



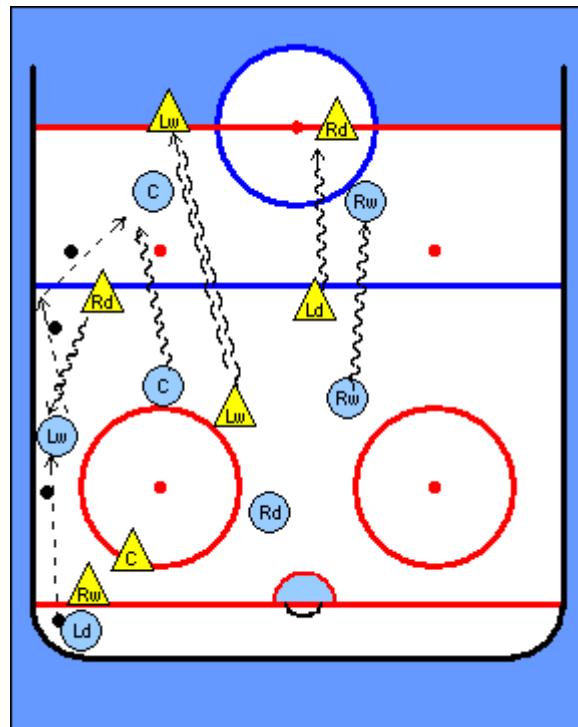
*“Defence first, offence second, play the percentages when an odd man rush may result for them.”*

### OFFENSIVE ZONE – LOW RISK PINCHING

#### Prevent Odd Man Rushes Beginning At Their Blue Line

Our defencemen must be very sure of 2 things before they pinch to try to keep the puck in at the other team’s blue line:

1. We can likely keep the puck in or win the puck ourselves, and;
2. One of our forwards having read the pinch is happening is in position to come back to cover our pinching defenceman’s position (see Lw (yellow) coming back in the diagram below when Rd (yellow) is pinching)



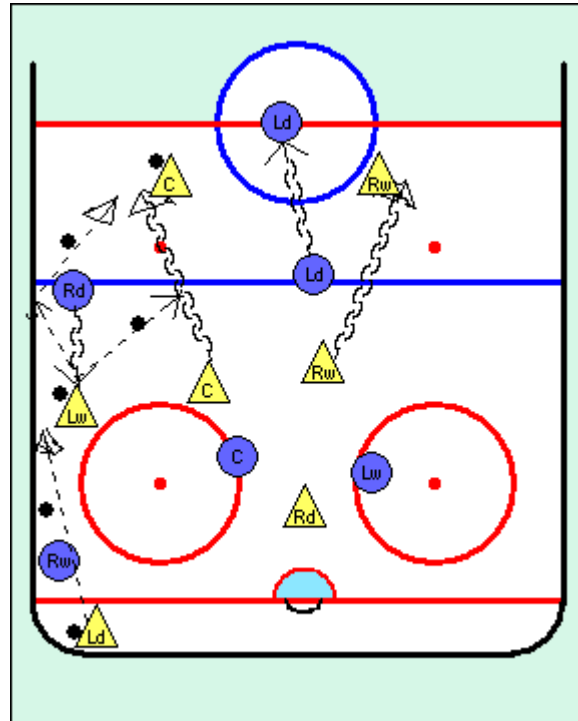
If both of the above are not true, our defenceman must turn, go back and skate backwards from about our red line **SO THE OTHER TEAM HAS TO BEAT 2 OF OUR PLAYERS EVERY TIME TO SCORE A GOAL, NOT JUST BEAT ONE.**

#### NO 2 ON 1's AGAINST US

It does no good to “pinch” at their blue line, that is, to charge forward, make a great hit or poke check at their blue line and 75% to 90% of the time keep the puck in and lose the puck or not keep it in about 10% to 25% of the time **with no forward who can get back in time to cover**



**for our pinching defenceman.** This gives them give them a 2 on 1 or a 3 on 1, 10 to 25% of the time. That's a lot. See the diagram below for an easy direct or indirect pass past a pinching defenceman if this defenceman does not get to the puck in time.



A good team will score on a 2 on 1 about 1 or 2 out of 3 or 4 chances. How many times do we score when we keep the puck in at their blue line in high risk situations? Far less than when they get a 2 on 1. The only exceptions to this “no pinching” rule are when we are on the power play or late in a game when we are down a goal and it makes sense taking higher risks.

Unless you are very sure you will be able to get the puck or shoot it back in and there is a forward who can get back in time, we want our defencemen backing off and playing defence here and forwards coming back to help as well. Protect the team and your plus/minus!

**Defencemen must understand how easy it is for a good player to beat him at their blue line when he tries a low % play to keep the puck in, even if the defenceman can body check the forward. Their forward can skate by our defenceman, pass to the centre by our defenceman, or the easiest play is to knock the puck off the near side boards out to centre and have their centre pick it up. Now it's a 2 on 1 against us.**

If a defenceman does pinch, the closest forward must read what is happening and get back to cover for the pinching defenceman. The other defenceman must back off fast towards the middle as he may be the only one back.