



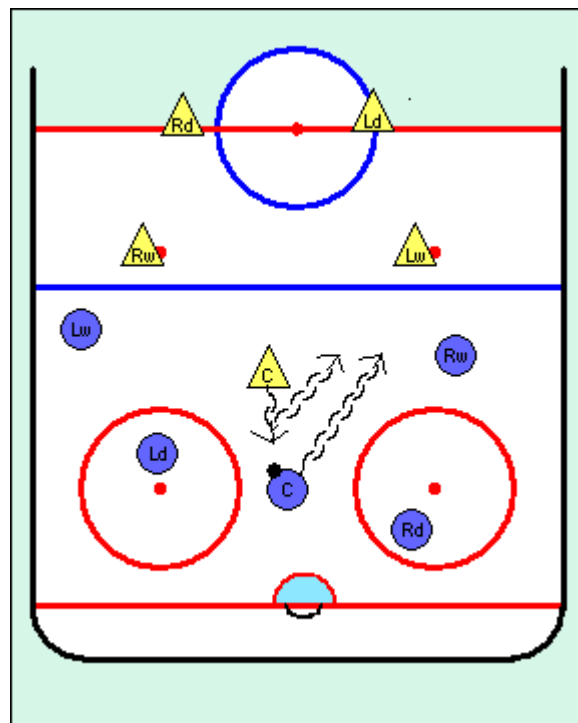
“The trap wins a lot of championships, ask New Jersey”

NEUTRAL ZONE – THE 1, 2, 2 TRAP

When we are winning a game, don't need any more goals, the puck is in their zone and we just want to prevent the other team from scoring, a good defensive system is the 1,2,2 neutral zone trap. Only one of our players goes into their zone to forecheck. The other four are in the neutral zone.

Say the other team has clear control of the puck in their zone in a corner or they are just starting to come out of their zone. We would allow the other team to bring the puck to the blue line in their zone fairly easily with only our centre putting any kind of careful forechecking pressure on their puck carrier, like he's penalty killing. Our centre would be trying to make them make a bad or hurried pass. Our centre does this without getting caught behind the play or chasing their player with the puck behind their net.

Our other two forwards should position themselves just outside their blue line between the face off spot and the boards, so both sides of the ice are covered. Our two defencemen should be just over our side of the red line, less wide than our forwards, and backing up so the middle is plugged. Our left-winger and left defenceman take the left side of the ice, our right-winger and right defenceman take the right side of the ice. Our centre comes back hard through the middle and all forwards take one of their players to stay with and check shoulder to shoulder, without getting an obstruction interference penalty. If they try to carry the puck over the blue line, we body check them immediately.





This leaves very little room for them to go in the neutral zone especially if our forwards body check the puck carrier hard as he comes over their blue line to the red line and the other forwards take away the pass by covering all their forwards closely. If we get possession of the puck in the neutral zone we just shoot it back in and start the 1,2,2 all over again.

Their only option with all our coverage in the neutral zone normally will be to shoot it in to our zone. If we can get it out quickly and over their red line to shoot the puck back into their zone ourselves, we can kill the clock and keep the lead.

So, when the coach says “Play the 1,2,2 Trap”, this is what he means.

REMEMBER TO BEAT THE TRAP USE SPEED AND TIGHT CROSSING PASSING PATTERNS JUST IN FRONT OF OR OVER THE RED LINE OR BEAT THEIR PLAYER ONE ON ONE.