

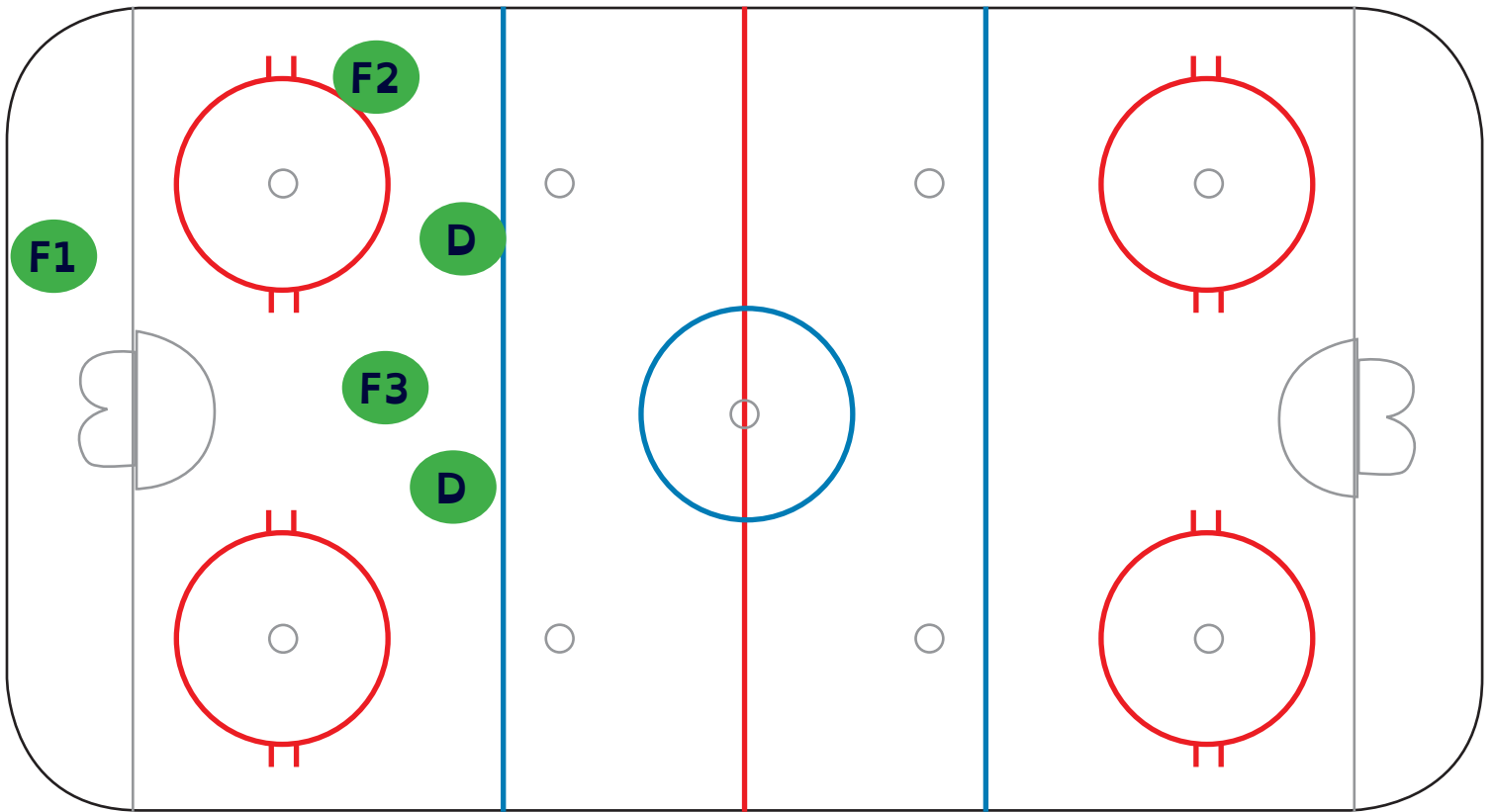


1-2-2

Period

Fore-check

Team Name



F1 - Hard to Puck

F2 - Take Away Board Pass

F3 - Slot Area

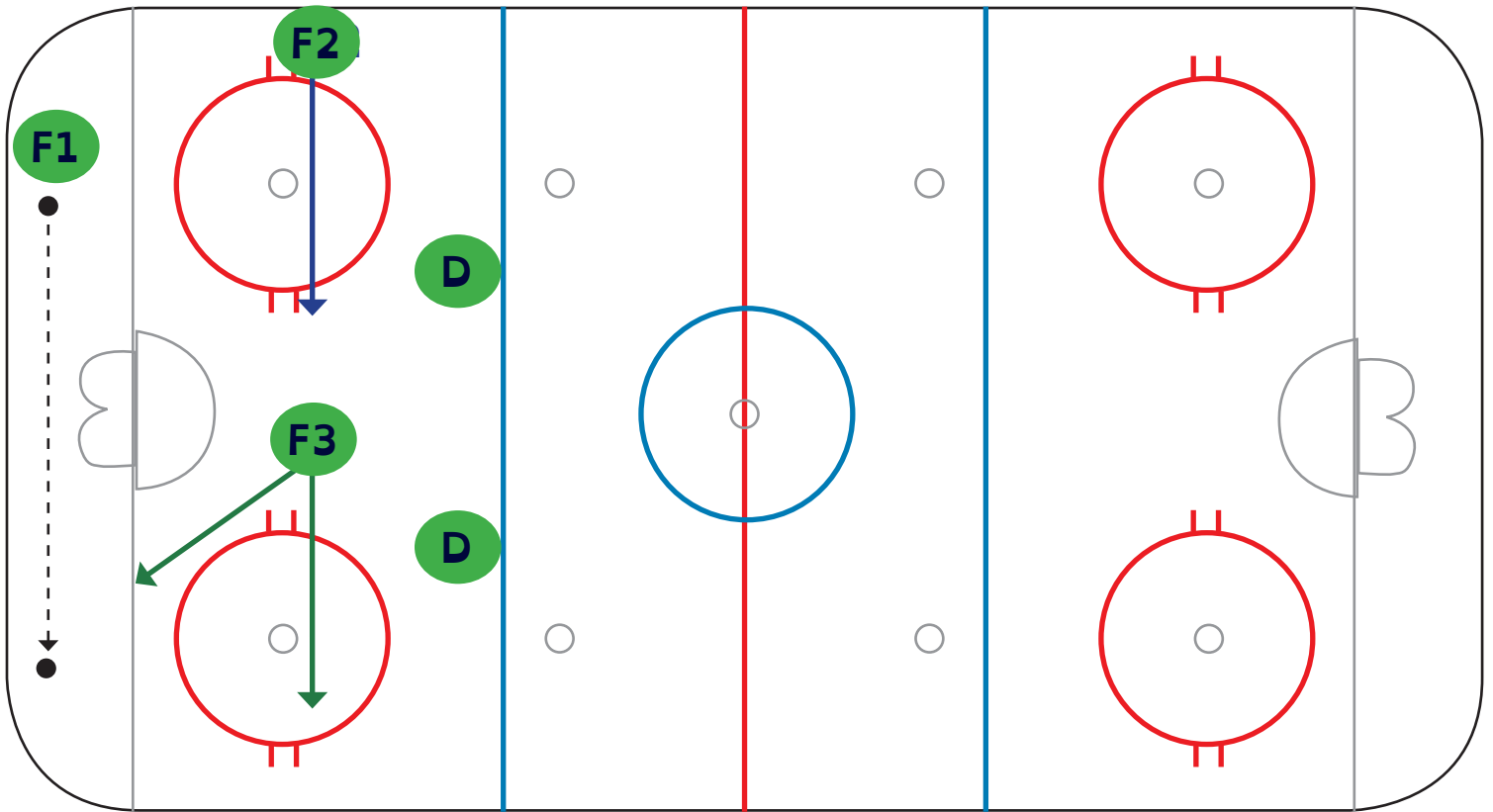


1-2-2

Period

Fore-check

Team Name



When **D** moves puck--

F3 - has 2 options:

