



“Many forwards seem to skate faster and try harder when we have the puck than when we don’t, when a goal against us means as much to us as a goal we score”.

DEFENSIVE ZONE – FORWARDS BACK CHECKING

When we lose the puck in their zone or in the neutral zone, the forwards must get back into their zone as quickly as they can and cover their open players.

The first forward back no matter what position he is must cover their trailing player in our zone wherever he may be, particularly if it’s a 3 on 2. The next forward back covers any other of their open players, while our 2 defencemen take care of the wide sides and anyone trying to skate between them to the net.

Usually, once all the forwards are back there is time for the forwards to return to their usual responsibilities in their own end ... centre down low and in the corners covering their extra player, and wingers covering their defencemen at the blue line, taking the passing lanes away from these defencemen favouring the inside towards the high slot a little. If there isn’t time, stay with your defensive system with the last two players back in our zone covering their defencemen at the blue line.