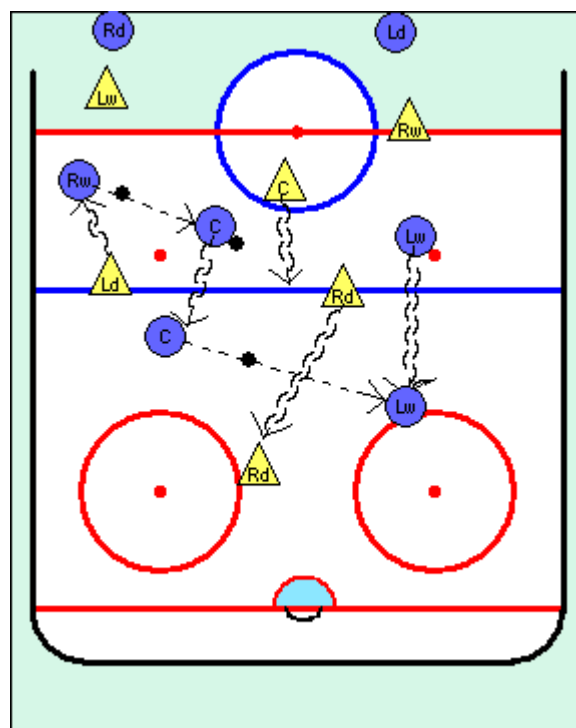




“Make their team beat 2 defencemen every time to score a goal, no odd man rushes against us.”

NEUTRAL ZONE – PREVENT ODD MAN RUSHES

Our Defencemen are now skating backwards crossing the red line going towards our blue line. Their 2 or 3 forwards have the puck and are coming at us. We cannot have one of our defencemen lunge forward to try to poke check or body check their player carrying the puck (see yellow Ld below) because this takes our defenceman out of the play and makes it easier for their player to pass the puck off quickly or just push it forward to another one of their players. In both situations we have a 2 on 1 against us.



If our defenceman is 100% sure he can win the puck or knock it off their stick towards their end, fine, do it but be 100% sure you can. Our forwards must be back checking to challenge and our defencemen must usually hold their normal positions skating backwards until our forwards catch up. If one of our forwards is back far enough to cover for our defenceman going forward aggressively and challenging their forward with the puck, this will usually be okay if this forward coming back is a good defensive forward.

MAKE THEIR TEAM BEAT 2 DEFENCEMEN EVERY TIME TO SCORE A GOAL, NOT JUST ONE DEFENCEMAN.



NO 2 ON 1's AGAINST US

It does no good for our defenceman to charge forward, make a great hit or poke check in the neutral zone and 75% to 90% of the time win the puck and lose the puck about 10% to 25% of the time. This gives them a 2 on 1 or a 3 on 1, 10 to 25% of the time. That's a lot.

A good team will score on a 2 on 1 about 1 or 2 out of 4 or 5 chances. How many times do we score when we win the puck in the neutral zone in high risk situations? Far less than when they get a 2 on 1 on us. The only exceptions to this discipline are when we are on the power play or late in a game when we are down a goal and we need to try higher risk plays.

Some coaches add another exception - that is when one of our forwards is coming back to play defence past our blue line they say it's OK for our defenceman to take the risk, but we should be very sure our forward is in position to play defence.

Defencemen must understand how easy it is for a good player to beat him in the neutral zone if this defenceman tries a low % play to win the puck. Their forward can skate by our defenceman, pass to another player by our defenceman, or the easiest play is to knock the puck off the boards to the centre reading the defenceman's lunge. Now it's an odd man rush against us.