1. Attack hard to the puck -- Based on if he can get there
2. Slides to boards

F2 Slides to middle

F1 Backside pressure

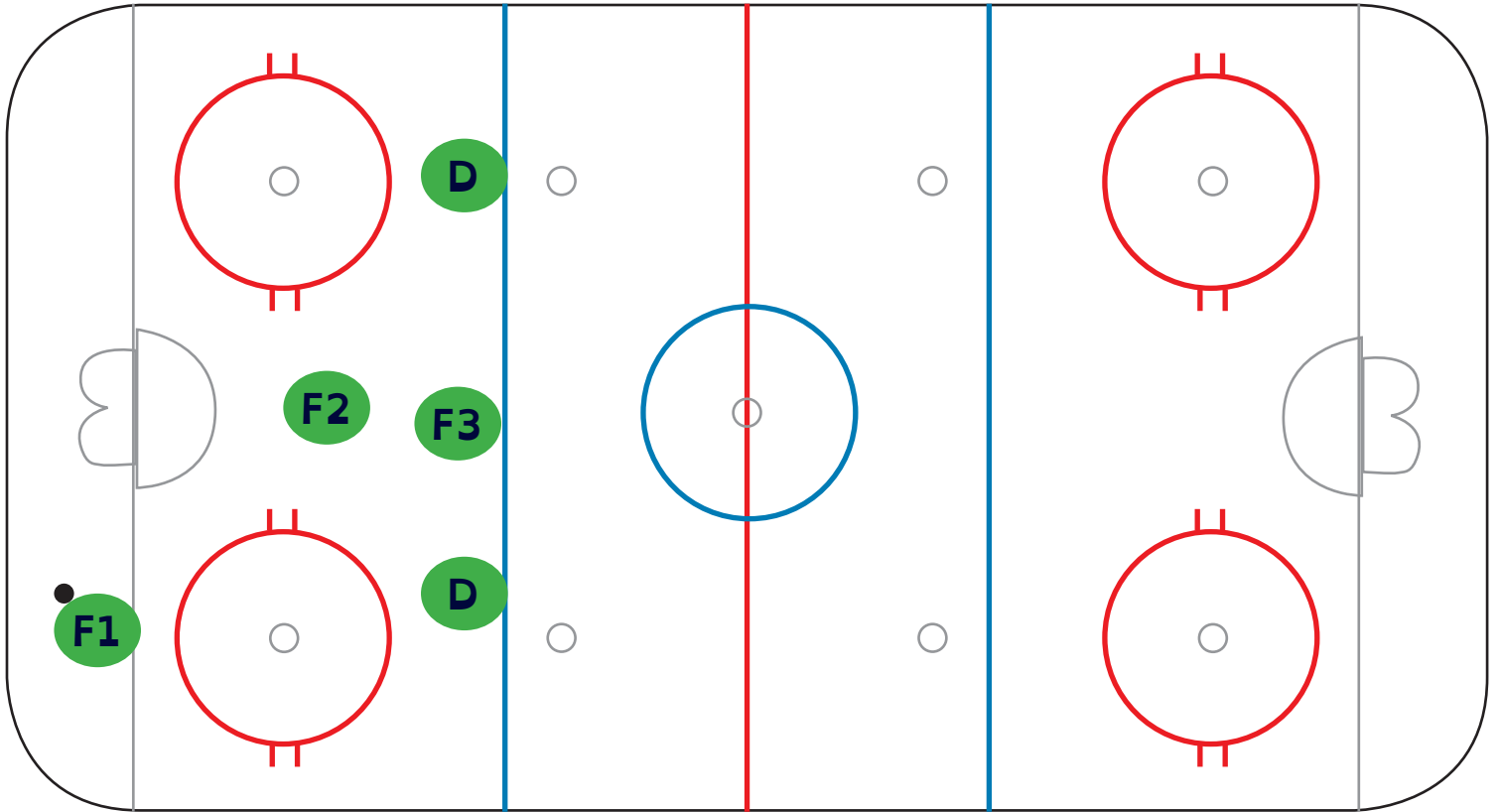


1-1-3

Period

Fore-check

Team Name



1-1-3 Forecheck

F1 : **F2** do the forecheck

F3 - and 2 Defenders stay back
at Blue line

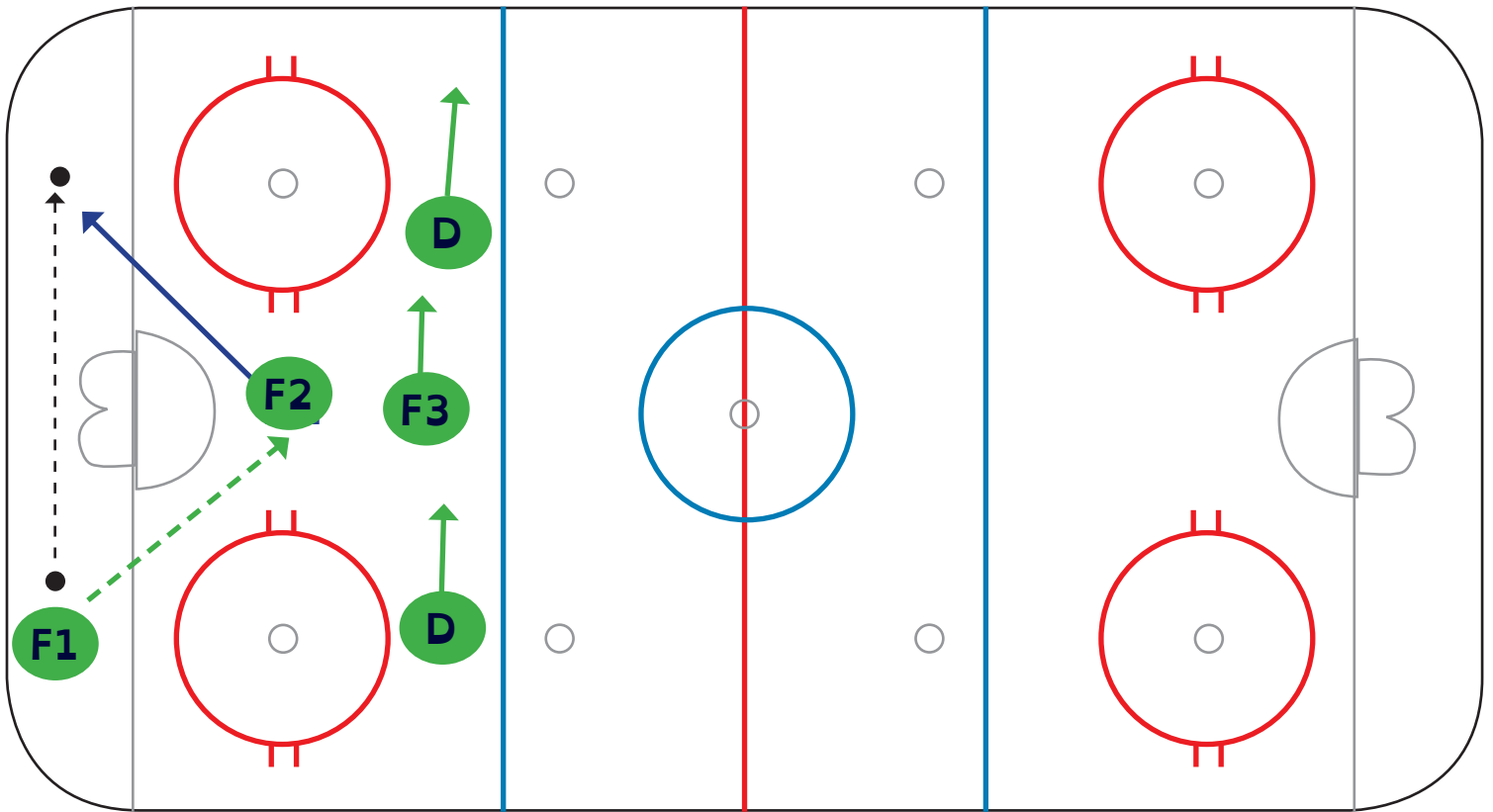


1-1-3

Period

Fore-check

Team Name



1-1-3

When Puck moves

- F2** -Attacks
- F1** -Replaces F2
- F3** -Stays at blue line
- D** -Do not pinch

