot, off weak side post
- Is ready to attack opposing defenseman should they go “D to D”
- Provides additional support for our defense when pinch comes

F3 (Third forward in)

- Stays High! - Between our two defensemen on the blue line
- Takes away the middle pass (slides down and hits the opposing centerman if puck carrier passes up the middle)
- Shifts over to take strong side defenseman’s spot on boards when he pinches
- He can’t come down until we have clean control of the puck!

D1 (Strong side defenseman)

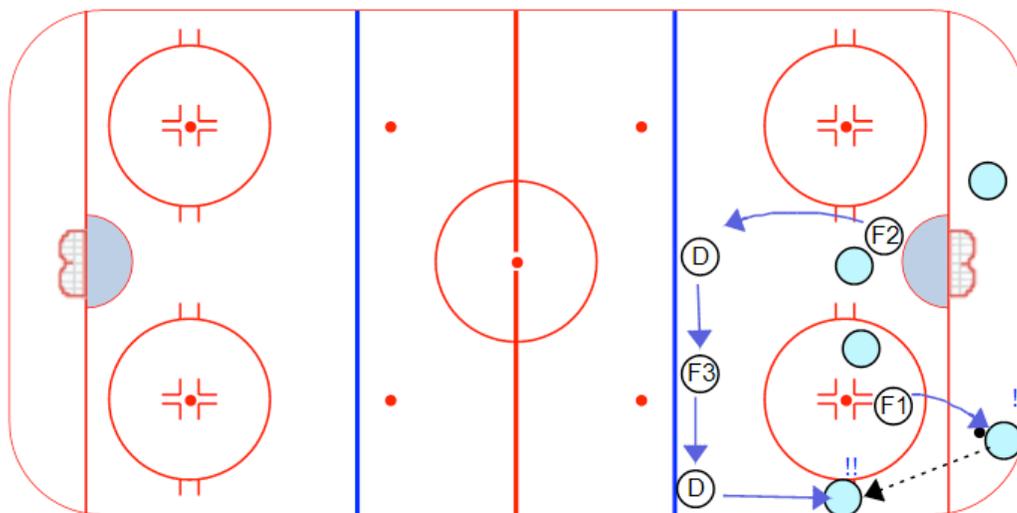
- Holds blue line until he sees the pass is coming up the boards to opposing winger
- Times it so that he arrives at the opposing winger at the same time as the puck
- Hits the winger, hard!

D2 (Weak side defenseman)

- Shifts over and takes F3’s spot when D1 pinches
- Needs to be aware of the possible “ring” breakout from other team. If they ring the puck around to the weak side winger on the boards, D2 needs to be flying in there with speed and hitting that winger as soon as he touches the puck (in this case F3 has to slide all the way across to cover the boards behind D2, and D1 will shift over to F3’s spot)

Remember: This forecheck can be used for the first few minutes of a game (or anytime our team needs a “boost”) and is meant to intimidate the other team, after a few times of that strong side opposing winger getting punished, he won’t want to take that breakout pass anymore and will cough up the puck to our defenseman. Don’t do anything illegal, but don’t hold back. There is nothing wrong with a good, hard, clean check. It is part of the game of hockey.

2-3 Press
Forecheck





See video explanations here:

<http://weisstechhockey.com/trap>

<https://weisstechhockey.com/team-hockey-systems/neutral-zone-trap-clarified/>

The Neutral Zone Trap is so effective (if executed correctly) that the set-up itself can compensate for lack of physical ability. It allows teams to win games they shouldn't, as long as the players understand the fundamentals of angling, and sealing off passing lanes.

RESPONSIBILITIES:

F1 (First forward in)

- Steps into the low slot and stops
- As the opposing puck carrier commits to a side, he begins to angle
- Main focus is to take away the low, middle lane

F2 (Second forward in)

- Steps into the middle of the ice, near the top of the circle, slightly wider than F1, clogging up any middle breakout option
- Waits for initial breakout pass to be made, then begins to angle the opposing winger
- Swings low, and angles from behind to make it more difficult for the forward to pass back to his defenseman
- If the breakout goes to the other side, he angles toward the middle, taking away the high, middle passing lane

F3 (Third forward in – same responsibilities as F2, but on the other side)

- Steps into the middle of the ice, near the top of the circle, slightly wider than F1, clogging up any middle breakout option
- Waits for initial breakout pass to be made, then begins to angle the opposing winger
- Swings low, and angles from behind to make it more difficult for the forward to pass back to his defenseman
- If the breakout goes to the other side, he angles toward the middle, taking away the high, middle passing lane

D1 (Strong side defenseman)

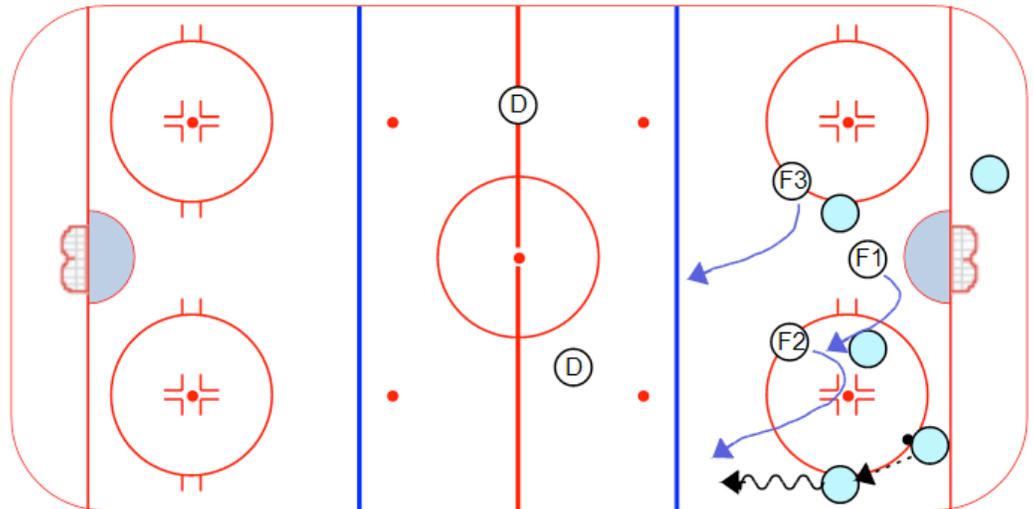
- Hangs out in the neutral zone, waiting for the turnover
- Picks up any loose pucks as they come
- Ready to execute a quick regroup for an offensive transition

D2 (Weak side defenseman)

- Staggered back at about a 45° angle from D1
- Picks up any loose pucks as they come
- Ready to execute a quick regroup for an offensive transition

Remember: This forecheck is almost "too effective" for younger age groups. If your team lacks the individual skills to keep up with another team's speed, you are better off investing time to improve your team's individual skills, not to perfect the trap.

Neutral Zone Trap
Forecheck



“Rapid transition in the neutral zone can be a lethal weapon for any team. This requires both puck and non-puck carriers to react quickly, executing with precision and acceleration.”
– Jean Perron

NEUTRAL ZONE

Neutral Zone Key Words:
“Regroup/Transition” “Swing” “Receiving Zones”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

A regroup is used if the puck gets chipped out of the offensive zone, or if the opposing team turns over the puck in the neutral zone. The objective is to control the puck, take back some ice, and re-enter the offensive zone with a controlled, threatening set-up.

In this section we outline the standard aspects of neutral zone play, regroups and backchecking:

- **Post-up Regroup:** A simple regroup option that functions very similar to a breakout
- **Swing Regroup:** A more complex variation that involves more timing and controlled skating, but can also result in a more threatening attack
- **Backchecking:** Simple backchecking strategy that is intended to nullify the immediate threat, and put your players into proper defensive zone positioning

The main tactics of regroups are very similar to breakouts, except that they happen in the neutral zone. As soon as the defenseman picks up the puck he should immediately “drag skate” the puck back and toward the middle of the neutral zone. This is the equivalent of skating the puck to the quiet zone on a breakout.

The idea is for the defenseman to put some quick distance between himself and the pressure. From there, he can do an open ice misdirection (spin-o-rama), skate a criss-cross with the other defenseman, or go D to D, depending on the pressure.

Forwards are swinging through the receiving zones presenting themselves as passing options multiple times. We’re looking to set-up for a quick transition, and a high-speed attack with width and depth.

“When I was young and in my prime, I used to backcheck all the time. But now that I am old and grey, I only backcheck once per day.”
– Ted Reeve



See video explanations here:

<http://weisstechhockey.com/post-up-regroup>

<https://weisstechhockey.com/team-hockey-systems/post-up-regroup-in-action/>

RESPONSIBILITIES:

D1 (Defenseman with the puck)

- Drag skates the puck to the middle – this helps him to analyze the play and to see where his teammates are and how the opposing team has set up
- If pressured can do a “D to D” pass
- If he passes to D2, he must provide back-side support after the pass is made – this is done by backing up to the point where he is behind D2 (still on his own side) at a 45° angle
- Looks to hit either the Centerman or Strong-side Winger

D2 (Defenseman without the puck)

- Provides back-side support for D1 (behind him at a 45° angle)
- Can also make the outlet pass if D1 passes the puck over
- Must read situation and communicate with D1

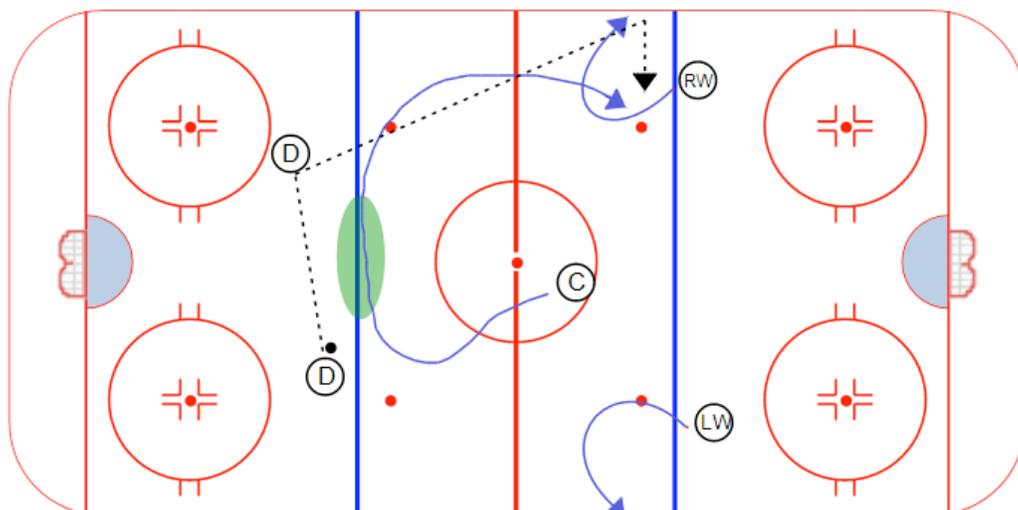
Wingers

- Clear the zone, then post up along the boards near the blue line – never taking their eyes off the puck
- Strong side winger may get the regroup pass from the Defenseman

Center

- “Shadows” puck, once a direction has been established, he swings low to present himself as a passing option
- If he doesn’t receive the puck, he continues up ice to support strong-side winger

“Post-up” Regroup





See video explanations here:

<http://weisstechhockey.com/swing-regroup>

<https://weisstechhockey.com/team-hockey-skills/swing-regroup-faq/>

RESPONSIBILITIES:

D1 (Defenseman with the puck)

- Drag skates the puck to the middle – this helps him to analyze the play and to see where his teammates are and how the opposing team has set up
- If pressured can do a “D to D” pass
- If he passes to D2, he must provide back-side support after the pass is made – this is done by backing up to the point where he is behind D2 (still on his own side) at a 45° angle
- Looks to hit either F1, F2, or F3 in one of the three Receiving Zones

D2 (Defenseman without the puck)

- Provides back-side support for D1 (behind him at a 45° angle)
- Can also make the outlet pass if D1 passes the puck over
- Must read situation and communicate with D1

F1 (First forward back)

