



“The delayed off side rule gives us a few precious seconds to organize without pressure, that is, time and space – use it”

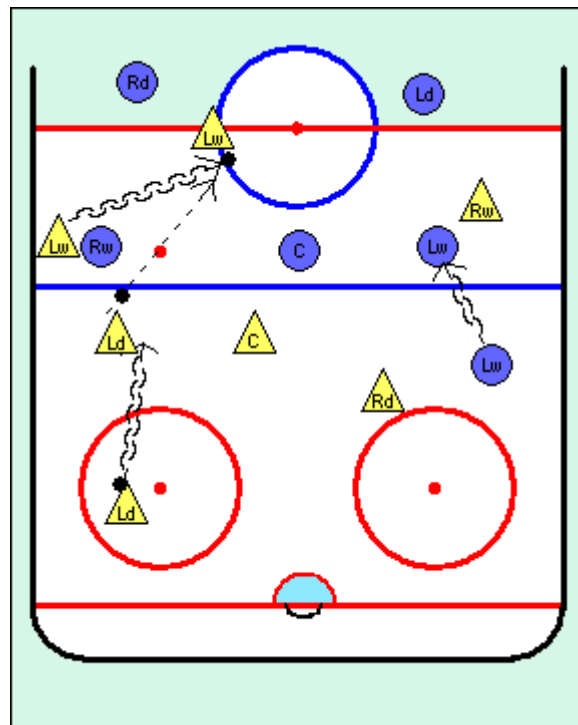
DEFENSIVE ZONE – DELAYED OFF SIDES

Several times during a game the other team gives us an important “no pressure” opportunity to organize our positioning and get wound up in our own zone when they create a delayed off side by shooting the puck in when one of their players is still in our zone. Their players will all have to move outside our blue line before any come back in.

When this happens usually our defenceman gets the puck deep or in the middle of our zone with more time than usual. He should immediately recognize that there is a delayed off side, get the puck and begin to accelerate to maximum speed up the ice. Our other players should position themselves to get open for a pass in the neutral zone in open spaces created by their forwards all lined up outside our blue line. Their forwards will be either stopped or moving quite slowly.

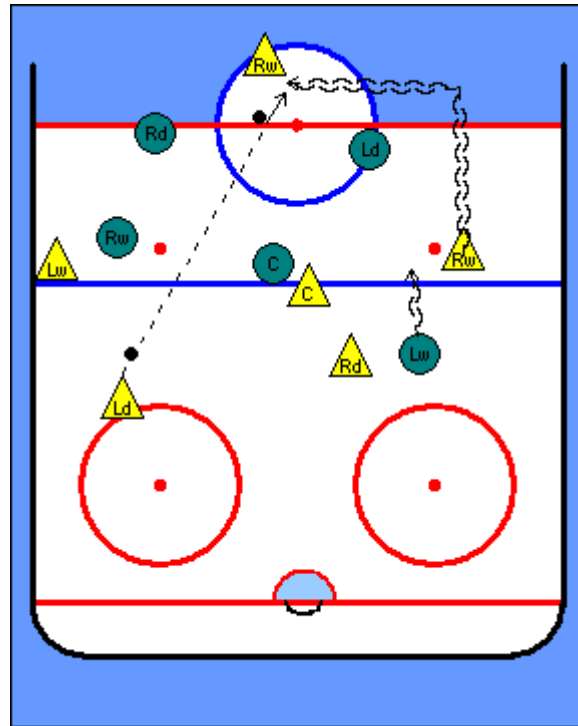
We have a number of good options.

1. One of our wingers can cut into the open middle before the red line in front of their defencemen with our centre rotating wide onto the side of the ice our winger came from. If one of their defenceman lunge towards or tries to body check our winger as he gets the puck cutting across the middle in the neutral zone, our winger can pass the puck off or deflect it by their defenceman to the other winger or our centre and we will have at least a 2 on 1.





2. If their defencemen are about at the red line or in between the red line and their blue line, one of our wingers can skate hard straight down the ice along the boards and curl around behind one of their defencemen to receive a hard pass from our defenceman in our end. Our winger will have a break away.



3. If our defenceman can skate right by their forwards at our blue line he should do so as his speed will be very difficult to deal with but he should be 100% sure he can. If he can do this we will have a 4 on 2. If one of their forwards looks like he will be able to check our defenceman then our defenceman should pass the puck off. But if our defenceman can get over our blue line, the crossing pass to our winger cutting across the middle may enable our winger to split their defence for a breakaway. If this winger is covered the wide side winger or the rotated wide side centre should be open for a pass. While our defenceman with the puck is moving to our blue line our other defenceman should always stay slightly back behind him and to the side for a last second emergency release pass or in case we lose the puck at our blue line.

Many times in the delayed off side situation our defencemen hesitate in our zone, stop skating and try to make a pass over our blue line into traffic from too far away when they are still unchallenged and we turn over puck possession. Don't do this, be aggressive and take advantage of the offensive opportunity they have handed us.