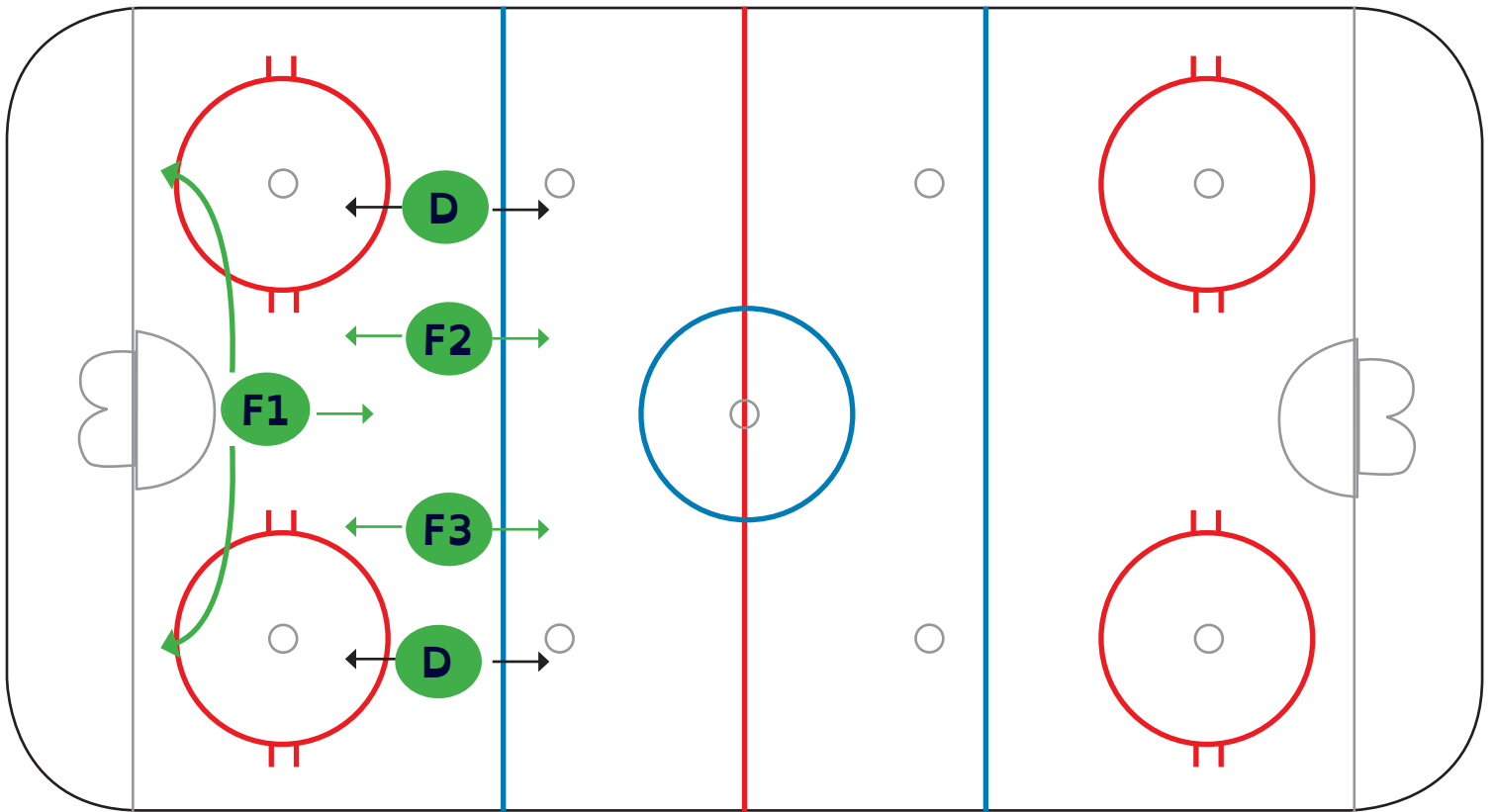


off zone fore-check

Period _____

1-4

Team Name _____



We use this with
less than 2 mins and
we have a lead

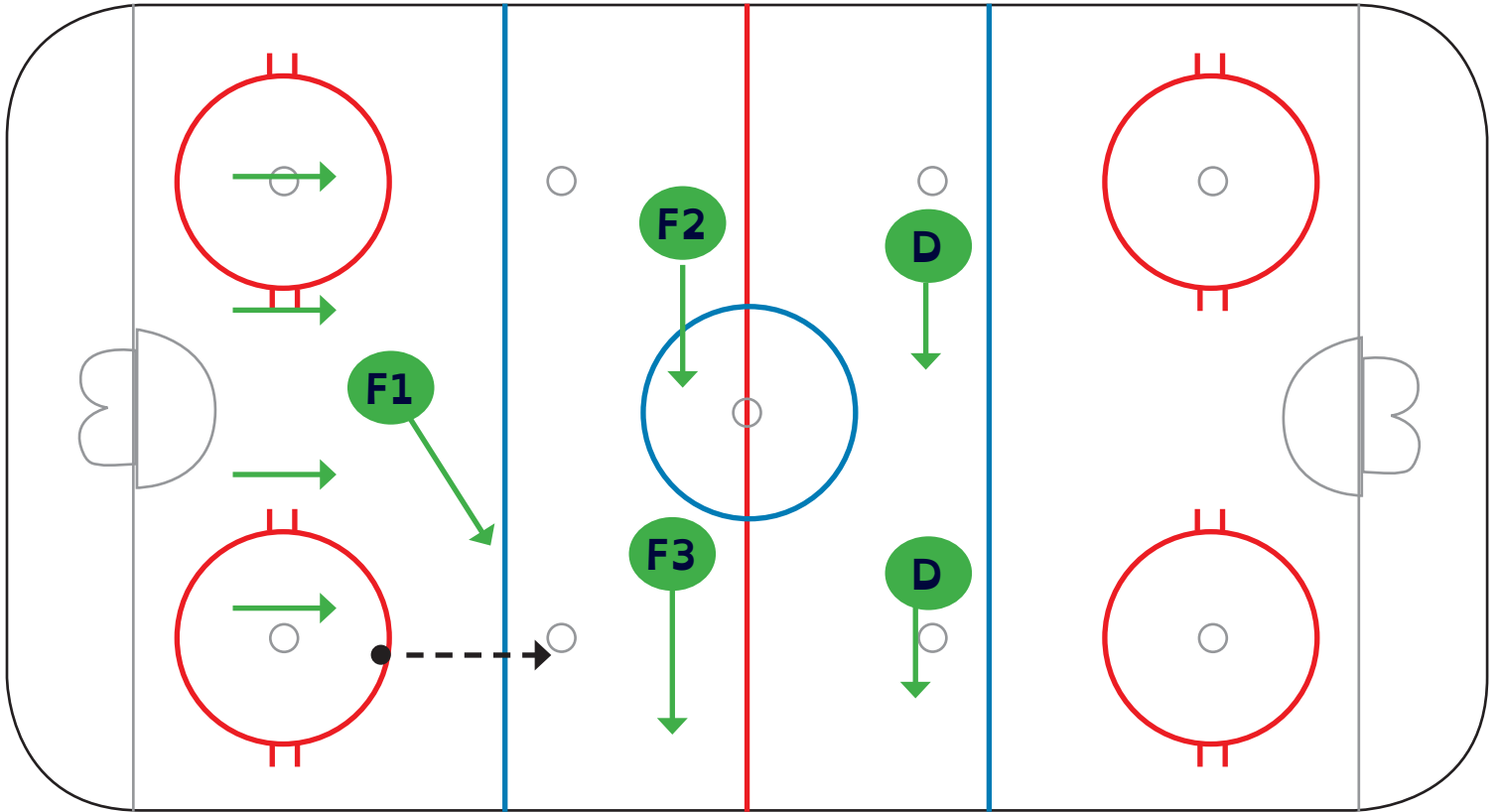


1-2-2

neutral zone fore check

Period

Team Name



1-2-2 N Z

We use this when we don't get the puck in deep

Same 1-2-2 offensive zone Forecheck-

We want to cut ice in half
DON'T give up red line

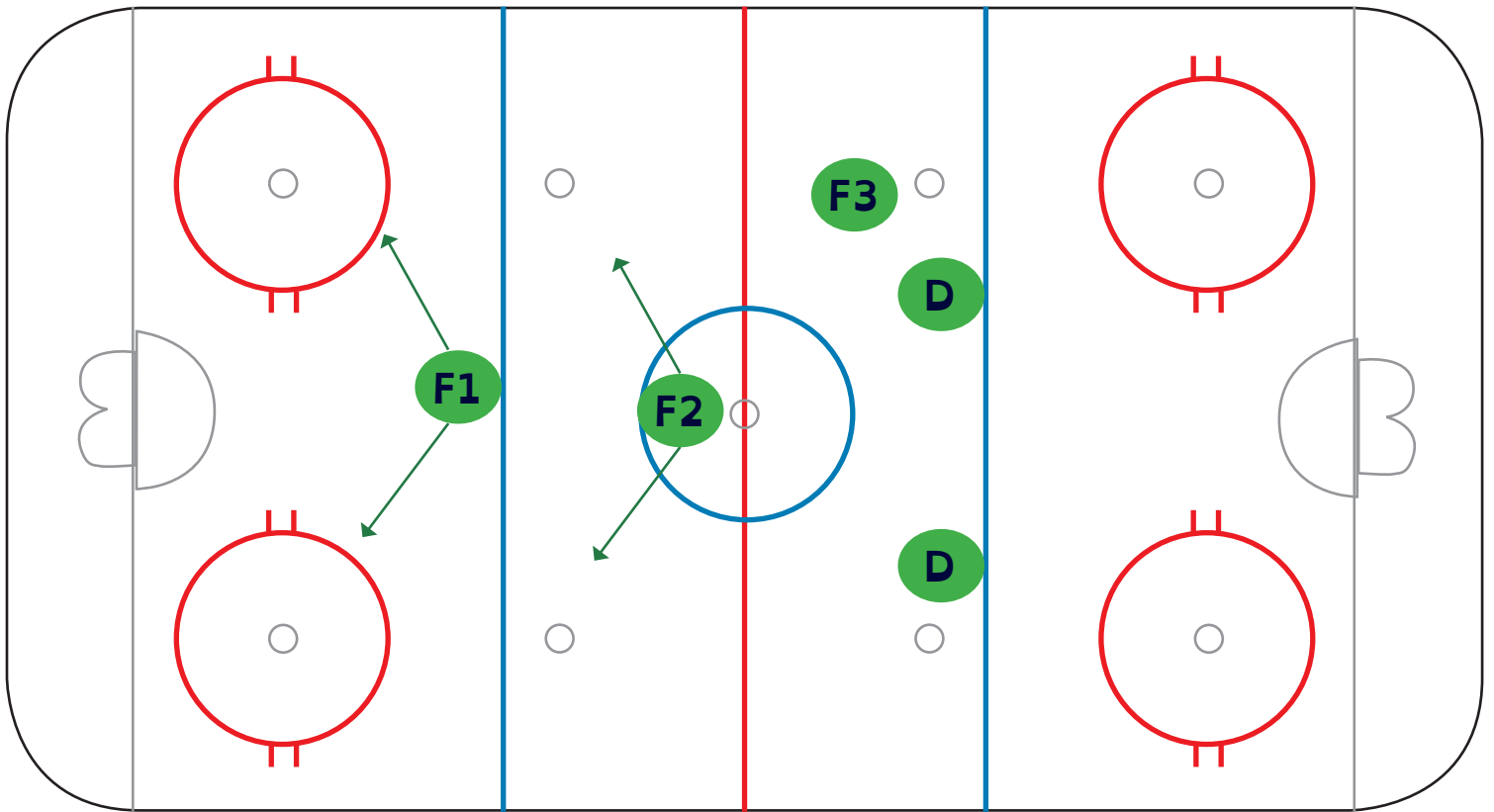


1-1-3

Period

neutral zone fc

Team Name



1-1-3

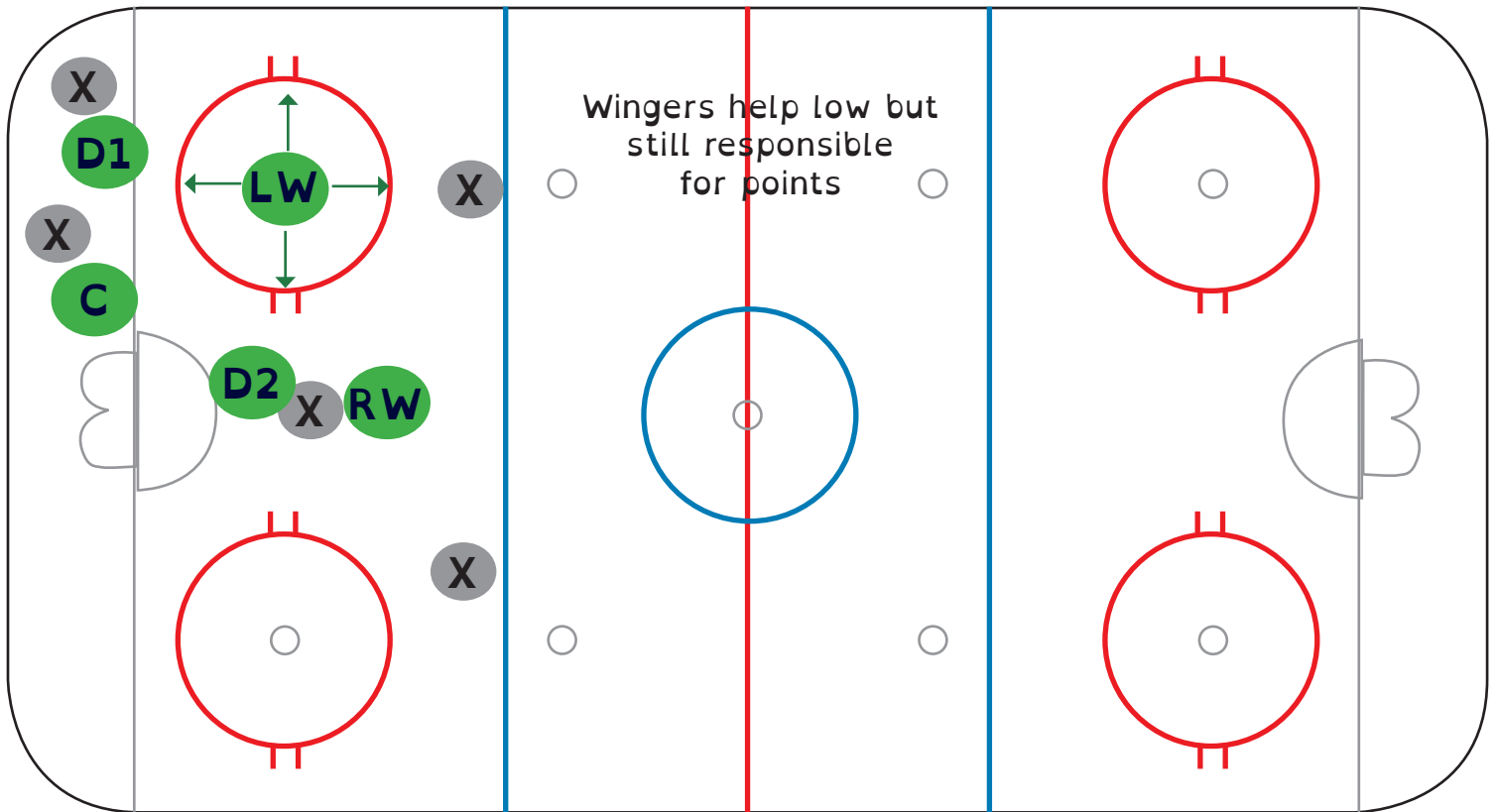
- F1** - Pressure puck carrier
- F2** - Stays in middle
Taking middle of ice away
- F3** - stays back reading cross
ice pass



D. Zone coverage

Period _____

Team Name _____



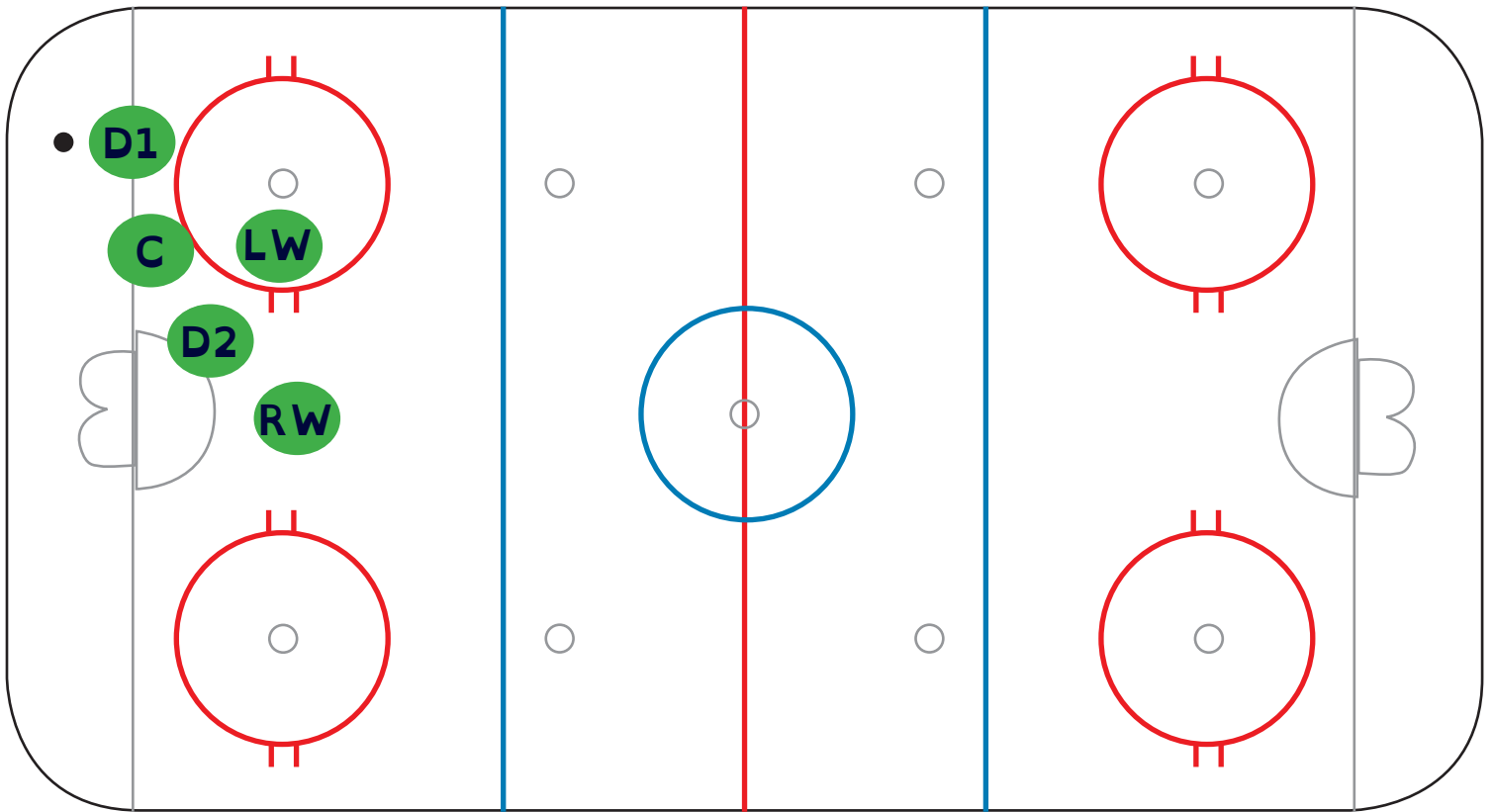
- D1** - Man to man
- D2** - Man to man
- C** - Man to man
- LW** - Drops low to help out but still needs to cover point
- RW** - Will come down help in front



D. Zone coverage

Period _____

Team Name _____



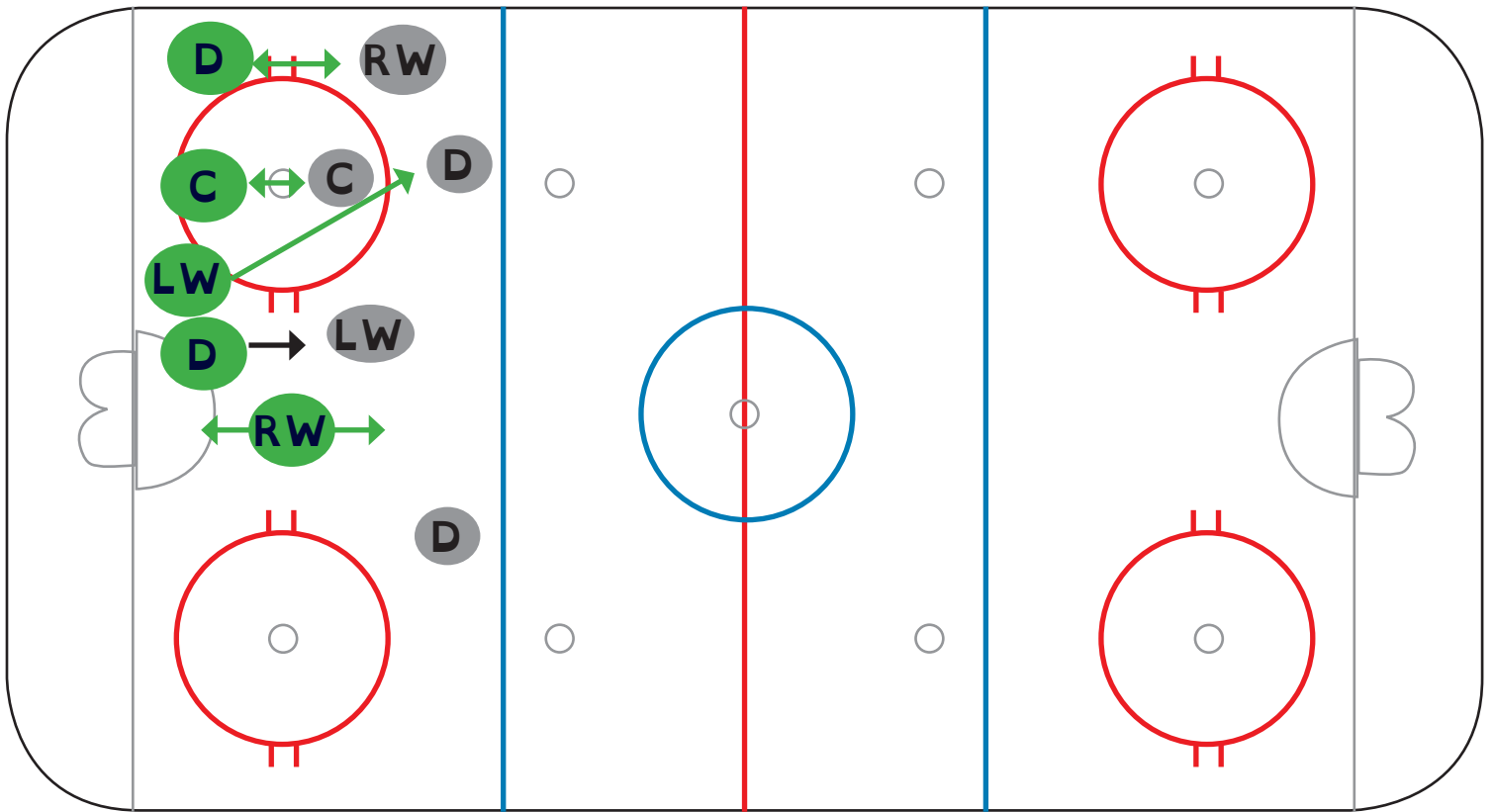
When puck is dumped into our zone - 1st D to puck next 4 players to net.