- Swings wide and presents himself as a passing option at Receiving Zone #1
- If he doesn't receive pass at Receiving Zone #1, he continues and makes himself available at Receiving Zone #2, then Receiving Zone #3 if necessary
- Must be ready to receive pass when D1 or D2 is ready to pass. They control the play

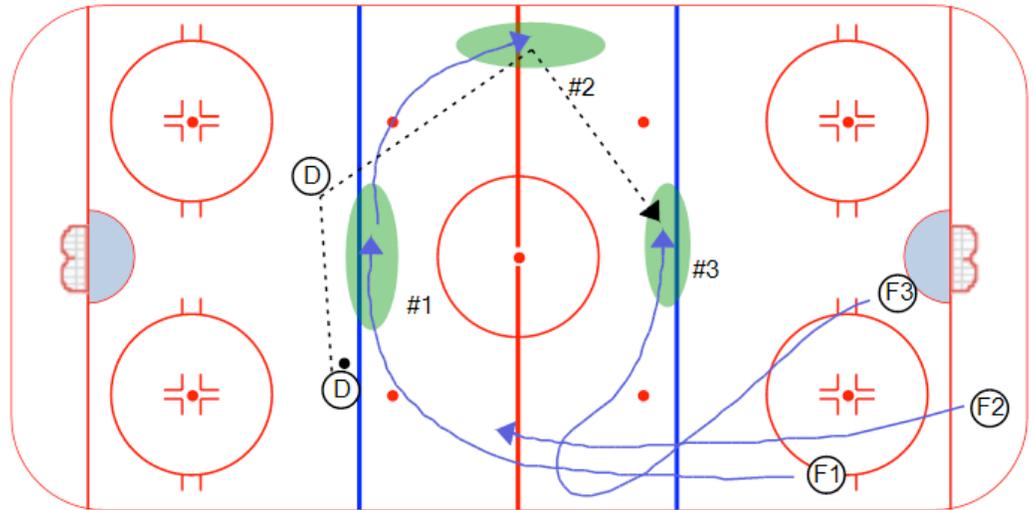
F2 (Second forward back)

- Swings wide along the same path as F1, but about a full-line's distance behind him
- Presents himself as a passing option at Receiving Zones #1, #2, and #3
- If he receives pass at Receiving Zone #1, he should turn up the middle since F1 has already swung wide
- Look to headman the puck to F1 or F3

F3 (Third forward back)

- Takes back ice and times the play so that he swings through Receiving Zone #3 when either F1 or F2 are ready to pass to him
- If puck doesn't come to him, he must read the play – he can either circle back and swing through again, turn and straddle the blue line coming back the other way, or take back ice and wait to attack when the other forwards are ready to enter the zone
- Does not stop and wait on the boards!
- Must be ready to back check hard if play gets turned over since he is the last man back

Swing Regroup





See video explanations here:

<http://weisstechhockey.com/backchecking>

<https://weisstechhockey.com/team-hockey-skills/backchecking-tactic-in-action/>

RESPONSIBILITIES:

D1 (Defenseman closest to opposing player with the puck)

- Backs up and angle the puck carrier wide
- Must maintain “tight-gap” between himself and the puck carrier – this will keep the puck carrier from being able to cut inside
- Uses poke checks and stick positioning techniques to knock puck off opposing player’s stick until he is close enough to play the body
- No sweep checks! (trying to take the puck from the opponent by swinging your stick at the puck is a low percentage way to stop the puck carrier – also, if you miss the puck you will have taken yourself out of the play – don’t do it!)

D2

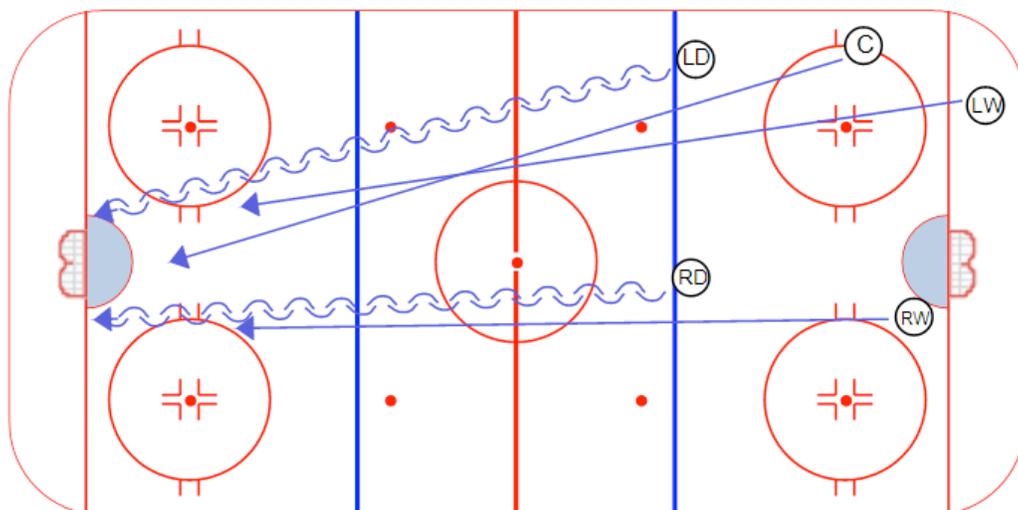
- Watches for the second opposing player to come in
- Cuts off the cross-ice pass
- Backs up straight back toward the net

Forwards

- Skate as fast as they can straight back to the posts
- Pick up any loose opposing players on the way back to posts
- Stick on stick, shoulder on shoulder, when backchecking the puck carrier
- Stay with their players all the way back to the net!
- Forwards shouldn’t leave their men until Defensive Zone Coverage is established

NOTE: All players return back to 5-card formation, then branch off into regular d-zone coverage once the initial threat is contained

Backchecking



“Positioning is a huge part of the game. Great players – the Ray Borques and the Wayne Gretzkys – have a knack for being in the right place at the right time, reading and reacting to the puck.”
– Chris Pronger

POWER PLAY

Power Play Key Words:
“Poise,” “Set it up,” “Isolate Man, then Move Puck”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

The Power Play is one of the few situations in hockey where a team will execute set plays every time. Although we will be using a given set-up, and set plays, players must still read and react within the different options, depending on the opposing team's penalty kill system.

Also, during the power play, each player has his own designated position. The positions don't change depending on who is the first player into the zone, as they do in regular play. If you are the "corner man" you always will be, if you are the "slot man" you never change places with the "corner man."

The same concept holds true for the power play breakout as well. The "quarterback" will always be the "quarterback," and the other positions will never interchange with each other.

The Swing Breakout, the Overload, and the Umbrella can all be run from either side of the ice. The coach will choose a side depending on where the team's strengths and weaknesses lie.

These designated positions depend largely on each player's individual strengths and weaknesses, and on which way they shoot. Because of this, the following diagrams will not be labeled with positions, but with either "R" or "L" depending on which way the player in that spot needs to shoot. Positions labeled R/L can be either a left or right-handed player.

There are many different set-ups and philosophies with regard to power plays. In this playbook we will focus on the following breakouts and set-ups:

- **Swing Breakout:** Great set-up for creating passing options and attacking the offensive zone with speed
- **Wiseman Breakout:** Alternative breakout option that can be introduced to keep the other team guessing
- **The Overload:** Simple offensive set-up. Great for running give & go's out of the corner
- **The Umbrella:** More complex set-up. Great for allowing structured shot sequences on the power play
- **Hybrid Set-up:** Starts as an overload, then shifts into an Umbrella. Lets you take advantage of the strengths of both set-ups

The power play is an opportunity to take precise, well-executed shots on the opposing goalie. A team who runs a disciplined power play can (and will) punish the opposition for any carelessness, or lack of discipline. We want to avoid throwing random shots at the net for three reasons:

1. You risk missing the net, which can cause the puck to bounce off the boards and out of the zone, wasting time.
2. You risk hitting an opposing player, sending him for a breakaway against you.
3. You risk the goalie freezing the puck causing a stoppage of play, which also wastes time.

Flipping a weak, unplanned shot on net during a power play is not worth these risks. We want quality scoring chances on our power plays! **OWN THE REBOUNDS!!!**

“Power plays rarely work unless players have confidence in their ability to execute plays common to special teams play. A player afraid to make a mistake lacks the confidence required to execute effectively.”
– Dennis Gendron

REQUIREMENTS FOR EACH POSITION ON POWER PLAY - ASSUMING AN “OVERLOAD” OR “UMBRELLA” SET-UP (see diagrams on next page):

R1 (Quarterback)

- Must be a **great** passer and stickhandler
- Must have confidence to be the last man back with the puck
- Has to “see the ice” well
- Needs an accurate shot (not necessarily hard)
- Must be a quick skater

R2

- Must have an excellent “one-timer” shot
- Must be a good passer and stickhandler
- Must have excellent poise with the puck (can’t panic under pressure)
- Must understand the concepts of “give ‘n’ go” passing

R3

- Must be a good passer and stickhandler
- Must have excellent poise with the puck (can’t panic under pressure)
- Must understand the concepts of “give ‘n’ go” passing

L1

- Must have an excellent “one-timer” shot
- Must be a good passer and stickhandler
- Must be a quick skater

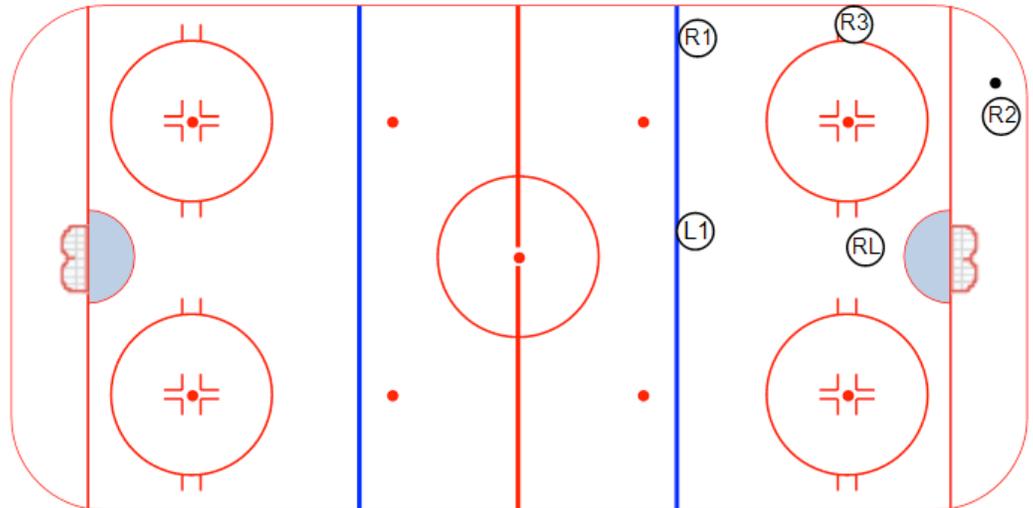
R/L

- Must be **tough!**
- Must be **strong**, and be able to **take a beating** in front of the net
- Must have a good sense of rebounds, and be ready to pound them in – R/L will score the most goals on a well executed power play, he will score what’s called “garbage goals,” meaning the ugly, hard working, rebound goals
- Must be able to gain (and maintain) position in front of the goalie while shots are coming in – this will allow him to screen the goalie, and deflect shots into the net

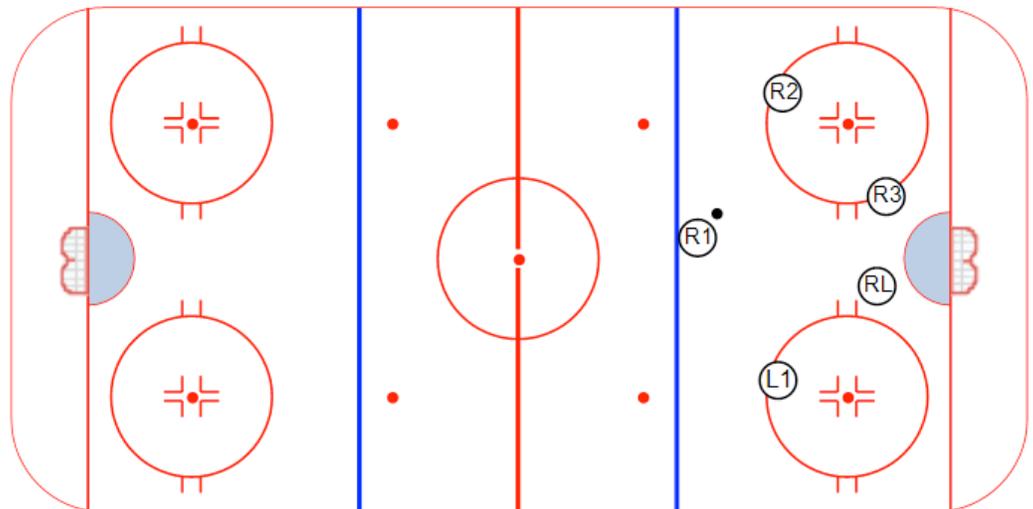
Note: It is every coach’s responsibility to know his team well enough to know which players are suited for which positions. A strong power play depends largely on who is in which position. Often, a dysfunctional power play can become great, just by moving one player to a different spot, or by switching two players. Don’t be afraid to experiment.

