



“When we are outnumbered on a 3 on 2, slow the play down until help comes from a back checking forward or make them shoot from far out”

DEFENSIVE ZONE – 3 ON 2 AGAINST US

When it's **3 on 2 against us** coming over our blue line, our defencemen should be skating backwards as fast as their players coming in, so if they try to skate around us beside the boards we can move sideways and back quickly making the angle between their player and the net smaller and smaller. It's better to wait to see what they are going to do with the puck. Play wide enough so there is little room to the outside and narrow enough so the player with the puck cannot slip between you and your defensive partner. Don't back in more than to the top of our face off circle. If you do, they will have a good screened shot on net from close in. Also, the more you back in the more they will try to pass into the deep slot created by you backing in.

WITHOUT A FORWARD COMING BACK TO COVER THE MIDDLE, DO NOT CHARGE FORWARD TO BODYCHECK THEIR PLAYER OR LUNGE TO POKE CHECK OR TAKE THE PUCK AWAY FROM THEM UNLESS YOU ARE 100% SURE YOU CAN. THEIR PLAYER WILL EITHER GO AROUND YOU OR PASS OFF AND THEY WILL HAVE AT LEAST A 2 ON 1, MAYBE A 3 ON 1 IN OUR OWN END. TRY TO MAKE THEM SHOOT FROM FAR OUT.

DO NOT BACK IN TOO FAR – ABOUT THE TOP OF OUR CIRCLE IS ENOUGH

3 on 2's usually develop into one of the following plays:

- The centre passes the puck to a winger positioned wide or cutting towards the net. *The winger shoots.* We should try to get our stick on the puck to deflect the pass or on the shot on the follow through enough to deflect it high and away from our net or even to block it. This is very effective on a slap shot because it takes their player so much time to wind up.
- The centre passes the puck to a winger and the winger goes wide around our defenceman and *tries to go in on goal on an angle.* We try to poke check him and turn to chase him but if we cannot knock the puck off his stick or catch him we must bother him as much as possible. If you stretch your stick out as wide as possible towards him holding it with both hands just above his shin pads firmly so his movement is slowed a little this is a penalty under the new rules. Keep your skates moving, don't glide. Get ahead of him and lift his stick off the ice or press your stick on top of his. Don't hook or trip him. Get to his outside so the goalie knows you have that side covered. If he slows enough, ride him off to the boards by leaning your shoulder into him and then take the puck lifting his stick.
- The centre passes the puck to a winger and the winger goes wide around our defenceman and *passes the puck across the ice to the other winger going hard to the net.* Try to stop or deflect the pass. Our other defenceman must see this coming and get in front of this player taking away the ice he is coming to as he tries to go to the net.
- The centre passes the puck to a winger and the winger goes wide around our defenceman. Just as he is past our defenceman and going to the net, or after he has gone around the



net, *he passes back to the centre open in the deep slot.* If the other winger has already gone to the net drawing our other defenceman over and back, the centre will be open every time unless one of our forwards comes back to cover him in the deep slot. Somehow our defenceman must block the pass coming back to their centre.

- The right winger slows down, moves left behind and towards their centre into an open spot. At the same time their centre stays in front of their right winger and fades to the right, the side the winger came from. The centre drops the puck to the winger behind the centre as the winger is going left. The centre then circles wide around our defenceman and can receive a pass from their right winger or their right winger can shoot or pass to their left winger. Our defencemen stay put. A forward must get back to help.
- The right winger with the puck fades into the middle for a shot behind the centre and the left winger while the centre and the left winger skate at and take the lanes away from the two defencemen blocking access to the fading right winger. One of the defencemen must force through the blocked lane to deflect the shot from the right winger or a back checking forward must check the right winger.
- The centre with the puck skates hard in between the two defencemen forcing them to try to sandwich him with body checks. Just before the check, the centre drops the puck back to one of the wingers fading in behind the centre for a good shot or a pass off to the other winger going to the net. The two defencemen must close the gap the centre is trying to get through and anticipate the drop pass so one of them can move to the winger to deflect the shot as he takes it or knock the puck away.
- A winger skates hard over the blue line like he is trying to beat the defenceman wide and as the defenceman comes over to check him the winger curls around to the inside towards the boards and back out to the blue line ready to pass to the far side winger who has positioned himself at the top of their face off circle, while the centre has gone to the net. The defenceman covering the curling winger must maintain his position so he can angle the winger into the corner and cover passes across the ice. The other defenceman must position himself between the centre and the far side winger so he can intercept or deflect any passes. Slow the play down until help comes.

PRACTICE DRILL:

Run 3 on 2 line rushes full ice with the 2 defencemen entering at the near blue line with the defencemen adjusting to the plays as they unfold and experimenting with forcing the play at the blue line or backing in behind our blue line depending on the speed and positioning of the forwards coming at the defencemen – give feedback as needed after each play or whistle the play dead in the middle of it having the players freeze in their positions, and then give feedback