Face off coverage

Period _____

Team Name _____

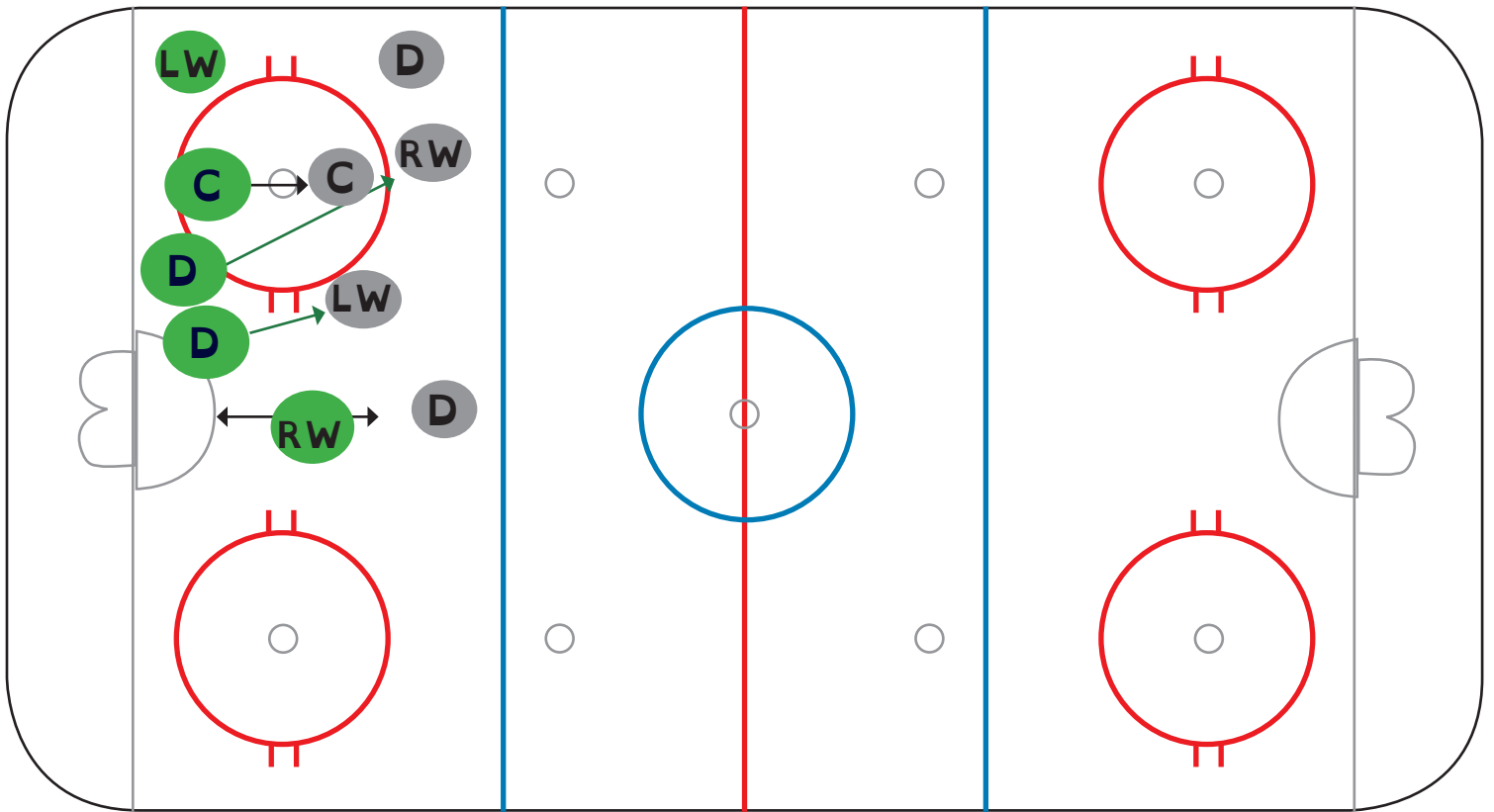




Face off coverage

Period _____

Team Name _____



When they don't put a player on the wall the winger will go to the boards. The 2 Defensemen cover the 2 offensive wingers.

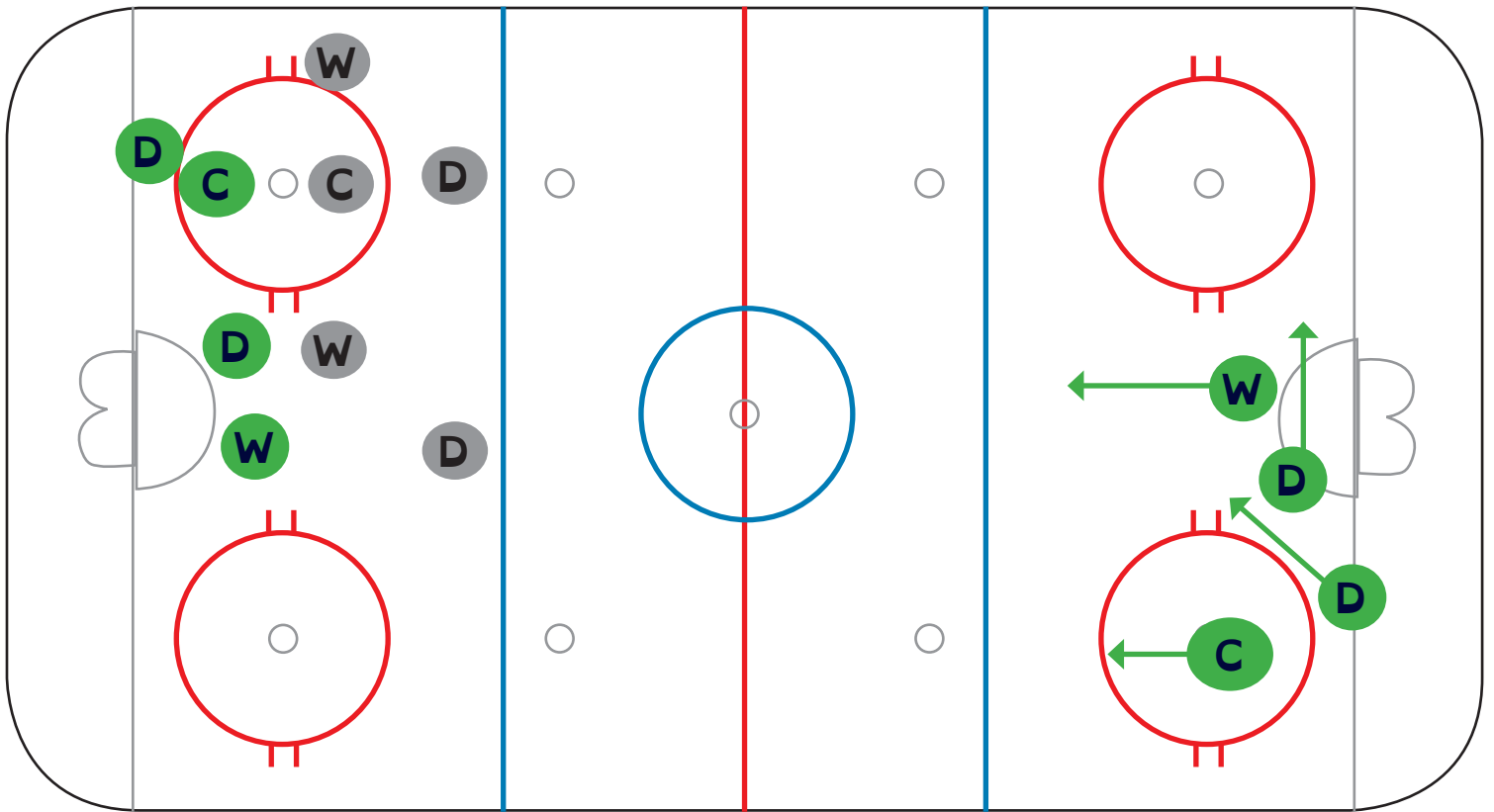


Face off coverage

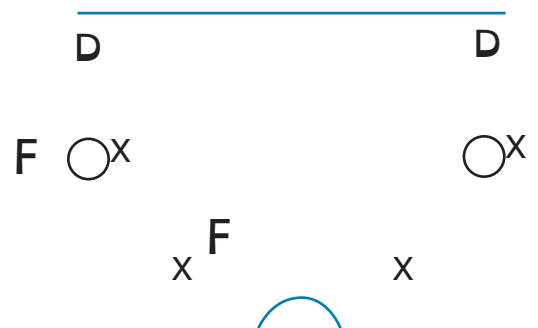
Period _____

Short handed

Team Name _____



This is the formation when we are down a man-
 Center out to Point
 Winger out to Point
 D- Set up in box
 D- Set up in box

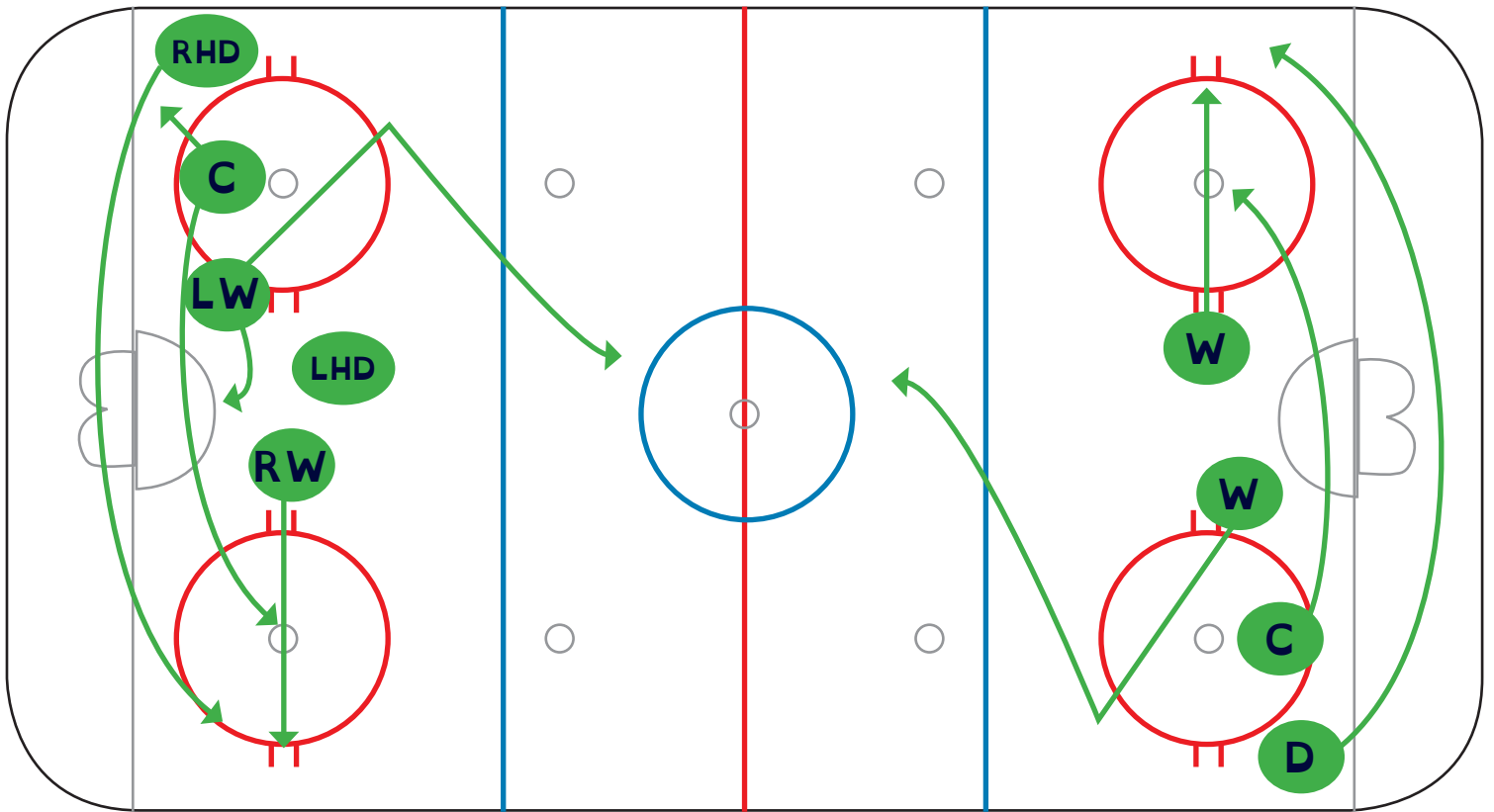




Face off break outs

Period _____

Team Name _____



We want a **R**ight **H**anded **D**efenseman so he can be on his forehand - wind it around to a forward who will go to boards-