POSITIONAL REQUIREMENTS AND SET-UPS:

Left Overload
Power Play Set-up



Umbrella
Power Play Set-up





See video explanation here: <http://weisstechhockey.com/pp-breakout>

RESPONSIBILITIES:

R1 (Quarterback)

- Takes puck behind the net and stops
- Waits for teammates to get into position
- Passes to L1 and follows pass
- Receives pass back from L1 and passes across to R2 **OR**
- Occasionally, R1 can step out to the right side of the net, and fire a long pass up to R/L if R/L reads that the pass is open and is swinging through. This is a riskier play and should only be executed when R1 is sure he can get the puck through.

R2 (Far-side Receiver)

- Swings through to the right-side boards
- Become trailer man and follows up puck carrier into the zone, then drives deep to become corner man on the overload

R3 (Outlet Pass Receiver)

- Could receive outlet pass from L1
- Either skates puck in or becomes front man

L1 (Receiver)

- Swings through to the left-side boards (must swing low)
- Receives pass from R1
- When opposing forward comes to him, he passes it back to R1 who is swinging through behind him (can also look to R3 as a possible outlet man)
- Becomes far-side defenseman on the attack (must hustle!)

R/L (Possible Breakaway Man)

- Times it out and presents himself as an option either for R1 or R2
- If he receives the pass and can split the opposing defensemen, goes in for a shot
- If he receives it and cannot beat the opposing defensemen, he must have poise with the puck and carry it in to his position and set up the power play

Remember: Timing is essential in the Swing Breakout. If players are swinging too fast or too slow, the breakout could fall apart, leaving us vulnerable to a scoring chance from the other team. Also, players breaking out must isolate the opposing player, and then pass it. Don't pass until you have drawn a man to you.

Also, the initial pass from R1 to L1 will draw the opposing penalty killer to L1. When the puck moves quickly back to R1, and then across to R2, this will catch the other team off guard and R2 should be able to move up the ice with speed. These passes must be executed with precision for this breakout to work. Stick to stick passes are a must!

Note: The initial offensive set-up will be the same for both the Overload, and the Hybrid power play formations. Breakouts will vary depending on the option used. After entering the offensive zone, players should work the puck around to the proper set-up side before attacking the net.

RESPONSIBILITIES:

R1

- Follows up the play after making the breakout pass
- Provides backside support
- Sets up as Quarterback on strong-side boards

R2

- Receives pass from R1 then quickly moves puck to R/L
- Becomes trailer man, then corner man in the zone

R3

- Presents himself as an outlet for L1. If he gets the pass from L1, he drives wide and sets up on the boards
- Takes his offensive zone position on the boards if the pass doesn't come to him

L1

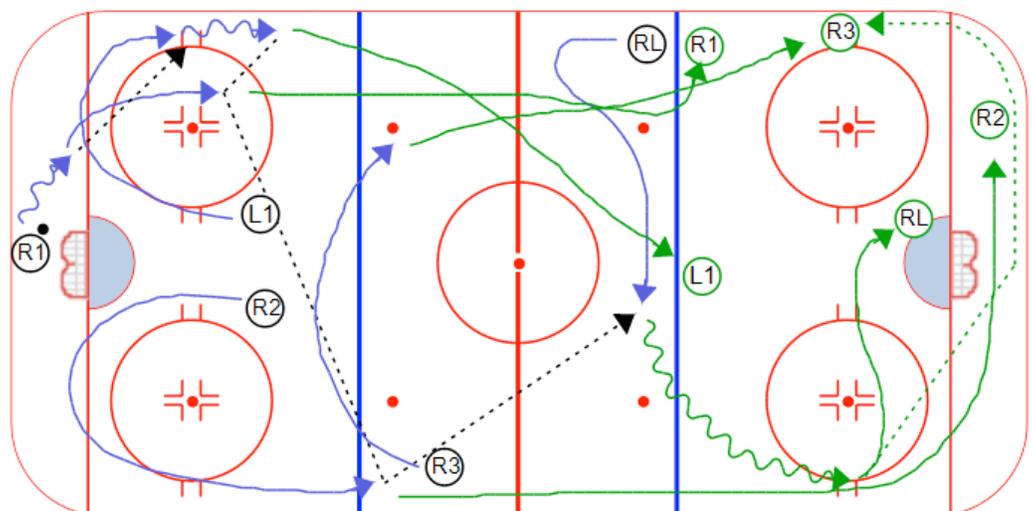
- Must hustle up the ice after the breakout pass has been made
- Takes his position as the middle defenseman on the offensive zone set-up

R/L

- Breakaway man
- Drives deep and works the puck to the proper set-up position
- Sets up in front of the net
- No matter what, he/she must get the puck into the offensive zone, and set up the play

Note: Once the puck is in the offensive zone forwards should not try to score until the rest of the team has set up in their proper positions – this requires poise. This general rule should be followed unless there is a blatant scoring opportunity before the rest of the team has set up.

Swing Breakout
with Transition to
Power Play Set-up



RESPONSIBILITIES:

R1 (Quarterback)

- Takes puck behind the net and stops
- Waits for teammates to get into position
- Passes to R2 or L1 and follows pass
- Supports for a possible pass back from the initial receiver – in this case the breakout would set up similar to the swing breakout **OR**
- Occasionally, R1 can step out to the right side of the net, and fire a long pass up to R3. If this happens R3 will one-touch the puck to either L1 or R2, then swing in behind whomever he passed to.

R2 (Receiver)

- Swings through to the right-side boards
- Could receive pass from R1
- Head-mans the puck to R3 who will be providing front-side support for the initial receiver
- Becomes the trailer man if the breakout initiates from his side, then sets up in the corner in the offensive zone

R3 (Possible Receiver or Breakaway Man)

- Times it out and presents himself as an option initially for R1 then for either R2 or L1, depending on who receives the initial breakout pass
- If he receives the pass he will one-touch the puck to either R2 or L1, then follow up as back-side support, and trailer man. Upon entering the offensive zone, will set up on the boards
- If R2 or L1 receives the initial pass, R3 becomes the front-side outlet option, and swings in front of the play as a possible “breakaway man” or lead attacker. Upon entering the zone, will drive wide, misdirect, and set up the power play, positioning himself on the boards

L1 (Receiver)

- Swings through to the left-side boards (must swing low)
- Could receive pass from R1
- Head-mans the puck to R3 who will be providing front-side support for the initial receiver
- Becomes the trailer man if the breakout initiates from his side, then sets up on the blue line in the offensive zone

R/L (Emergency Man)

- Sets up in front of the net in case of a broken play or intercepted pass
- Follows up play and sets up in front of the net in the offensive zone

POWER PLAY: “Wiseman” Breakout Transition



Note: The offensive set-up will be the same for both the Overload, and the Umbrella power play formations

RESPONSIBILITIES:

R1

- Follows up the play after making the breakout pass
- Provides backside support
- Sets up as Quarterback on strong-side boards

R2

- If he receives pass from R1, quickly moves puck to R3. Subsequently becomes trailer man, then corner man in the zone
- If initial pass goes to R3, he will either receive the puck and become the lead attacker, or become the corner man if the puck goes from R3 to L1

R3

- Front side outlet for L1 and R2, then becomes lead attacker
- Possible initial receiver for breakout, then becomes trailer man and sets up on the boards in the offensive zone

L1

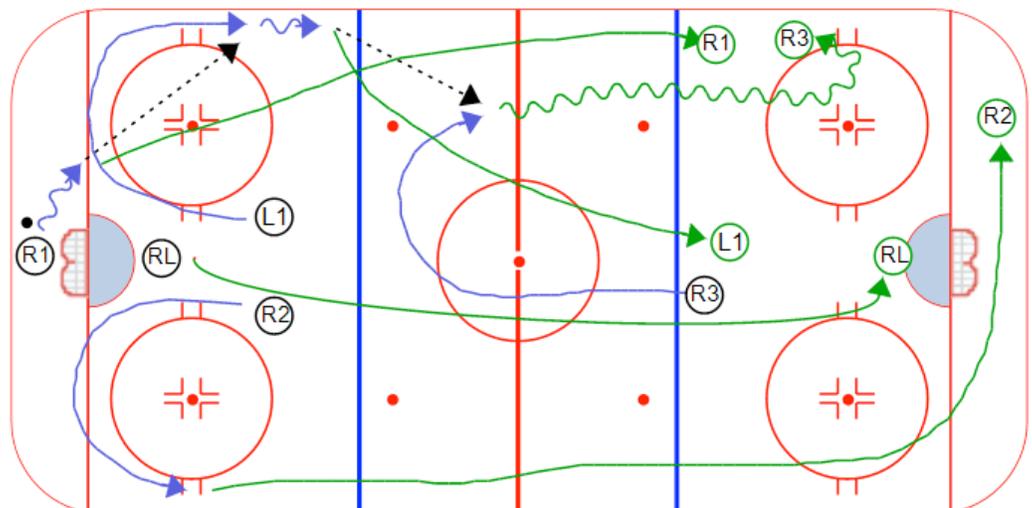
- If he receives pass from R1, quickly moves puck to R3. Subsequently becomes trailer man, then far-side defenseman
- If initial pass goes to R3, he will either receive the puck and become the lead attacker, or become the far-side defenseman if the puck goes from R3 to R2

R/L

- Support in front of net incase of botched play
- Sets up at appropriate spot in front of the net in the offensive zone

Note: Once the puck is in the offensive zone forwards should not try to score until the rest of the team has set up in their proper positions – this requires poise. This general rule should be followed unless there is a blatant scoring opportunity before the rest of the team has set up.