C shadows puck

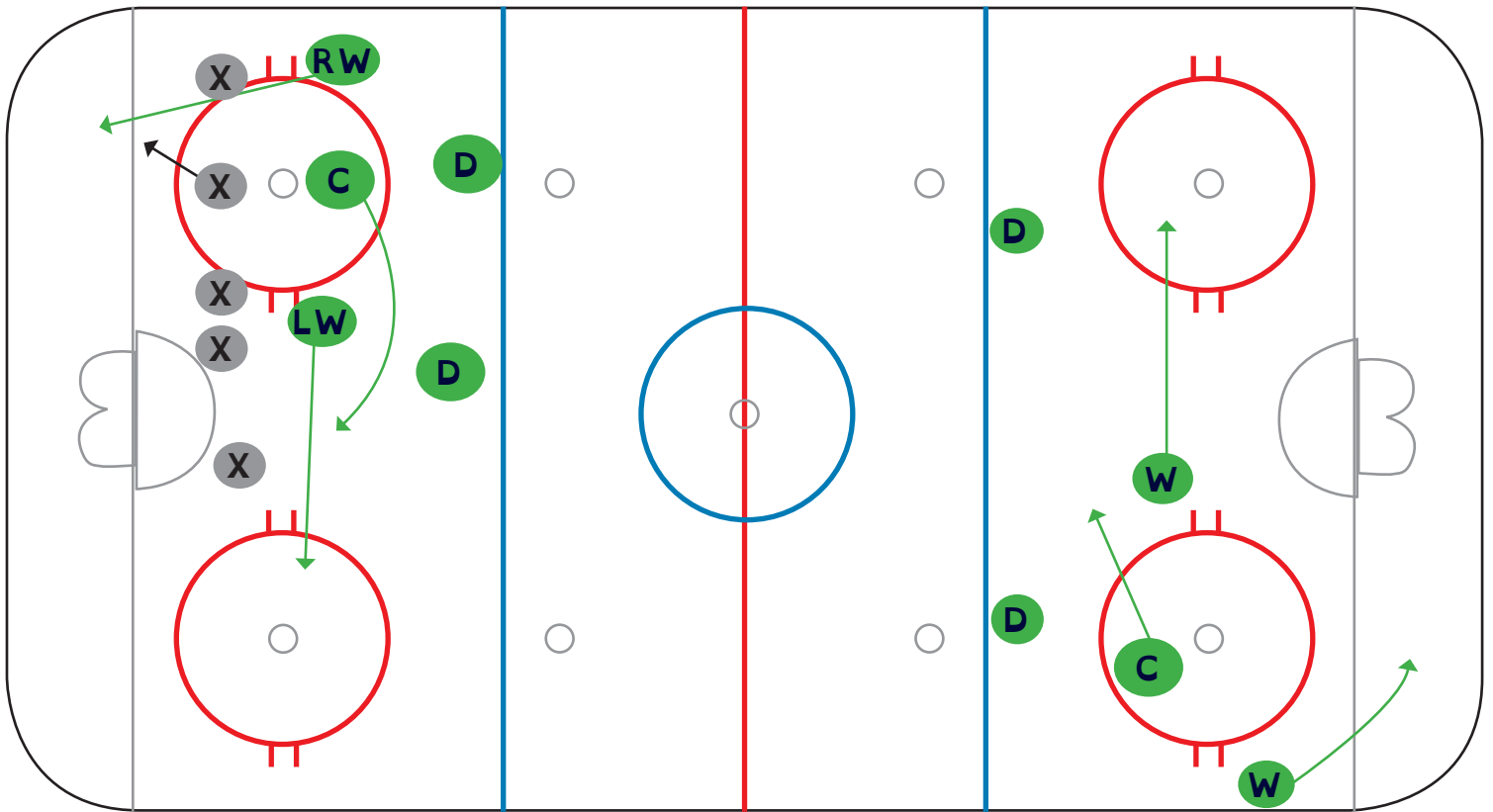
LW Goes onto Point then cuts to middle



offensive zone fore checks

Period _____

Team Name _____



- RW** -presses puck if we lose face off.
- LW** -goes to boards to take away pass
- C** -slides to middle
which gets us into a 1-2-2 fore check