Wiseman Breakout with Transition to Power Play Set-up





See video explanation here: <http://weisstechhockey.com/overload>

RESPONSIBILITIES:

R1

- Sets up on the point
- Becomes Quarterback if play shifts into an umbrella set-up
- Outlet for pass back to the point

R2

- Sets up in corner for potential Give and Go with R3
- As play shifts, slides behind the net to become back door man

R3

- Drives puck wide, then sets up on the boards
- Works puck around, executing whatever option presents itself
- Looks to exploit “seam”

L1

- Weak-side defenseman
- Passing option for D to D pass
- Has the option of sneaking in for a backdoor pass

R/L

- “Battles” in front of the net
- Must be able to take a beating – literally. The other team will try everything to move him out from the front of the net
- R/L must cause havoc in front of the net
- Is ready for any rebounds to come loose
- Screens the goalie
- **OWNS THE REBOUNDS!**



See video explanations here:

<http://weisstechhockey.com/umbrella>

<http://weisstechhockey.com/hybrid>

RESPONSIBILITIES:

R1 (Quarterback)

- Must maintain excellent control of the puck
- Walks across blue line once he gets the puck (R1 controls the shift)
- Pulls opposing player with him as he shifts – if player doesn't come, he can walk right in and shoot
- As he draws the opposing forward to him, either R2 or L1 will become open for the pass

R2

- Gains control and moves puck to R3
- After drawing a defender in, moves puck back to R1 as R3 drives to the net
- As R1 shifts, he slides into position at the top of the faceoff circle on left side
- Receives puck back from R1 then feeds R/L on back door
- Can also one-time a shot if it's available

R3

- Sets up on strong-side boards and works the puck back and forth with R2
- After drawing a defender in, R3 takes a step toward the net, feeds the puck down to R2, then continues to the net, either for a return pass, or as a screen
- Battles in front and puts in any rebounds
- Must be ready to jump on any loose pucks that miss the net to his side, and set up the formation again

L1

- Reads the shift and slides right, to the top of the right face-off circle
- Waits for possible pass from R1, then hits R2 on back door
- Can also one-time a shot if it's available
- Can sneak into the high slot as a “backdoor man” every once in a while

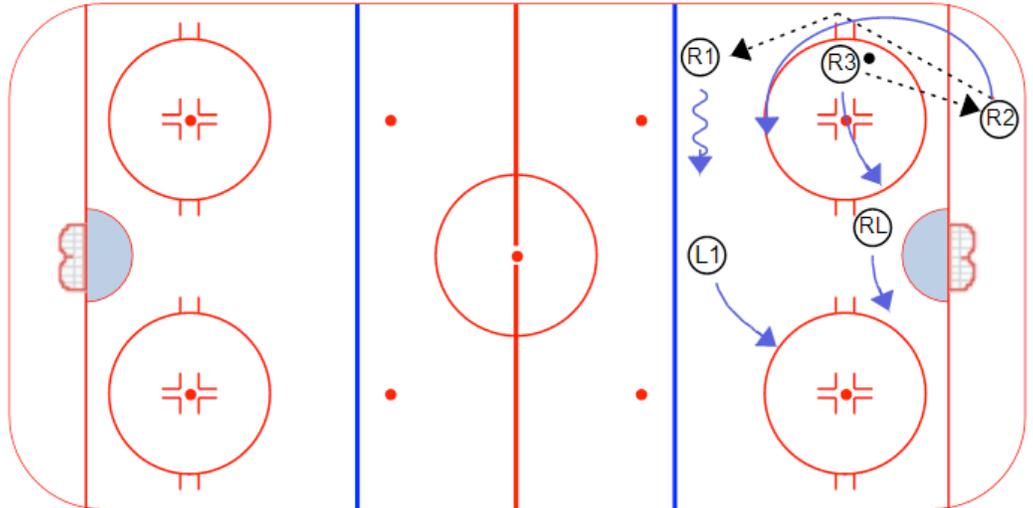
R/L

- Battles in front of the net on strong side
- Once the shift happens, slide over to the weak side
- Puts in any rebounds
- Must be ready to jump on any loose pucks that miss the net to his side, and set up the formation again

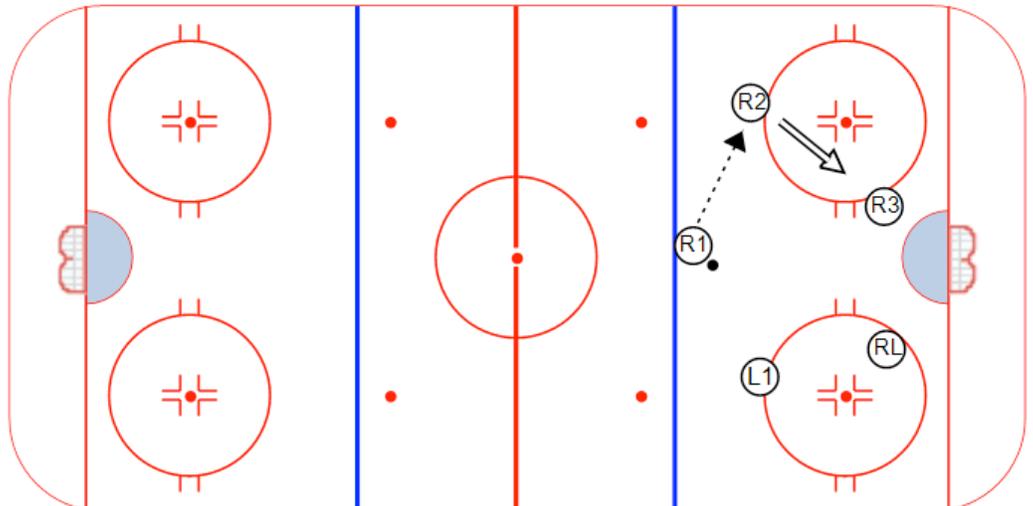
Remember: This version of the Umbrella starts with the Right or Left Overload, then shifts when the strong side point man reads the play and decides to walk across the blue line. If the play breaks down for any reason, we must revert back to the Overload set-up, and regroup. We will then gain control, and run the shift again. It is important that we don't panic if it doesn't work perfectly the first time.

POSITIONAL RESPONSIBILITIES AND OPTIONS:

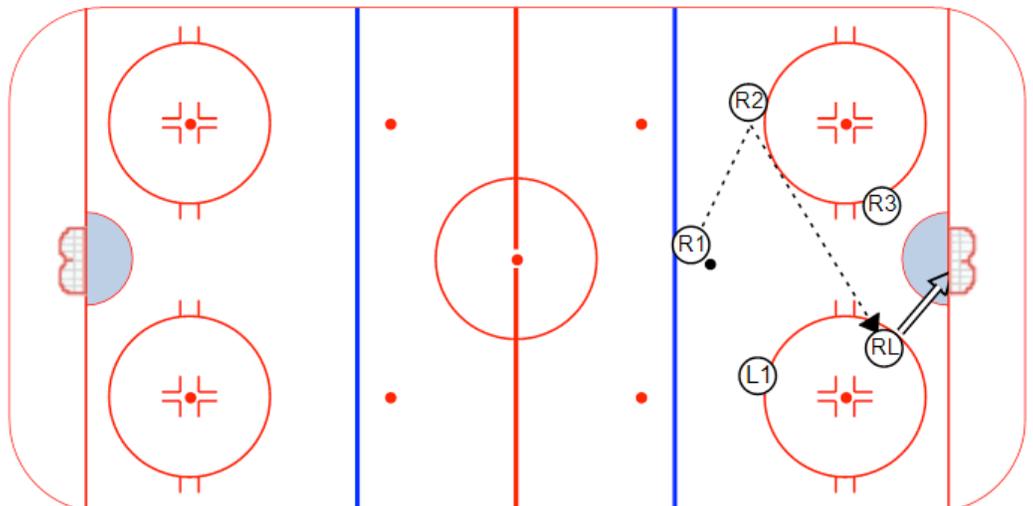
Shift from Overload to Umbrella. R3 & R2 work it back and forth until they draw in one of the opposing penalty killers. Then they move the puck back to the point, and shift as shown



R1 drags across, pulls defender with him, then passes back to R2 or over to L1 for a one-time shot

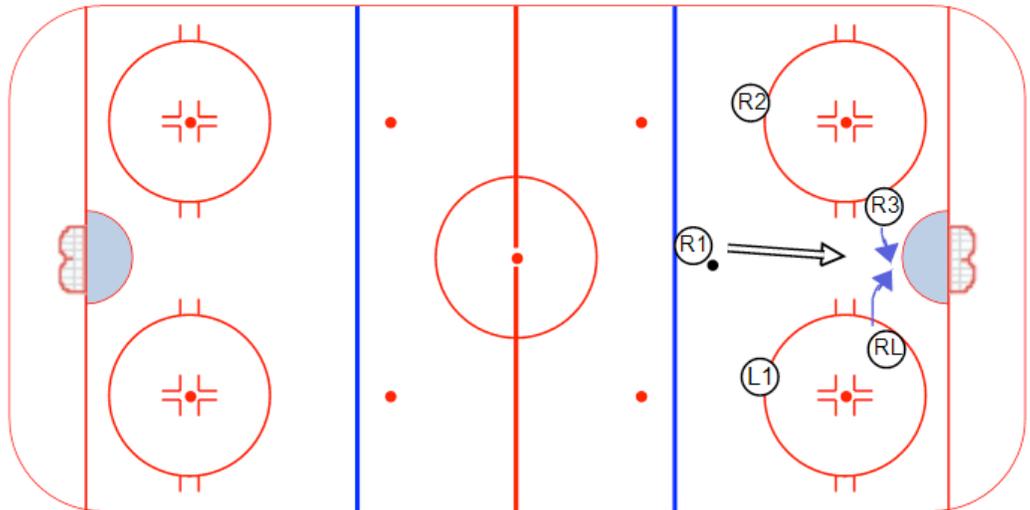


R1 passes to R2 or L1. Touch pass across to low man on the backdoor for a one-time shot

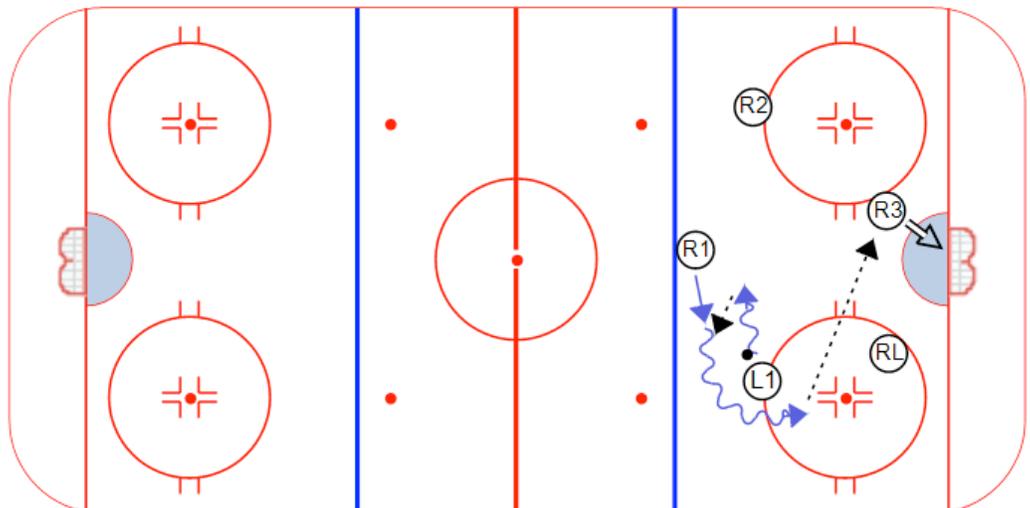


POSITIONAL RESPONSIBILITIES AND OPTIONS:

Straight shot from R1. R3 and R/L crash the net for rebounds



High criss-cross with drop pass, then pass across for shot on goal



“Players sometimes forget that preventing goals is as important as scoring. I take a defense-first attitude in my approach to the game – every night.”
– Mike Peca

PENALTY KILLING

Neutral Zone Key Words:
“Head on a Swivel,” “Force vs. Contain,” “Sag”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

There are two main components to penalty killing: the forecheck, and the defensive zone coverage. As with the power play, there are many different philosophies and strategies when it comes to penalty killing. For this playbook we will focus on the following forechecks and defensive zone set-ups:

- **Modified “T” Forecheck:** Great option for angling the opposition's breakout, and forcing bad passes in the neutral zone
- **Simple Box:** Basic defensive zone coverage that clogs up the front of the net
- **Wedge Plus One:** Similar to the Simple Box, but more aggressive
- **Collapsing Diamond:** Great option against an Umbrella set-up

One of the main skills players must learn in order to be effective penalty killers is how to read the difference between force and contain defense. The penalty killer must force, or in other words, attack aggressively if the opposing player doesn't have clean control of the puck, or if the opponent has his back to the penalty killer.

However, if the opposing player does have clean control of the puck, the penalty killer must play contained defense, and not overly commit to the puck carrier. Mistakes, when deciding between “force vs. contain” defense, usually lead to scoring chances for the opposition, and often lead to goals.

“Strength and consistency of the penalty killing unit allows your team to feel confident in playing aggressive defense.”
– Clare Drake



See video explanation here: <http://weisstechhockey.com/pk-forecheck>

RESPONSIBILITIES:

F1 (First forward in)

- Looks to see which way the opposing “quarterback” shoots
- Takes an angle that forces opposing puck carrier to come out from behind the net to his backhand side (in this case lets suppose that the opposing player behind the net shoots right handed)
- Once the “quarterback” passes to the breakout man, F1 angles puck carrier toward the boards staying slightly behind him to eliminate a possible turn back
- Takes away the option for a cross-ice pass (so he can only pass the puck ahead of him)
- Covers for F2 after F2 attacks

F2 (Second forward in)

- Reads the angle that F1 took and plays “possum” – he wants to make it look like the opposing team’s high strong-side winger is open so that the puck carrier will pass it to him
- When pass comes, he attacks the strong-side winger – F1 will swing back and cover for him
- Usually the opposing winger will cough up the puck and D1 or D2 will pick it up

D1 (Strong-side defenseman)

- Reads and watches play develop
- Supports F2 so that when the opposing winger gives up the puck he (D1) can take it

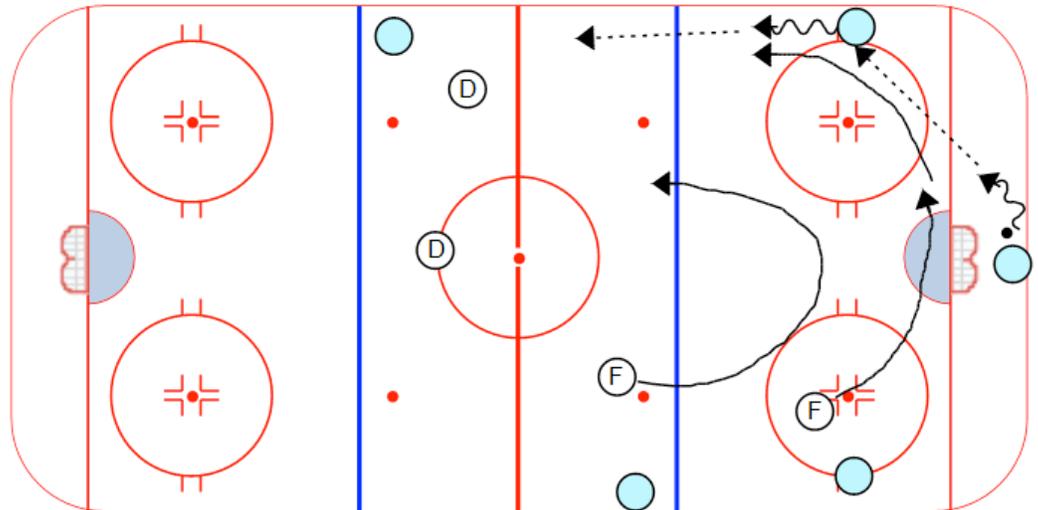
D2 (Weak-side defenseman)

- Supports D1
- Watches weak-side winger incase any cross-ice passes get through

*Remember: If puck carrier has clean control of the puck, use “contain defense,” if there is a chance you can get the puck, use “force defense” ALSO – HOW YOU PLAY THIS TACTICALLY IS THE KEY TO SUCCESS. F1 MUST OUT-WAIT THE OPPOSING DEFENSEMAN. **DON'T PRESSURE UNTIL THE FIRST PASS IS BEING MADE!***

POSITIONAL RESPONSIBILITIES:

Both Forwards angle, steering the play to one side. Defensemen hold ground and pick up puck in neutral zone after the turn over



PENALTY KILL: Simple Box (very passive)



See video explanation here: <http://weisstechhockey.com/pk-box>

RESPONSIBILITIES:

F1 (strong side)

- Maintains top corner of box
- Plays “contain” defense against opposing defenseman
- Collapses to slot if shot gets through

F2 (weak side)

- Maintains top corner of box
- Plays “contain” defense against opposing defenseman
- Collapses to slot if shot gets through
- Watches for back-door man

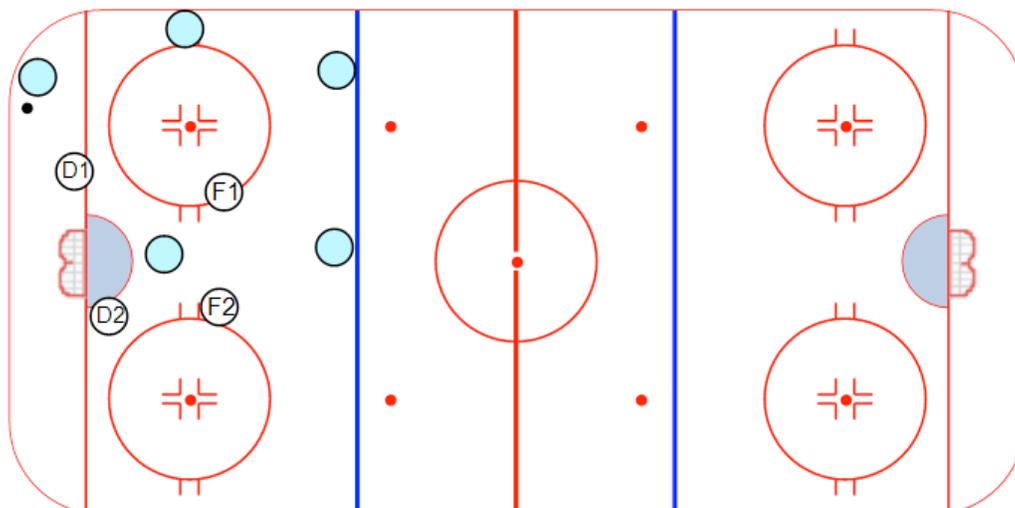
D1 (strong side)

- Maintains low corner of box
- Plays “contain” defense against opposing forwards
- Collapses to slot if shot gets through

D2 (weak side)

- Maintains low corner of box
- Plays “contain” defense against opposing forwards
- Collapses to slot if shot gets through
- Watches for back-door man

Closest man to the puck can put slight pressure on puck carrier. Main concern is to minimize shots from the slot.





See video explanation here: <http://weisstechhockey.com/wedge-plus-1>

RESPONSIBILITIES:

F1 (Strong-side forward)

- Plays either force or contained defense on strong-side defenseman (when opposing defenseman has the puck)
- Must play “possum” – contain defense – between strong-side defenseman and board-side winger. He can’t over commit to either of them
- Tries to intercept the pass from board-side winger to strong-side defenseman, or from strong-side defenseman to weak-side defenseman
- Blocks any shots from strong-side defenseman
- “Sags” down into the slot area if the pass goes from opposing D to D
- **COVERS SEAM** – this means he can’t make any mistakes reading force vs contain. If he forces when he should contain, a pass to the seam man will beat him.
- **REMEMBER: a shot from the strong side point is not a threat – getting beat and allowing a man to walk through the seam is!**

F2 (Weak-side forward)

- “Sags” down into the low slot area
- Must have head on a swivel and be picking up any loose men in front of the net
- Is ready to attack opposing weak-side defenseman if pass comes across

D1 (Strong-side defenseman)

- Clears the front of the net
- Stops any passes from coming through to the front of the net
- Is ready to attack opposing low forward if pass comes down to the man in the corner

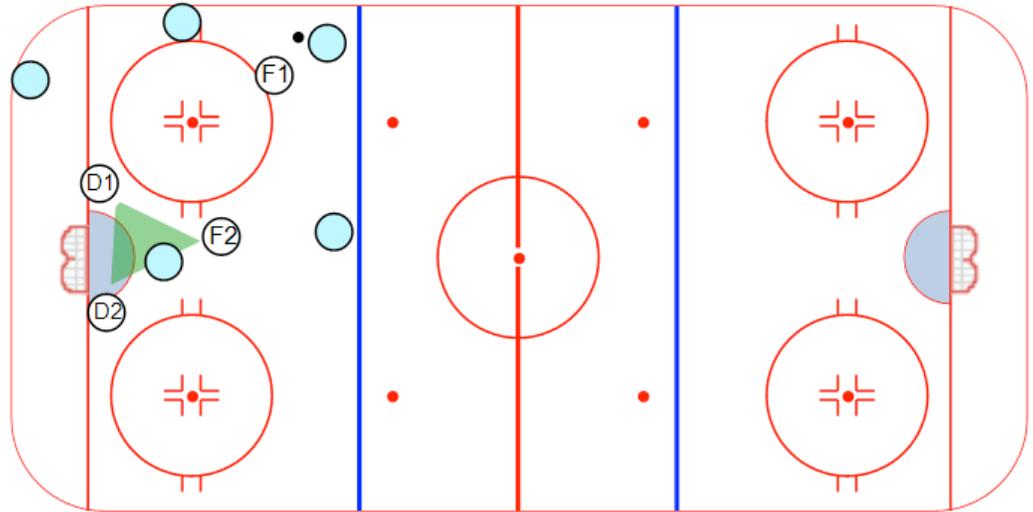
D2 (Weak-side defenseman)

- Clears the front of the net
- Stops any passes from coming through to the front of the net
- Is ready to slide across to strong-side post if D1 goes into the corner

Note: Most teams use a “Box” coverage on the penalty kill. The Box is similar to the wedge plus one, except that there is no “sag man” – both forwards stay high on the opposing team’s defensemen, and both defensemen stay low in front of the net. While this set-up is fairly effective, it is not as versatile as the Wedge Plus One – with the Box, it is difficult to defend against certain power play systems such as the Umbrella. The Wedge Plus One will effectively defend against most power play set-ups with few adjustments.

POSITIONAL RESPONSIBILITIES:

Closest player to the puck puts aggressive pressure on the puck carrier. The other three players maintain position in front of the net



Note: The Wedge Plus One will fall apart and become ineffective if the penalty killers don't shift quickly and properly.

“D to D Pass”

RESPONSIBILITIES:

F1

- Sags down toward the slot
- Stays aware of the return D to D pass and is ready to go back out to strong-side defenseman

F2

- Attacks the defenseman who received the pass – intercepts pass if he can read it properly

D1 and D2

- Maintain position in front of the net
- Clear out front of the net

“Puck Goes Down into Corner”

Responsibilities:

F1

- Sags down into the low slot
- Watches for puck to come to board-side winger

F2

- Sags down into low slot (weak post area)
- Picks up any loose men in front
- Head on a swivel!

D1

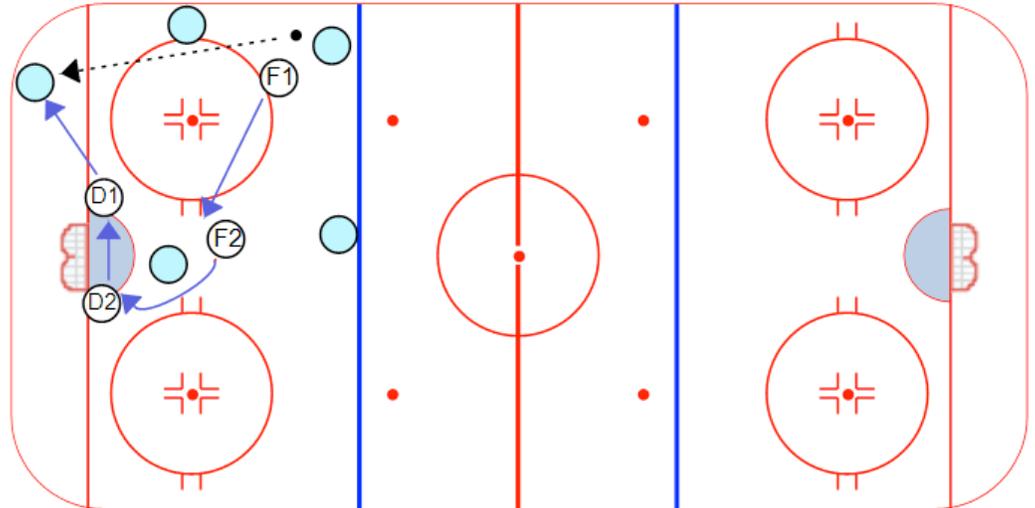
- Attacks puck carrier in corner
- Must read and decide between force and contain defense