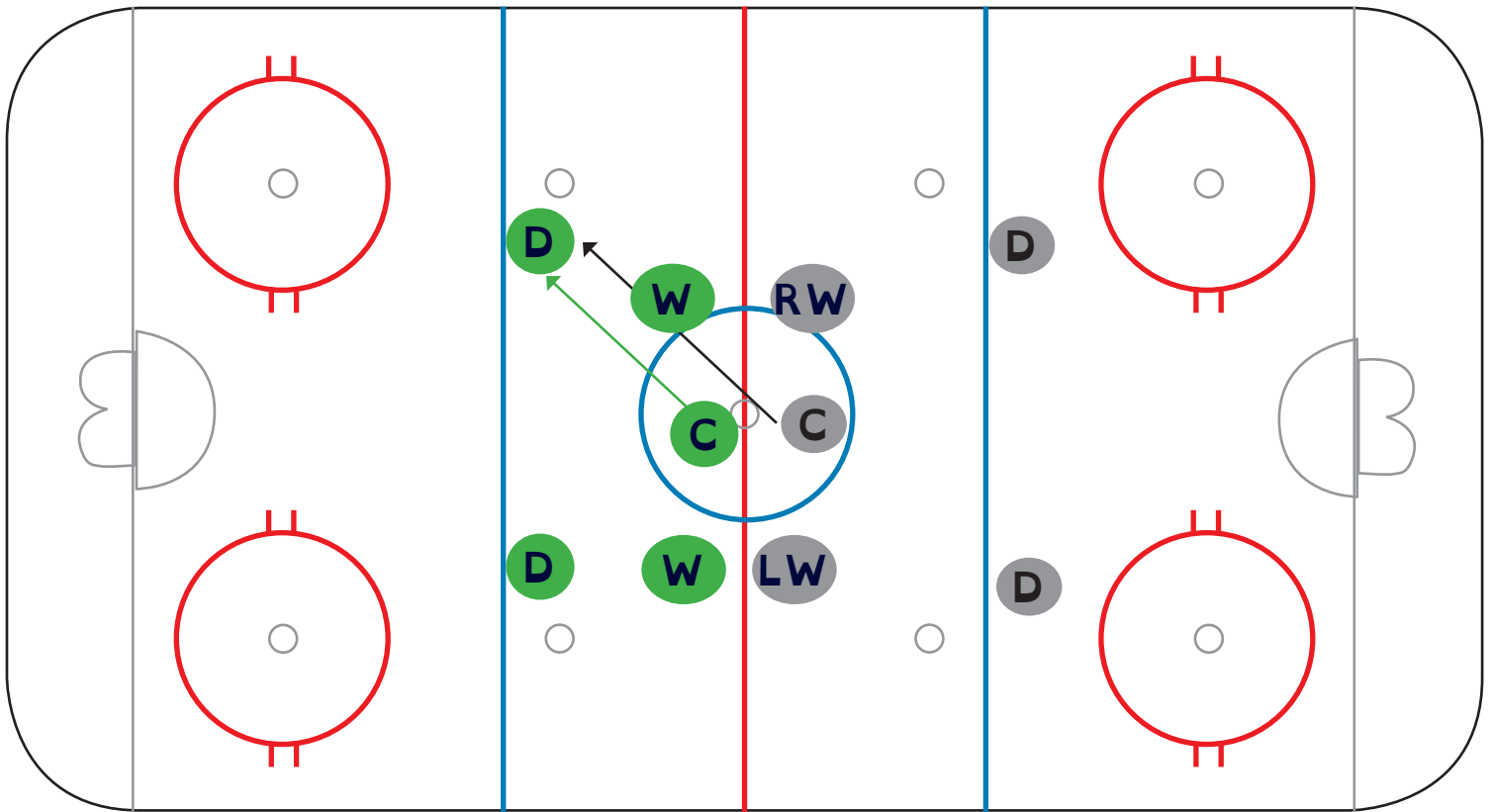


neutral zone face off

Period

Forecheck

Team Name



Again if we lose face off--

Center attacks the puck

Wingers lock up the wingers

Which brings us into a 1-2-2

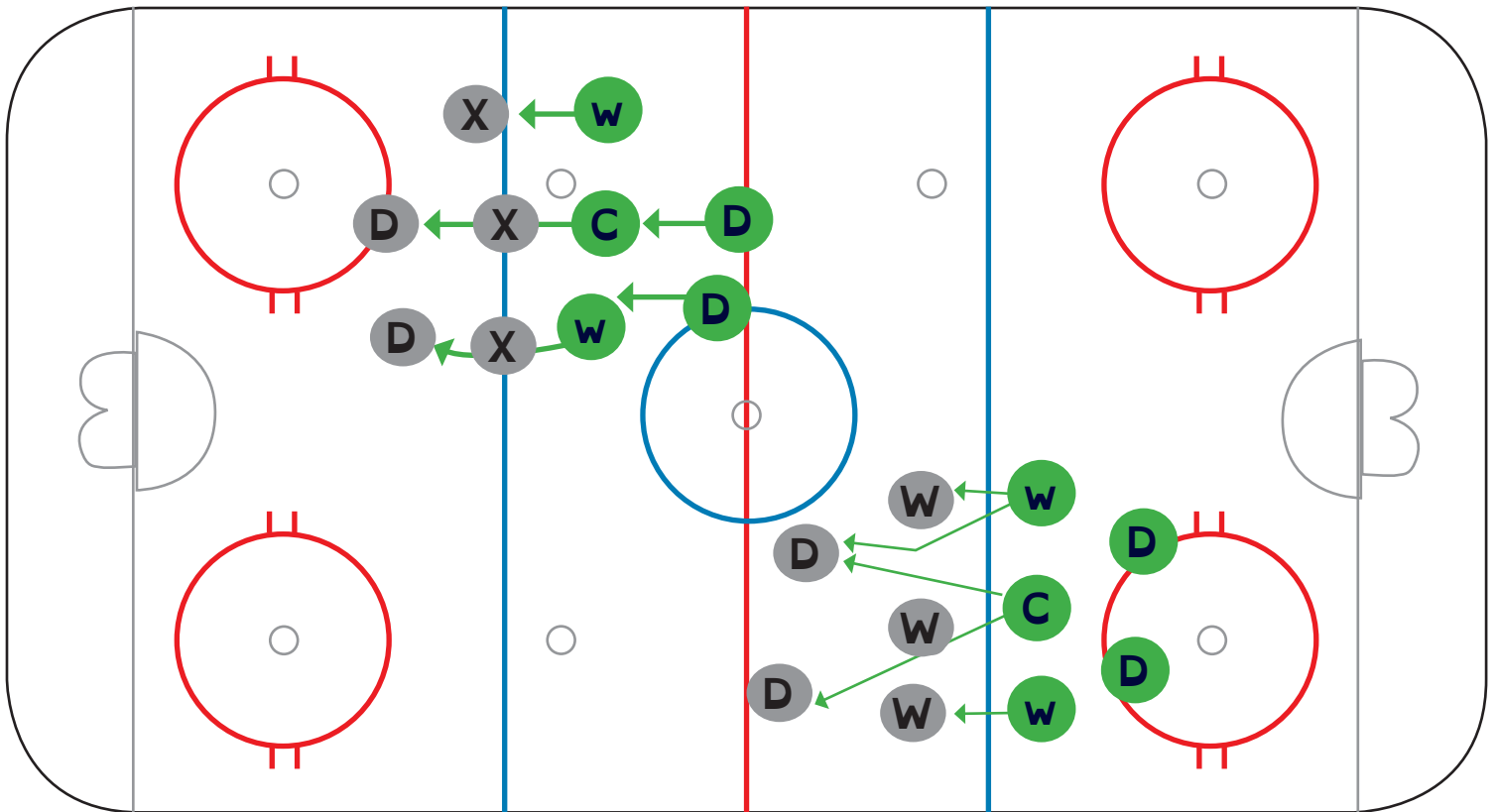


face off dots

Period _____

forecheck

Team Name _____



C -To Defense man

Outside wing to 2nd Defense man

Winger on boards stays with his guy

Inside Def to Center

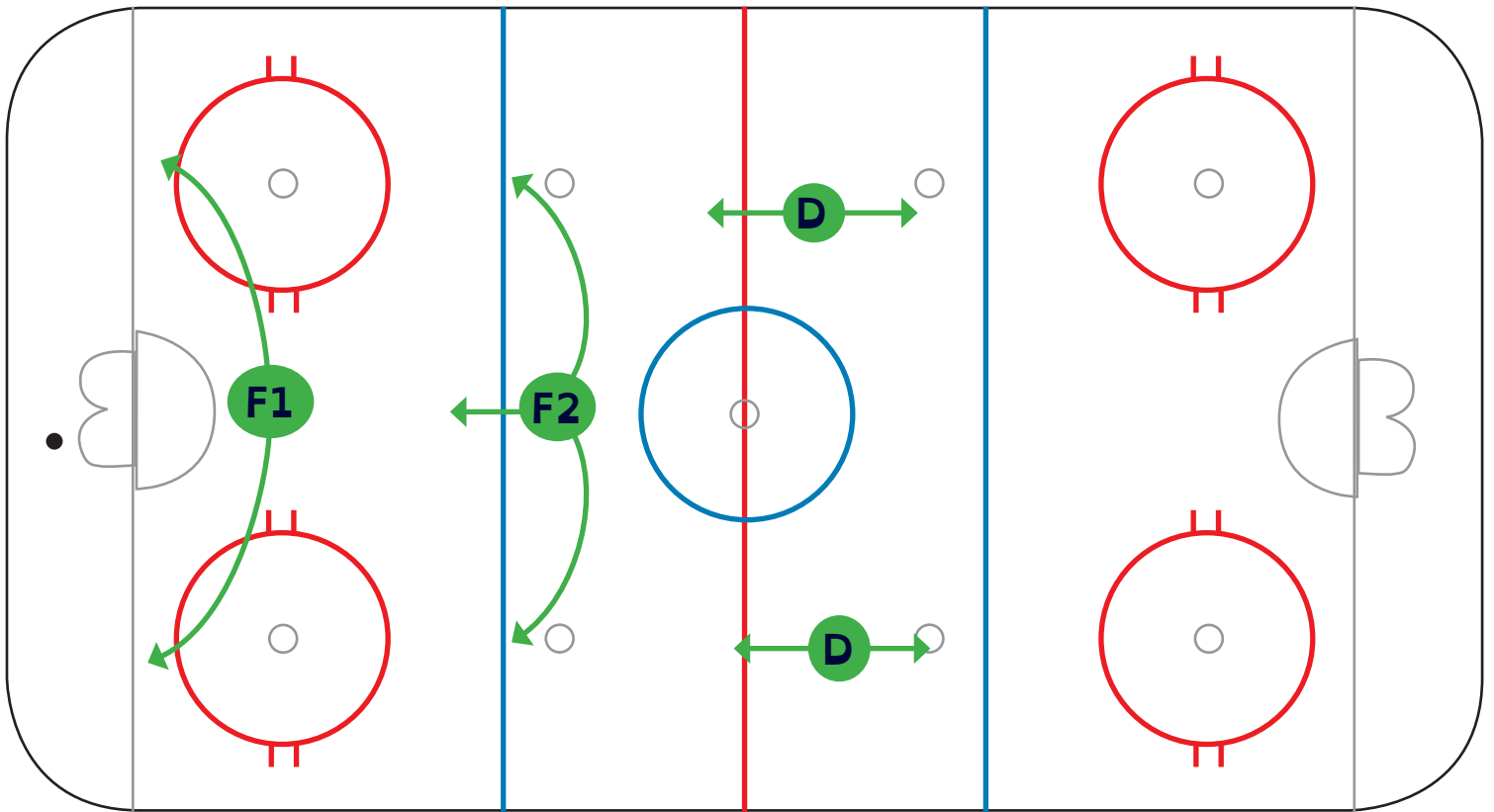
Outside Def to outside wing



short handed forecheck

Period _____

Team Name _____



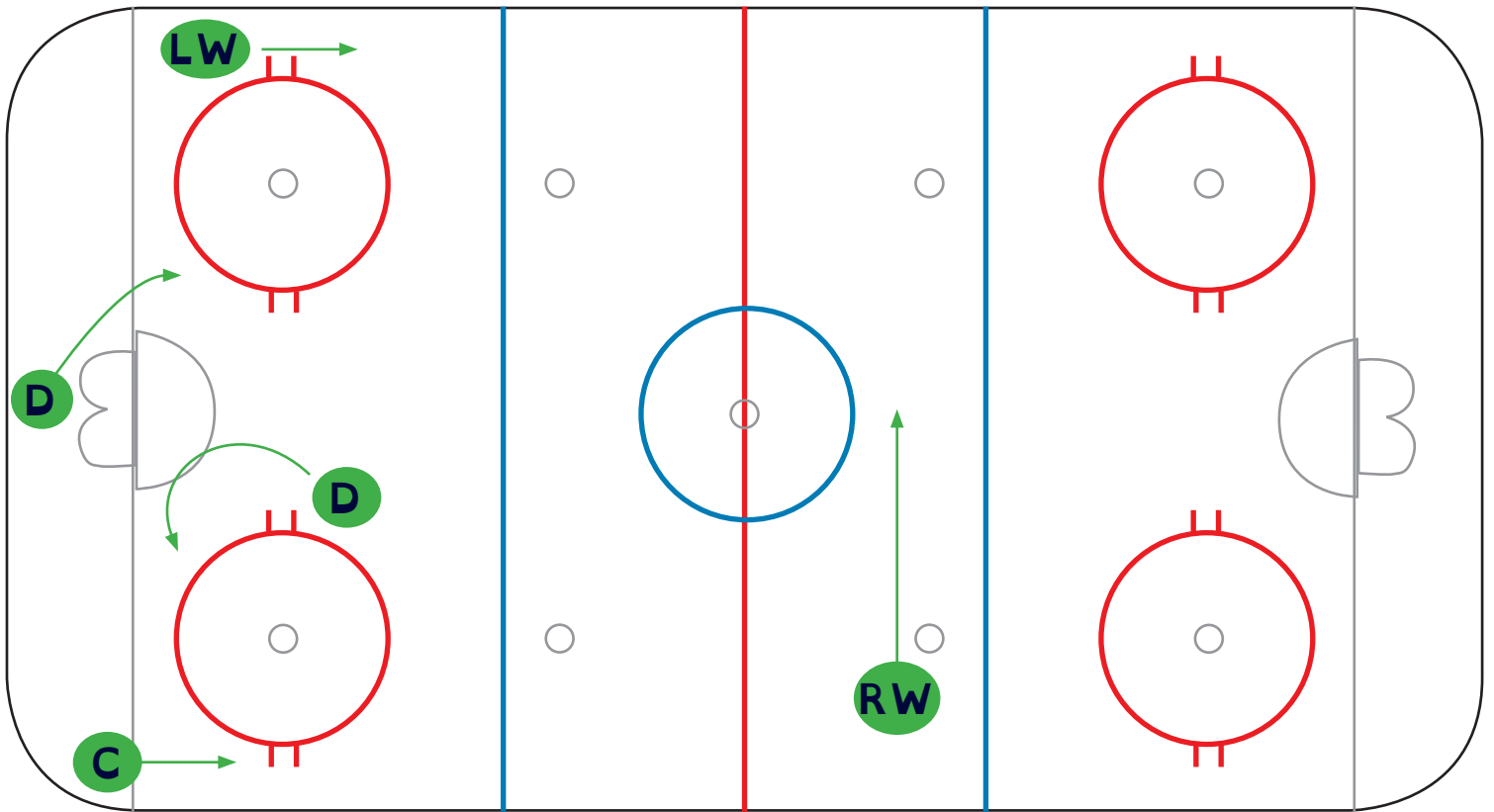


Power play

Period _____

Breakout

Team Name _____



All four players must
Come Back

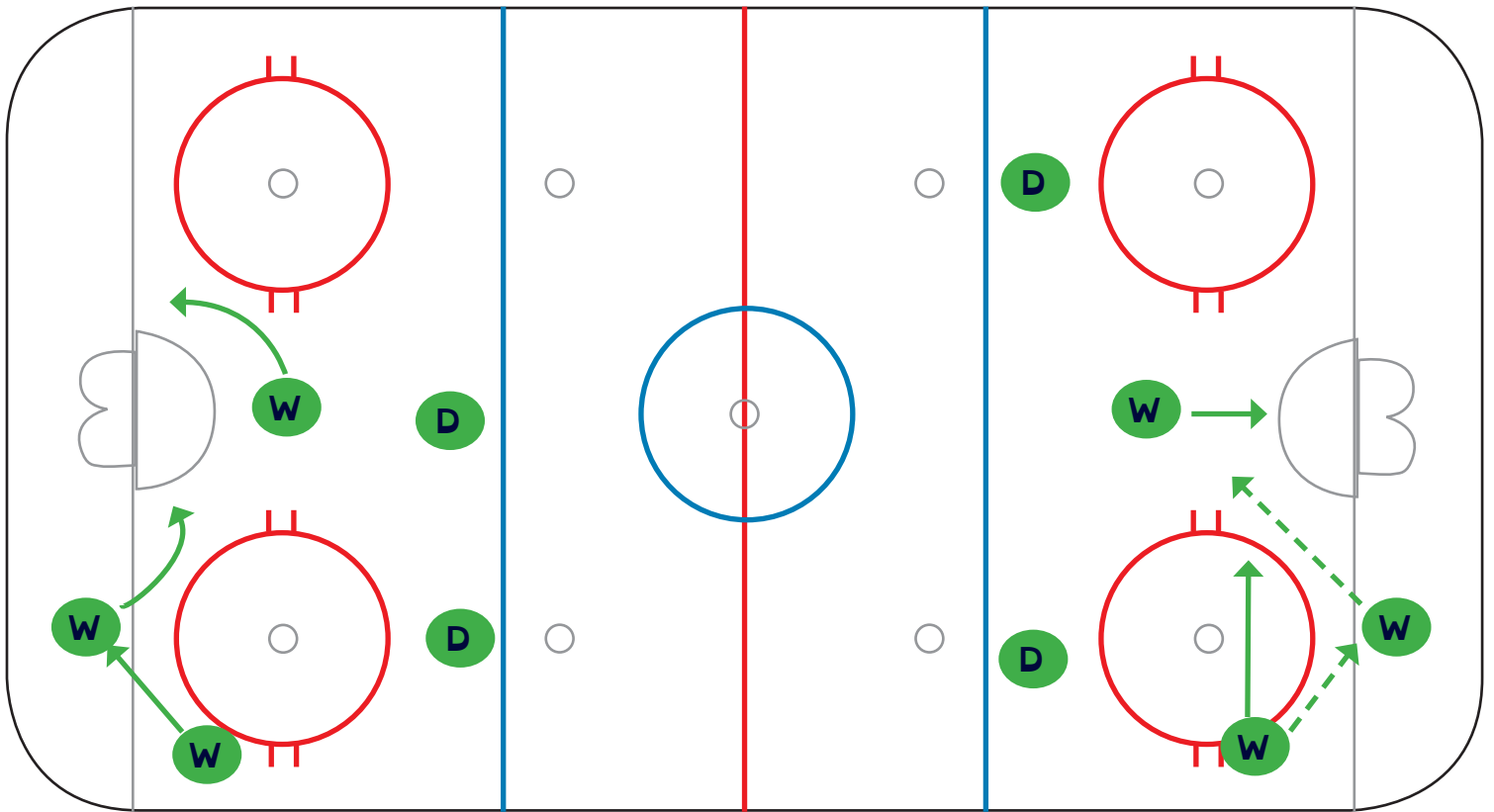
RW -Is always the stretch guy



Power play

Period _____

Team Name _____



Power Play -

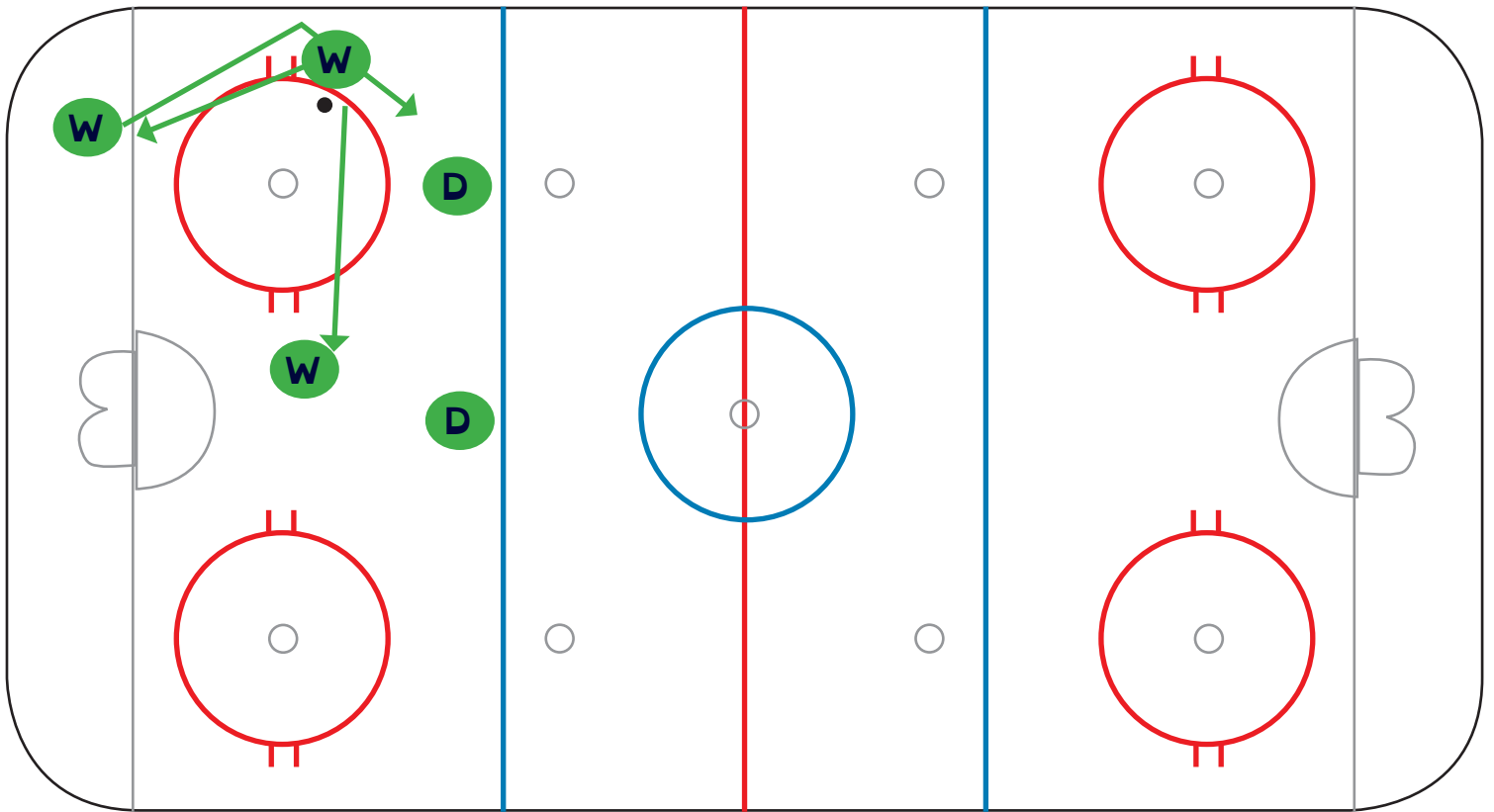
Over Load - Want to work it off the boards. Working with down low forward