D2

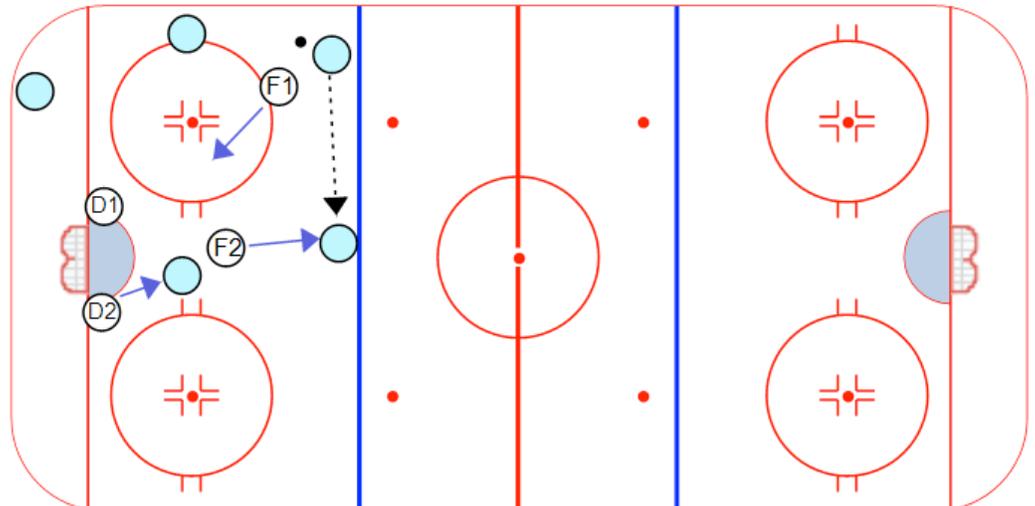
- Fills D1's position on the strong-side post
- Intercepts any passes to the front of the net
- Clears front of the net

POSITIONAL RESPONSIBILITIES:

Positional shifts when puck goes from point down to corner



Positional shifts on a D to D pass





See video explanation here: <http://weisstechhockey.com/collapsing-diamond>

RESPONSIBILITIES:

F1 (Top Man)

- Pressures top man on umbrella
- Gets stick in the way of passes or shots
- Collapses to slot if puck goes into the corner
- Collapses into the cross-ice passing lane if pass goes to one of the “side men” in the opposing team’s umbrella set-up

F2

- Attacks shooter if pass comes to his side
- Helps out in slot if puck goes to other side
- Clears the front of the net

D1

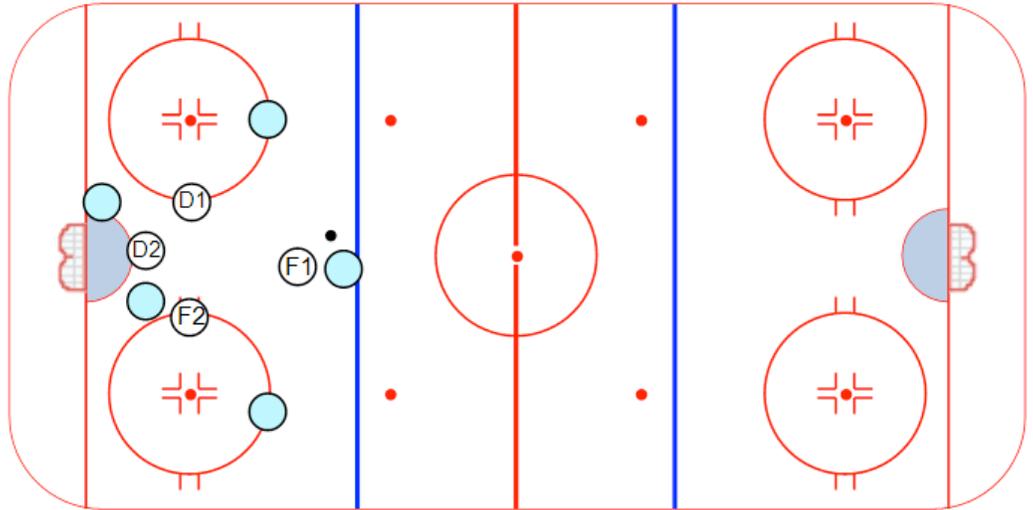
- Attacks shooter if pass comes to his side
- Helps out in slot if puck goes to other side
- Clears the front of the net

D2

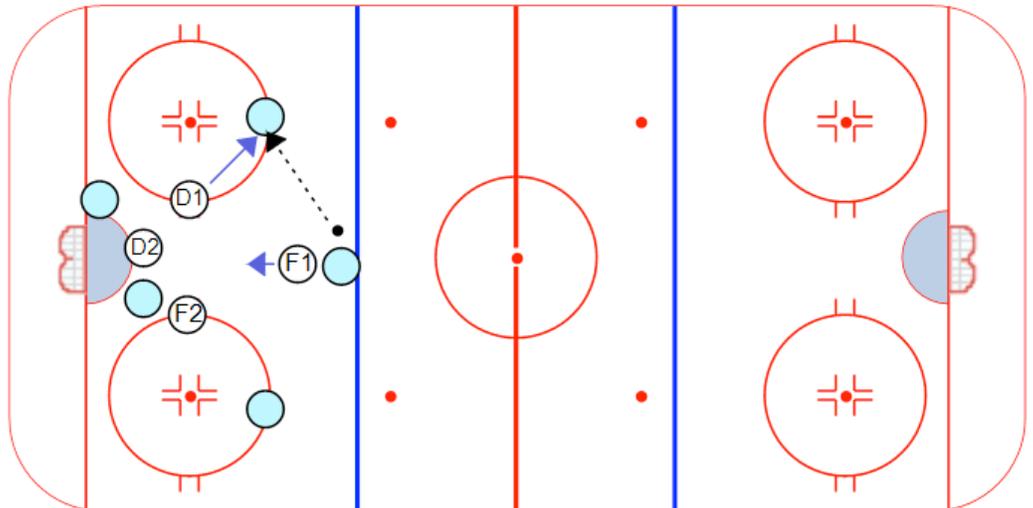
- Clears the front of the net
- Gets puck if it goes into either corner (must correctly read force vs contain)

POSITIONAL RESPONSIBILITIES:

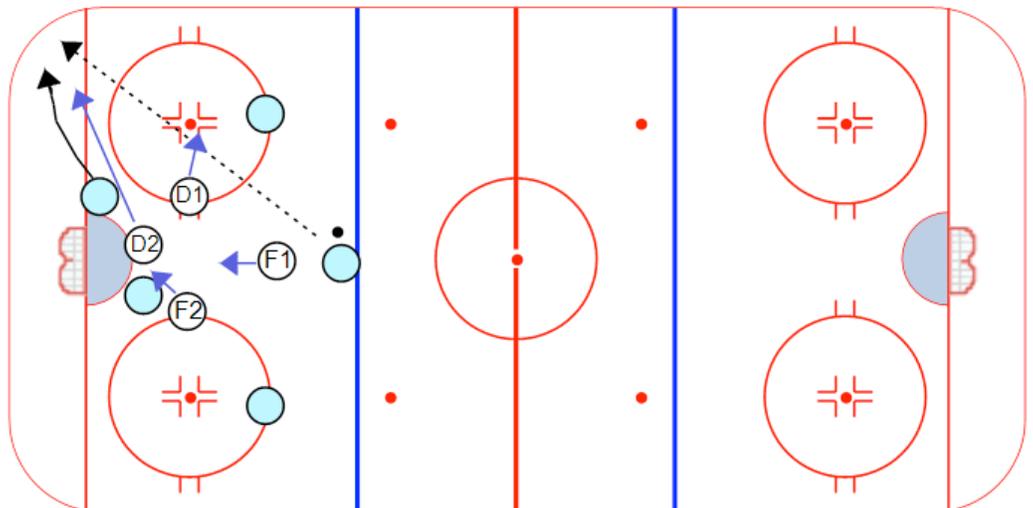
Initial set-up. F1 pressures top man on umbrella



Positional shift for pass to "side man." Note F1 collapsing into the cross-ice passing lane



Positional shift for dump-in (or rebound) to the corner



“In hockey, the ability to read and react is the difference between an average and an excellent hockey player.”
– Jean Perron

FACE-OFFS

Face Off Key Words:
“Communicate” “Control the Front of the Net” “Attack”



More Drills and Skills at <http://weisstechhockey.com>

OVERVIEW:

Face offs are another situation where you can (and should) use set plays. There are two possible outcomes to any face off; either you win, or you lose. Both options can be planned for.

In this section we outline a number of different face off options for different situations you'll encounter in the game. Here are the situations we discuss:

- **Defensive Zone (won & lost):** How to structure your defensive zone face offs so that you are in proper position for a breakout if you win, or for your defensive zone coverage if you lose
- **Neutral Zone (won & lost):** Sets you up for a quick attack if you win, or a neutral zone forecheck if you lose
- **Offensive Zone "Sleeper":** Great set-up for a quick scoring chance. Works well for regular situations during the game
- **Offensive Zone "D-Day":** Great set-up to create a scoring chance with only a few seconds left in the period. Very aggressive!
- **Offensive Zone (lost):** How to stop the opposing team's breakout attempt off the face off

Make sure your players know how to react quickly and correctly to either a won or a lost face off in any given situation. Communication is highly important, both before and after the puck has dropped!

"Face-offs are an important facet of the game [that] involves gaining possession of the puck to [either] create a scoring opportunity, or to [stop] the opponent from scoring a goal. In an average hockey game, there are about 50 face-offs; therefore the win-loss percentage is very important."

– Guy Charron



See video explanations here:

<http://weisstechhockey.com/dz-faceoffs>

<https://weisstechhockey.com/team-hockey-systems/offensive-minded-d-zone-face-offs/>

RESPONSIBILITIES: (face-off to the left of our goalie):

Center

- Quarterbacks the play **before** stepping up to the face-off dot (makes sure people are in proper positions, and know what they are doing)
- Wins puck back to defenseman
- Stops opposing center from coming through – make sure to do this without taking an interference penalty (you only need to hold him for a couple of seconds to buy your defenseman some extra time)

Left Wing

- “Attack Man” – he must to break through to opposing defenseman (or shooter)
- Once he sees that we’ve won it, he continues up ice as the breakaway man

Right Wing

- Holds up any opposing forwards until it is clear that we have control
- Breaks (full speed) to far boards to pick up the ring pass (puck ring) from defenseman
- If opposing Defenseman has come with him, he can chip it out past him. If not, read the play and either carry the puck out, or pass to your center coming through

Right Defense

- Picks up puck when center wins it
- Rings puck around the boards as hard as he can (the puck **must** get there!)

Left Defense

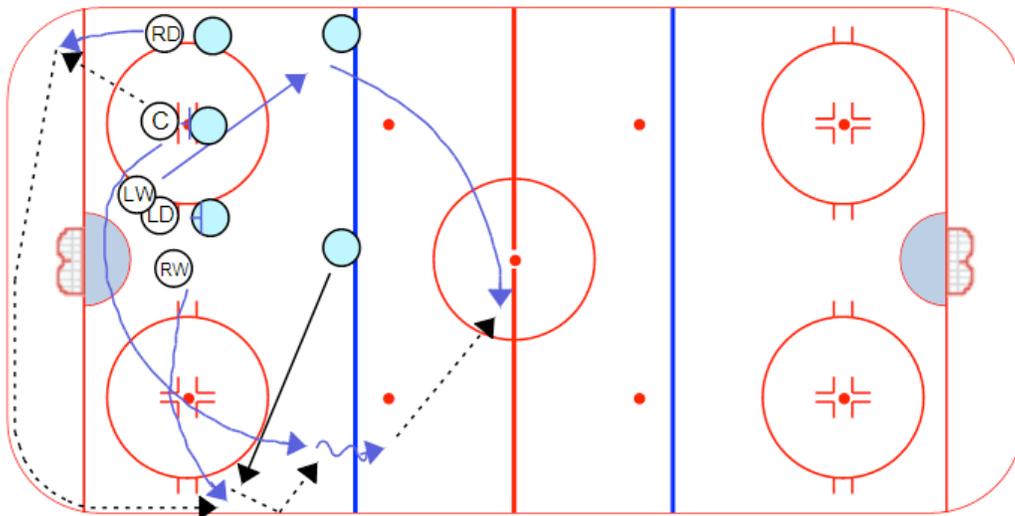
- Lines up right on the hash marks (the winger’s usual spot)
- Sets pick for the “attack man” to get through (holds forward off to allow the LW some extra time)
- Doesn’t let any opposing forwards get to the net

Remember: Always maintain eye contact with the puck. As you leave the zone, you will pull the opposing defensemen off our blue line, this will help to make the breakout easier. The same positioning applies if the face-off is to the right of our goalie, except that the RW and LW switch roles (the RD and LD also switch roles).

Note: If breakout fails, we go to Defensive Zone coverage as usual

POSITIONAL RESPONSIBILITIES:

Defensive zone face off, won. This set-up converts straight into a breakout



A “Defensive Zone” face-off lost, is any time the opposing team gains control of the puck in our zone, from the face-off.

RESPONSIBILITIES: (face-off to the left of our goalie):

Center

- Quarterbacks the play **before** stepping up to the face-off dot (makes sure people are in proper positions, and know what they are doing)
- Must control opposing center and not allow him to get through to the net
- Set “legal pick” then retreat to front of the net

Left Wing

- “Attack Man” – breaks through opposing players at **full-speed** to attack **any** shooters on the left side of the ice (this could be the opposing team’s far defenseman, or maybe a winger)
- Interfere with puck, stay and assume the Strong Side Winger position in Defensive Zone coverage

Right Wing

- Slides up to defend middle defenseman
- Must be mindful of opposing weak side defenseman and the possible “D to D” pass from the other team
- Intercept “D to D” for a breakaway if you can time it right
- Block any shots from opposing defenseman on your side

Left Defense

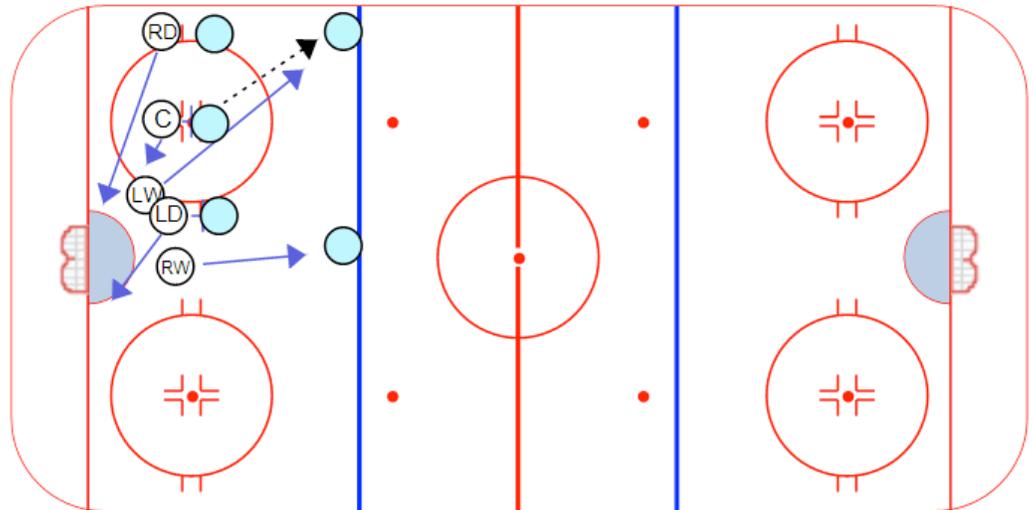
- Block out any opposing forwards trying to get through to our net
- Retreat to front of net (weak side post)
- “Battle” any loose guys in front (Nobody stands in front of our net! No rules in front of our own net!)*
- Uses **body** to block shots – **not stick!** (this reduces the risk of deflecting the puck into your own net)

Right Defense

- Reads that the face-off has been lost
- **Immediately** gets to the front of the net to provide additional support
- “Battle” any loose guys in front (Nobody stands in front of our net! – No rules in front of our own net!)*
- Uses **body** to block shots – **not stick!** (this reduces the risk of deflecting the puck into your own net)

POSITIONAL RESPONSIBILITIES:

Defensive zone face off, loss. This set-up converts straight into a standard D-Zone coverage set-up





See video explanations here: <http://weisstechhockey.com/nz-faceoffs>

Note: For neutral zone face-offs, it is good to have the wingers line up on their off wings. This way as the designated winger swings through and picks up the puck, he will be on his forehand side to make the pass.

RESPONSIBILITIES: (face-off to the left of our goalie):

Center

- Quarterbacks the play before puck is dropped (makes sure people are in proper positions, and know what they are doing)
- Win face off back toward LD (if RW can't pick it up, it will go to LD), or simply tie up opposing center to allow for your RW to swing in behind you and pick up puck
- Control opposing center (legal picks!)

Right Wing

- Swings in behind center and pick up the loose puck
- Carries puck behind the play (don't try to cut up through the middle)
- Breaks for far side and looks for LW on far side boards
- If puck goes back to the LD, follows LW (about a line's length behind him) and becomes his backside support
- If LW doesn't receive the pass, RW presents himself as an option
- If he doesn't get the puck before he hits the blue line, he straddles the blue line as well – still about a line's length behind LW
- Makes sure to maintain speed through receiving zones, and keeps eyes on puck

Left Wing

- Reads that we have clean possession of the puck
- Breaks at full speed to the far side boards (doesn't take eye off passer)
- Receives pass at full speed and breaks into the zone
- If he gets to the blue line and the pass still hasn't come, LW straddles the blue line and makes himself available for another passing option – LW can't stop at the blue line! If he does stop on the blue line, the RW may run into him, and this would make for an inefficient attack.

Left Defense

- Supports RW if he gets the puck (must be ready if puck gets knocked off his stick)
- If center wins the face-off "too clean" and it goes straight back to LD, then LD "drag skates" the puck to the middle, and makes a "D to D" pass to the RD
- Once LD has made the pass, he provides back side support to RD

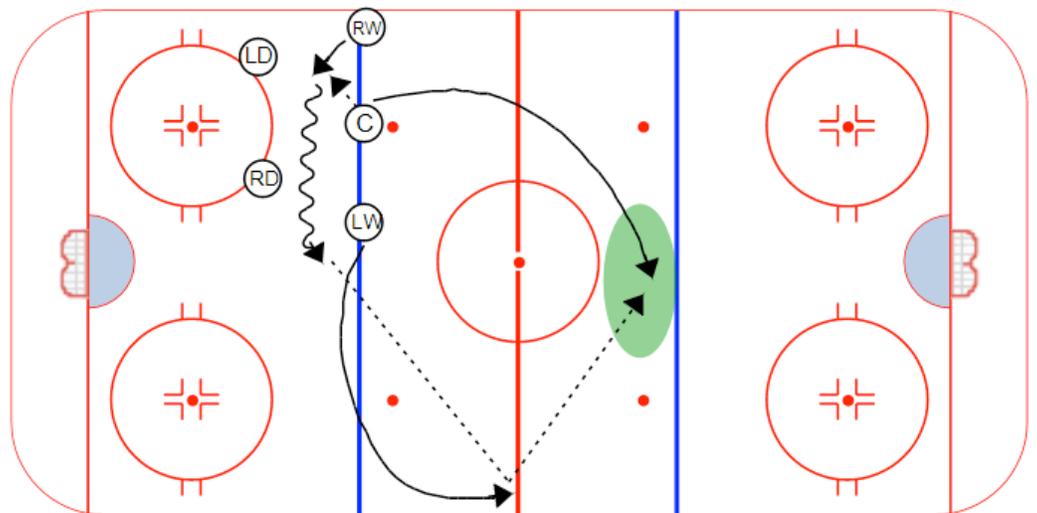
Right Defense

- Reads play and sees whether or not LD has puck
- If RW has puck, RD provides back side support incase RW loses it
- If LD has the puck, he backs up and provides back side support and waits for the pass to come
- Receives pass from LD and makes a quick pass to LW who is swinging up the boards

Remember: This is the general set-up. However, it is essential that the players Read and React according to the game situation.

POSITIONAL RESPONSIBILITIES:

This simple set-up allows for a quick offensive break, if executed well



RESPONSIBILITIES: (face-off to the left of our goalie):

Center

- Control opposing center (legal picks!)

Right Wing

- Break through and attacks closest opposing defenseman
- Tries to force a quick, inaccurate pass.
- Should also be aware of the possibility to pick off a “D to D” pass, which would result in a breakaway

Left Wing

- Break through and attacks closest opposing defenseman
- Tries to force a quick, inaccurate pass.
- Should also be aware of the possibility to pick off a “D to D” pass, which would result in a breakaway an inefficient attack.

Left Defense

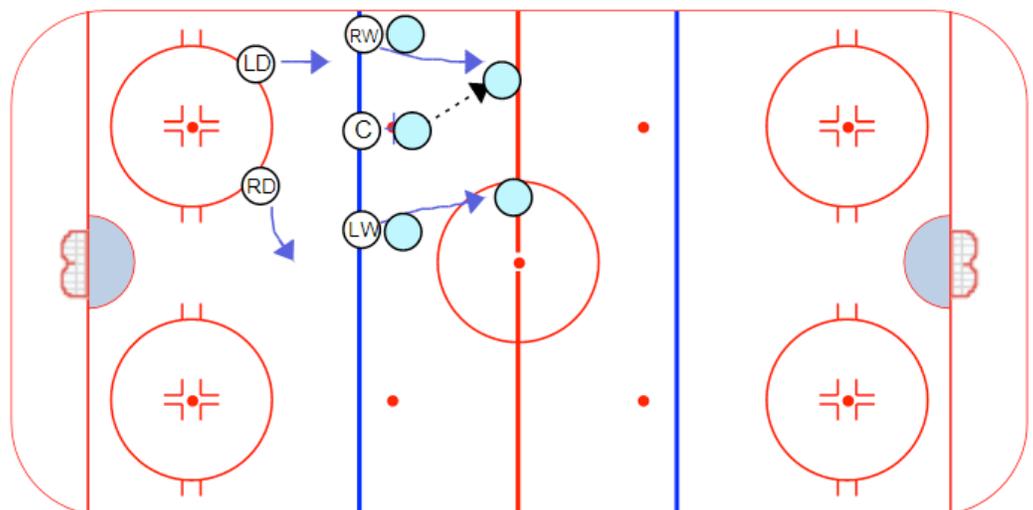
- Steps up to close the gap
- Mirror or shadow the puck as other team prepares to break into the zone

Right Defense

- Steps up to close the gap
- Mirror or shadow the puck as other team prepares to break into the zone
- Must also be mindful of the quick outlet pass to the open opposing winger, who may swing wide to the far side boards

POSITIONAL RESPONSIBILITIES:

This simple set-up allows for a quick offensive break, if executed well





See video explanations here: <http://weisstechhockey.com/oz-faceoffs>

RESPONSIBILITIES FOR “SLEEPER” (face-off on the left side):

Center

- Quarterbacks the play before puck is dropped (makes sure people are in proper positions, and know what they are doing)
- Wins face-off back to board-side winger (RW in this example)
- Blocks out opposing center

Right Wing

- Sets up on off wing to allow for a shot on the forehand
- Picks up the puck and swings across the top of the face-off circle
- Shoots the puck low and on net – this increases the chances of the puck going in, and if it doesn't, there is a greater chance of a rebound
- After he shoots, RW crashes the net hard for a rebound