Power play

Period _____

Team Name _____

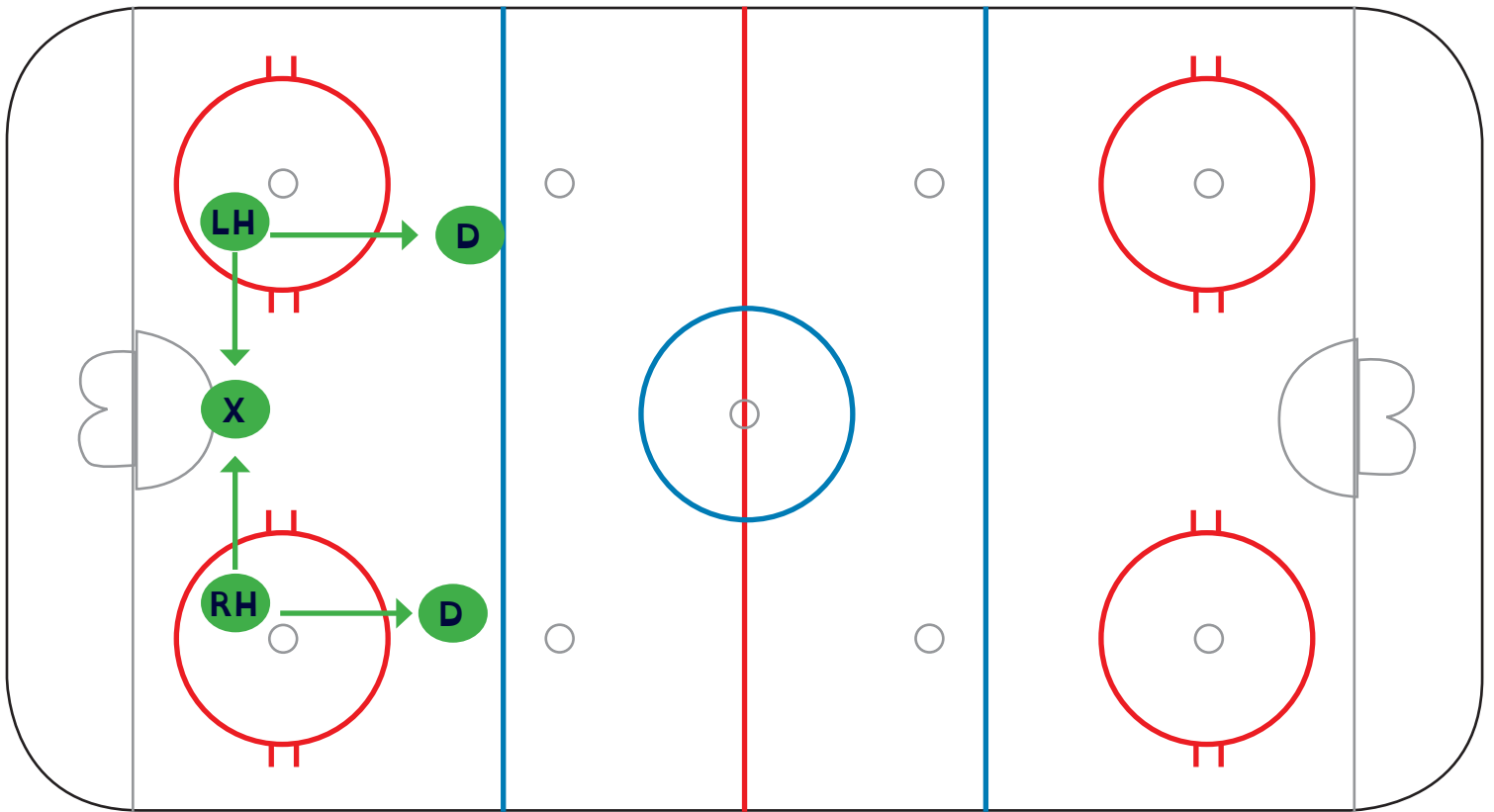




Power play

Period _____

Team Name _____



5 on 3 Power Play

Is a box in one

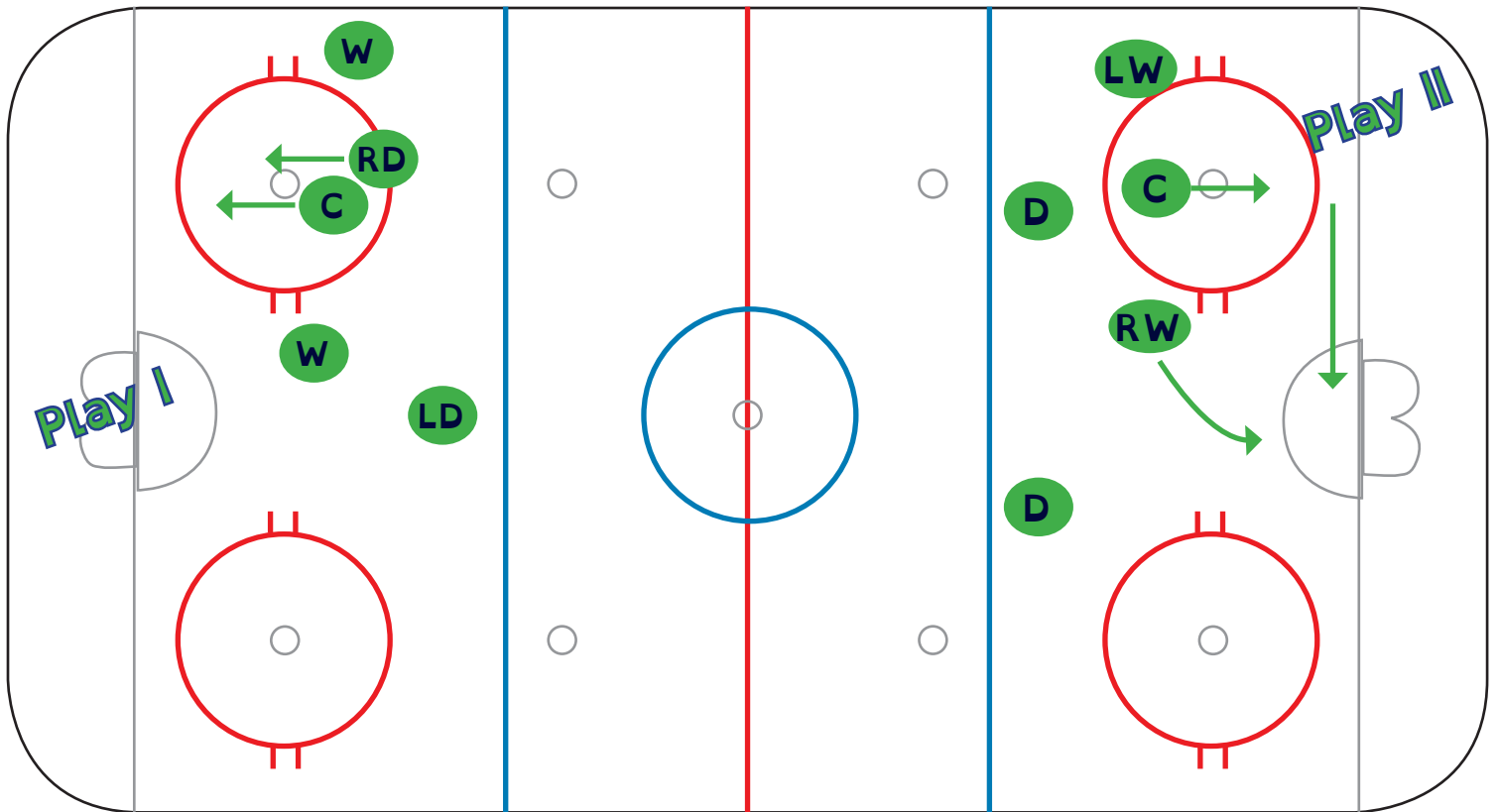


Off Zone

Period

Face off Play

Team Name



Play I Center pushes player leaving puck for the RD for quick shot

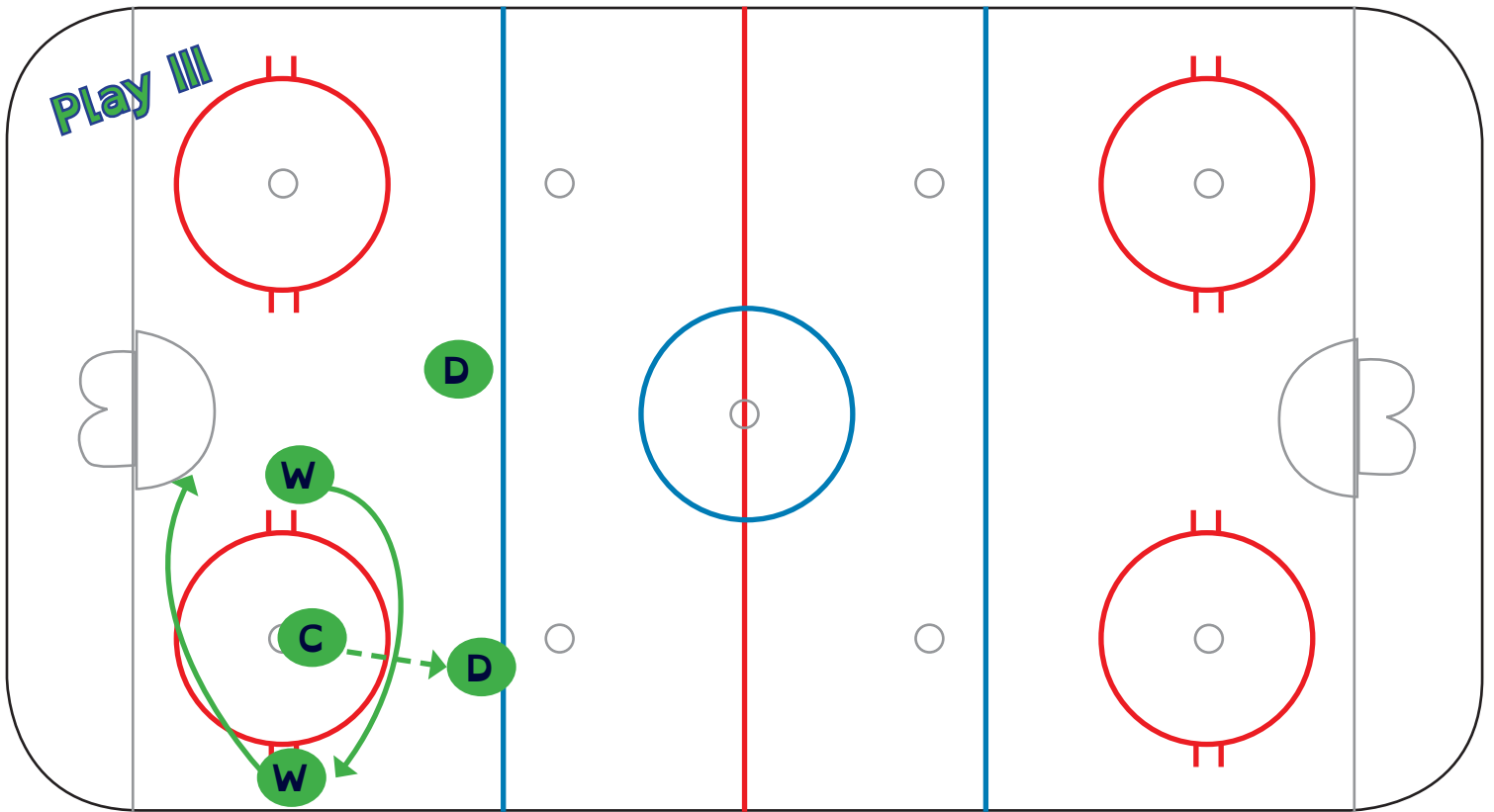
Play II - Center goes forward looking for the back door



Off Zone Face off Plays

Period _____

Team Name _____



Center wins; puck back to D

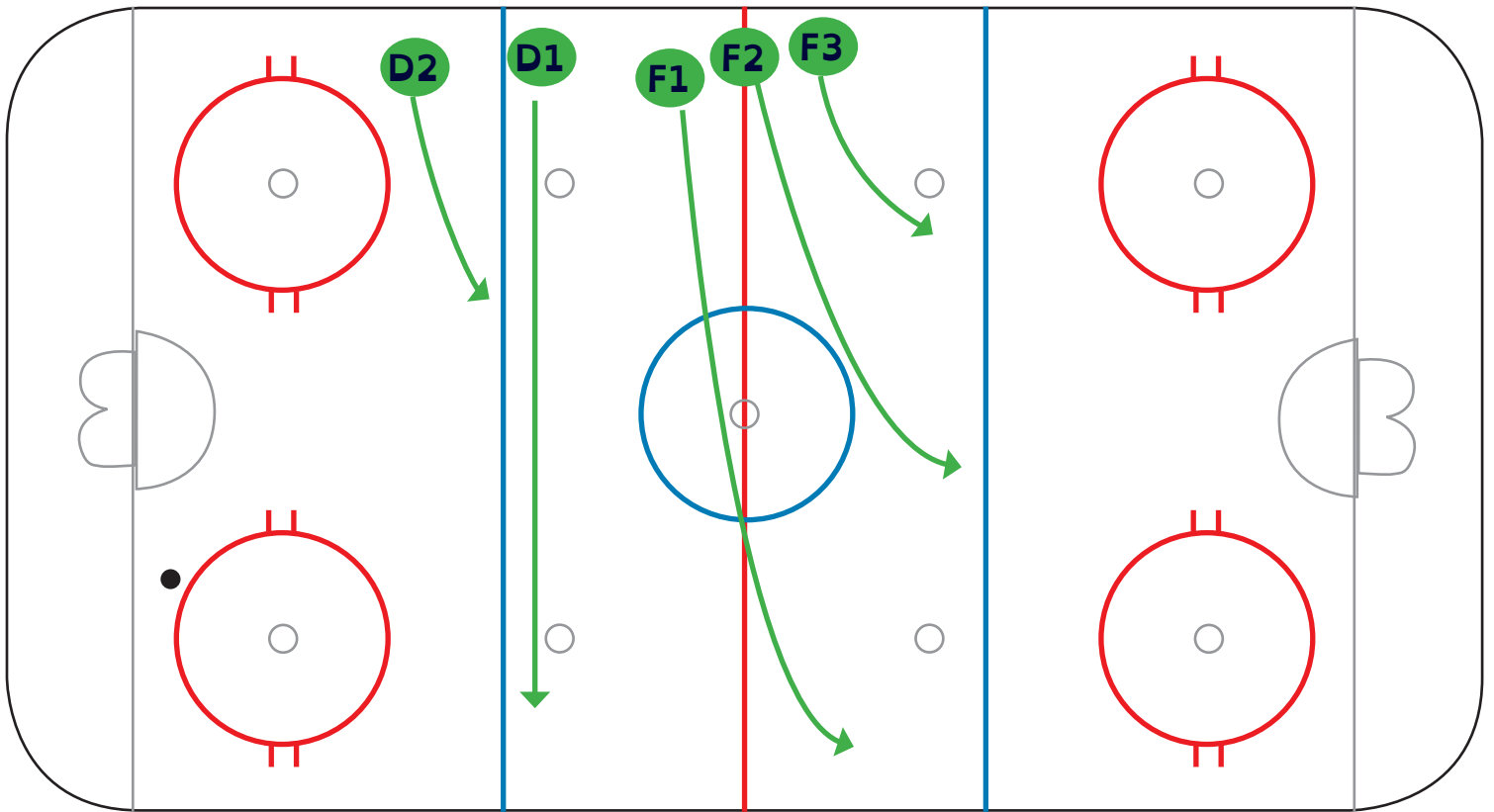
The 2 Wingers switch



Line change forecheck

Period _____

Team Name _____



Line change after we dump puck in.