Left Wing

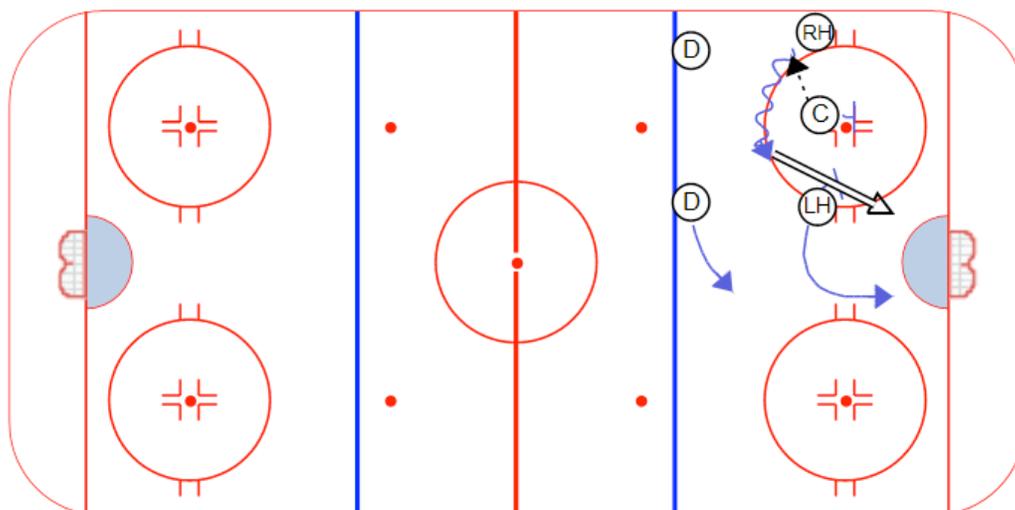
- Blocks out opposing forwards or anyone trying to get through to RW
- After RW shoots, LW crashes the net hard looking for a rebound

Defensemen

- Provide backside support
- Keep any loose pucks in the zone

POSITIONAL RESPONSIBILITIES:

The “Sleeper” is a great way to get a scoring chance off an offensive zone face off





See video explanations here: <http://weisstechhockey.com/oz-faceoffs>

RESPONSIBILITIES FOR "D-DAY" (face-off on the left side):

Center

- Quarterbacks the play before puck is dropped (makes sure people are in proper positions, and know what they are doing)
- Wins puck back to the shooter (in this case LD)
- Ties up opposing Center

Wingers

- Do everything they can to block out (nobody can get through!)
- After shot comes, crash the net hard for rebounds

Left Defense

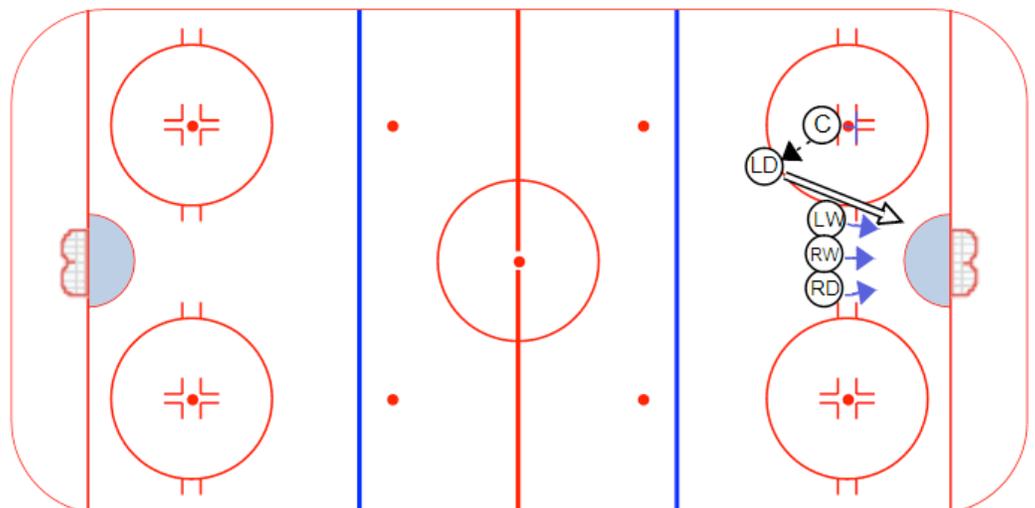
- In this case is the shooter (center can choose who he wants to take the shot)
- Receives the pass from center, and takes a low shot on net
 - o The shot doesn't have to be that hard necessarily, it is more important that the shot gets to the net. We don't want a rocket that bounces off the opposing player's shin pad and sends him down the ice the other way with nobody back. Put the shot on net!
- Retreats to normal position after shot

Right Defense

- Blocks out down low with the forwards
- After shot, he must get back to his regular position fast

POSITIONAL RESPONSIBILITIES:

The "D-Day" can be used in critical situations where a goal is desperately needed, and when there's not much time left. Pull the RD back to the point for a less aggressive version of this set-up



RESPONSIBILITIES (face-off on the left side):

Center

- Breaks through opposing center and pressure opposing defenseman
- Try to cut off "D to D" pass

Left Wing

- Breaks to far post to cut off "D to D" and put pressure on opposing defenseman

Right Defense

- Drives straight down to far boards to pinch on the opposing forward (if he reads that the puck is going to him)
- If puck stays on same side, he stays where he is

Left Defense

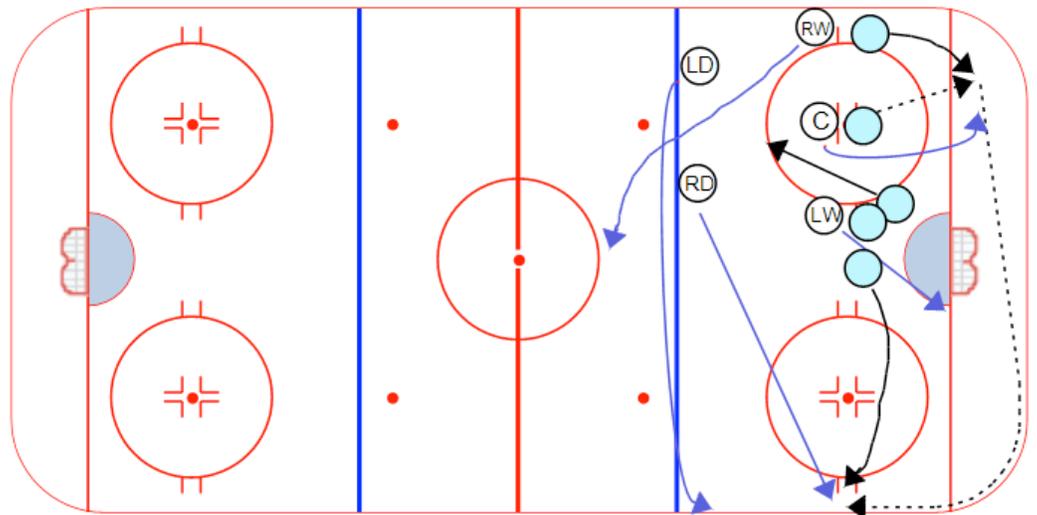
- Skates straight across blue line at full speed and stops at far side boards
- This is to provide back side support for RD incase their forward chips puck past him

Right Wing

- Fills LD's spot at 45° angle so that we don't end up with an odd-man rush against us
- Stays there until RD can get back into position
- Acts as a 3rd Defenseman

POSITIONAL RESPONSIBILITIES:

Quick reaction to a lost face off is key to maintaining pressure in the offensive zone



- Attack Man:** The winger designated to break through to the shooter on a Defensive Zone face-off. This will be the LW when the face-off is to the left of our goalie, and the RW when the face-off is to the right of our goalie. (See diagrams for “Defensive Zone” Face-offs).
- Attack Triangle:** Any offensive formation that creates a triangular formation, thus providing the puck carrier with two passing options and enabling the offensive team to create width and depth in their attack.
- Bank Pass:** When player bounces the puck off the boards to the intended receiver as opposed to passing directly to him. Can be useful if there is an opponent between puck carrier and intended receiver.
- Control Skating:** When skater varies his speed and route to the potential pass reception area (receiving zone) so that you arrive there with speed at the same moment as the pass.
- Cycling:** A balanced rotation of players in the offensive zone to maintain puck control.
- Defensive Position:** Establishing a position between an opponent and your net.
- Drag Skating:** When the defenseman with the puck pulls the puck toward the middle of the ice in preparation for a regroup. Drag Skating draws opposing forwards to the defenseman (and away from the potential receivers), and helps the defenseman to have a better passing angle to his forwards.
- Drive Skating:** A combination of speed, puck protection, and going to the net – being a threat to score.
- Flush:** To put pressure on the opposing puck carrier, usually to force him out from behind the net. The objective isn't to pin puck carrier, but to chase him up the ice and force him to pass the puck.
- Gap:** Refers to the space between a defenseman and an attacking forward in a 1 on 1 situation. Wide gap means the defenseman is giving up space in front. Tight gap means the defenseman is giving up space behind him.
- Headman the puck:** To pass the puck to a teammate who is farther up the ice than puck carrier.

Hit and Pin:	After our player has made a hit (played the body) on an opposing player, he doesn't just leave and forget about the player. Hit and Pin means to make the hit, then stay with the opposing player to ensure that he doesn't become a scoring threat.
	Note: It is not necessary to <i>hold</i> the opposing player so that he can't even move, this will likely result in a penalty against our player. Our player must pin the opposing player to the boards until the puck is gone, then keep his stick on the opposing player so that he can't get loose.
Inside-out Attack Angle:	Forechecker positions himself (to the inside, and slightly behind the puck carrier) so that the opposing puck carrier can't pass or skate the puck back to the inside lanes. He is forced to carry the puck up the sideboards.
Lane:	1) A passing lane is an open route between passer and receiver. 2) A specific section of ice is identified as a lane of attack or a lane of defense.
Numerical Advantage:	Outnumbering the defenders in a confined area (also referred to as "out-manning" opponent).
Off wing:	When a right-handed player plays left wing, or a left-handed player plays right wing. Is often used during power plays, when players want to set up a quick one-timer shot. Can also be used for various face-off set-ups.
One-timer:	When the shooter doesn't take time to control an incoming pass before shooting it. He times his shot so that his stick is coming through just as the puck arrives.
Option More Than Once:	Means to continually offer offensive support to the puck carrier. Thus, if player doesn't receive the pass in the first receiving zone, he visualizes another receiving zone and works to arrive there on time.
Pick:	When a player positions himself between a defender and his teammate who has the puck, allowing his teammate to occupy the ice that the opponent was trying to defend.

Pinch:	Is when the strong side defenseman in the offensive zone steps down along the boards to intercept opposing team's breakout pass, or to make a hit on the opposing winger.
Poise	A dignified, self-assured manner. (composure, self-assurance, self-confidence)
Puck Ring	When a player shoots the puck hard, along the boards, and the puck follows around the boards behind the net, and up the other side of the ice. This is a common breakout play for face-offs in a team's defensive Zone. Usually a winger will be waiting on the boards to pick up the "puck ring."
Quiet Zones:	Space in the corners and behind the net in the defensive and offensive zones, which is generally not covered. These can be used when under pressure to maintain puck control.
Receiving Zone:	An area on the ice that a passer and receiver visualize as a possible location for a pass completion.
Sag:	When the weak-side winger slides down into the slot in the Defensive Zone to help the defensemen in clearing out the front of the net and picking up loose men on the weak-side. The "Sag Man" must be ready to cover the opposing weak-side defenseman should the pass come across.
Slot:	The area of ice in front of the net from the goal to the top of the face-off circles. Area from hash marks to top of face-off circles is referred to as the "high slot," while the area from the hash marks to the net is the "mid slot" and "low slot."
Support:	Support can apply to offense and/or defense. Offensive players away from the puck make themselves available as a passing option in the attack. Defensive players away from the puck are active by positioning themselves in a manner that restricts offensive options.
Taking Back Ice:	When a player lengthens the route to the receiving zone. By taking a less direct route, he avoids arriving too early and maintains skating speed.
Trail:	A teammate supporting the puck carrier from behind.
Turn Back:	A puck protection tactic where the puck carrier suddenly stops, turns and skates back in the direction he came from, always keeping his body between the checker and the puck (also known as a "misdirection").

Window:

A possible receiving zone for the centerman during a breakout. The “window” is the space between the face-off dot and the middle hash marks on the strong side of the ice. The centerman should always receive the puck in the “window” during a WHITE Breakout.