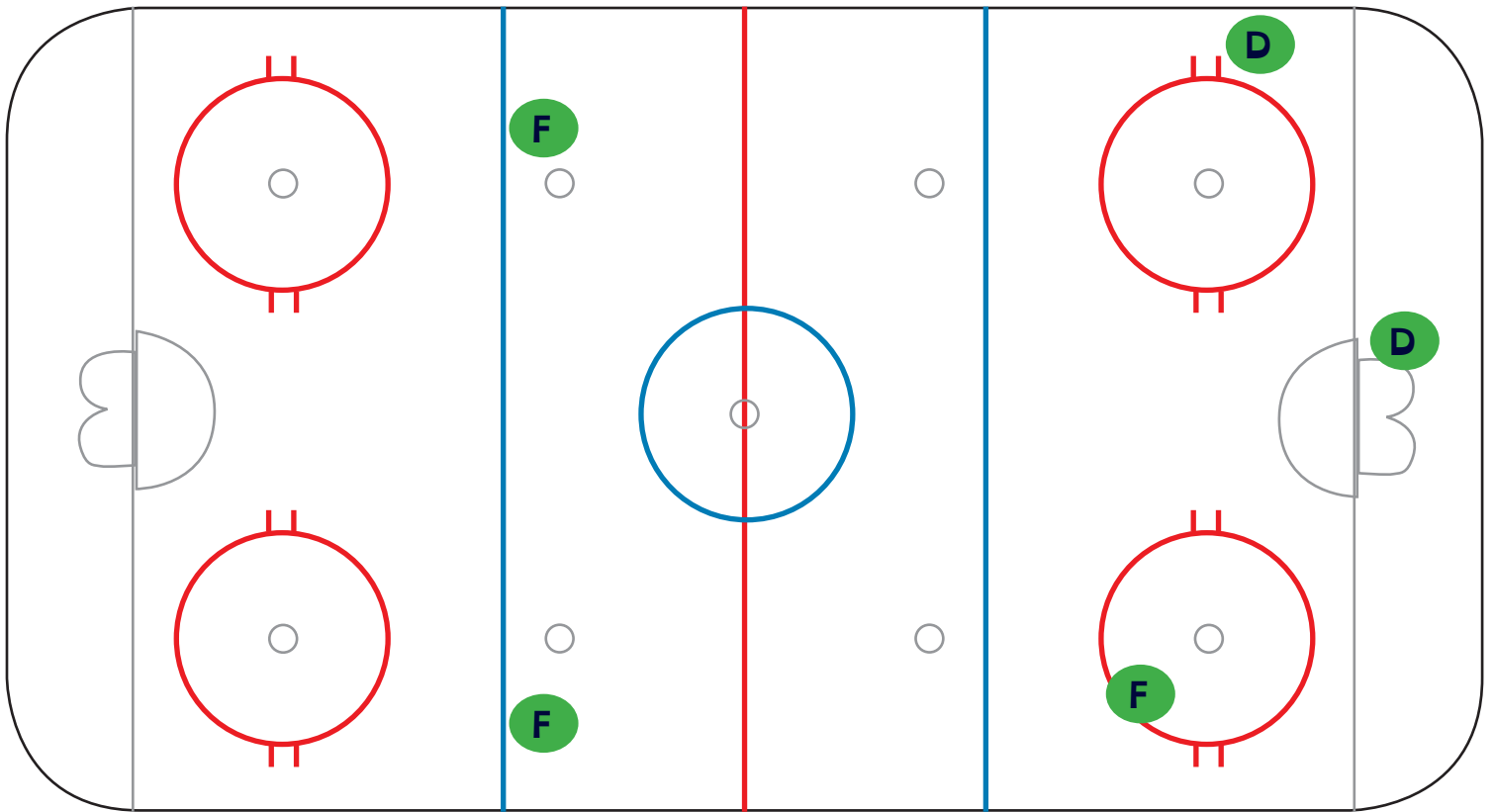
- F1** -to far boards
- D1** -to far boards
- F2** -to middle
- D2** -to strong side
- F3** -to strong side



Line change Breakout

Period _____

Team Name _____



When other team changes
we spread it out

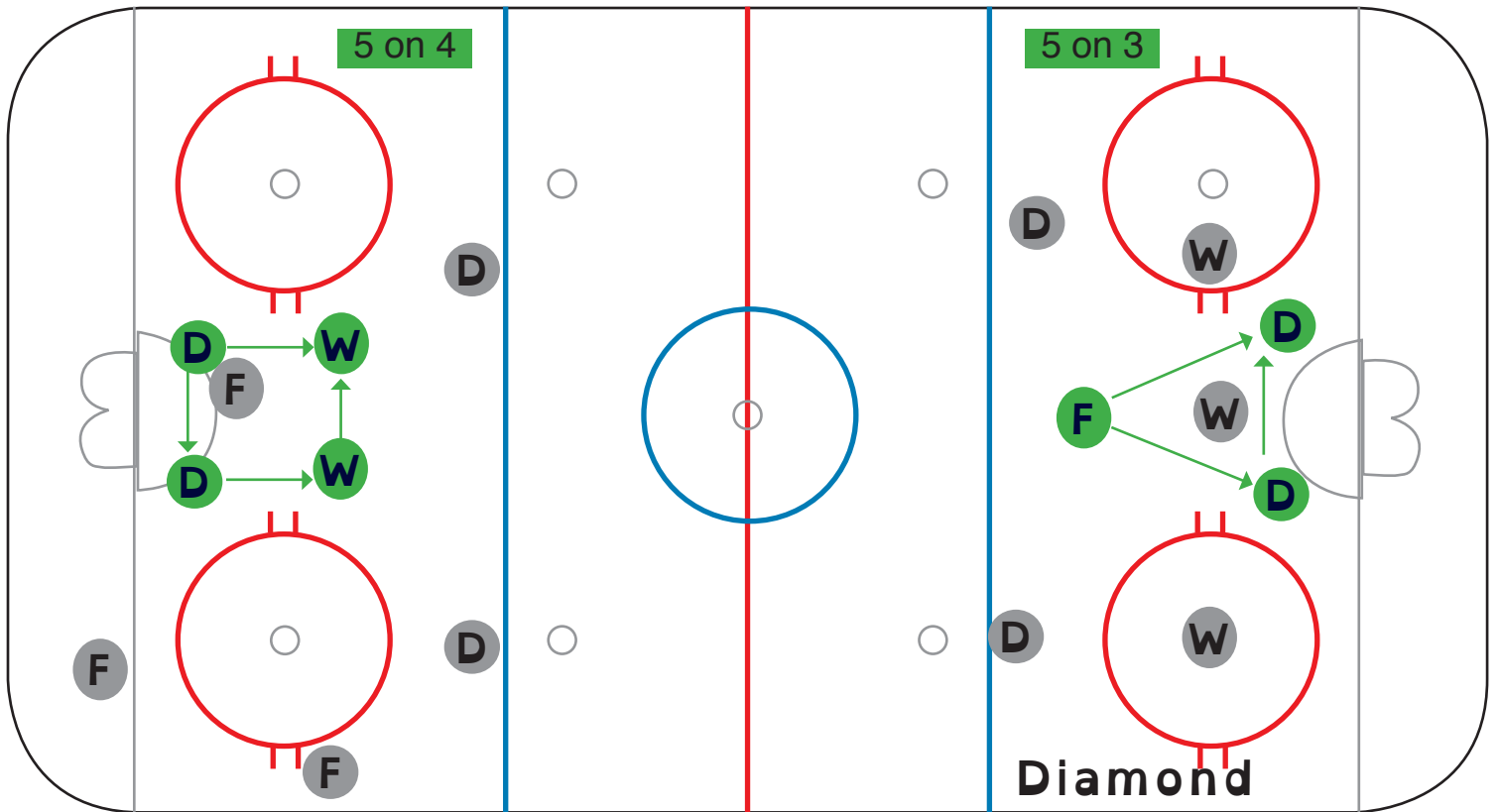
Looking for stretch pass



Defensive zone coverage 5 on 4 Down

Period

Team Name



Wolfpack
Stay in Box

No Big Hits

Sticks in Lanes

New rule; can't ice --so take what they give you

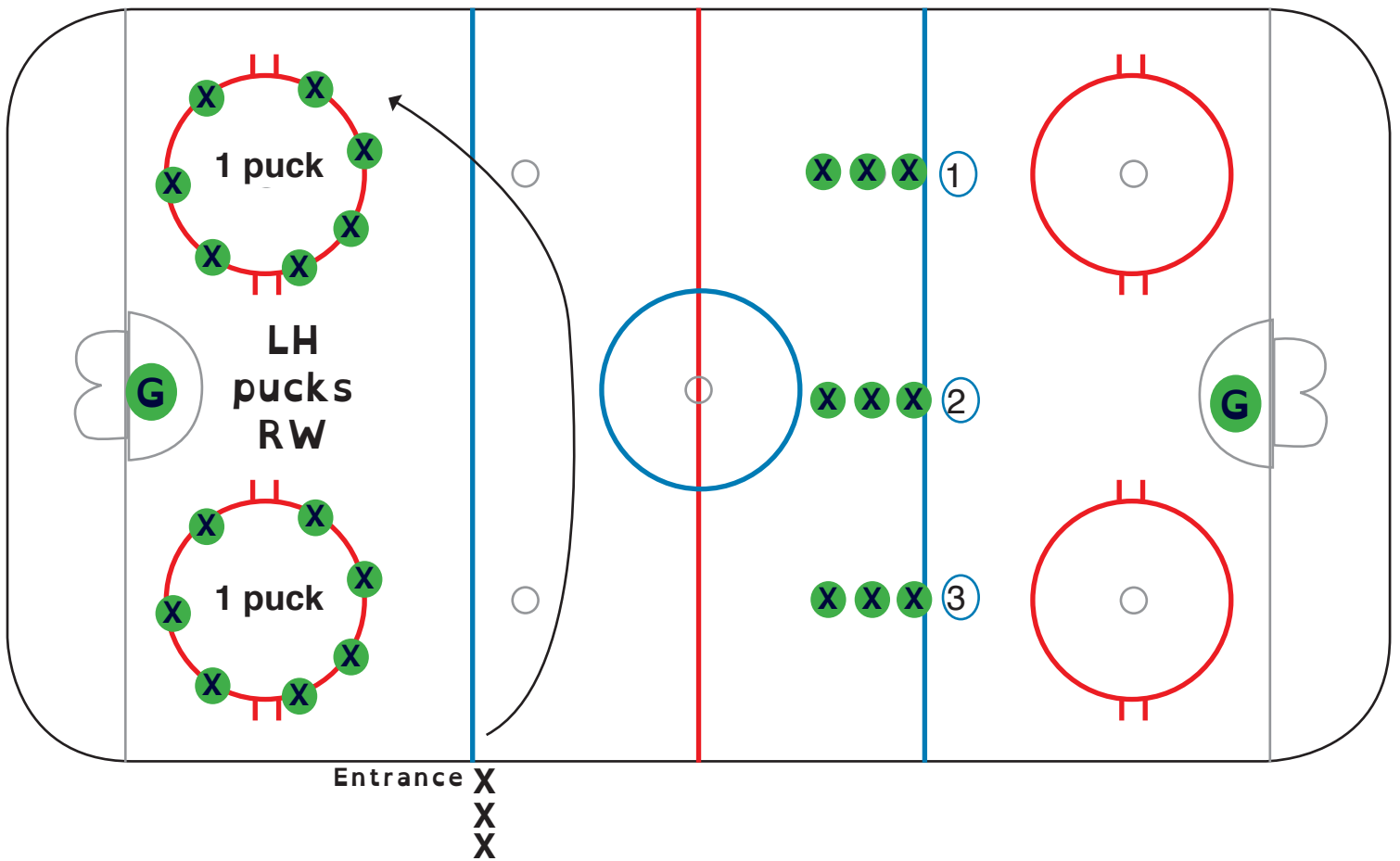
Use boards
But if in trouble ice it



Pre Game Warmups

Period _____

Team Name _____



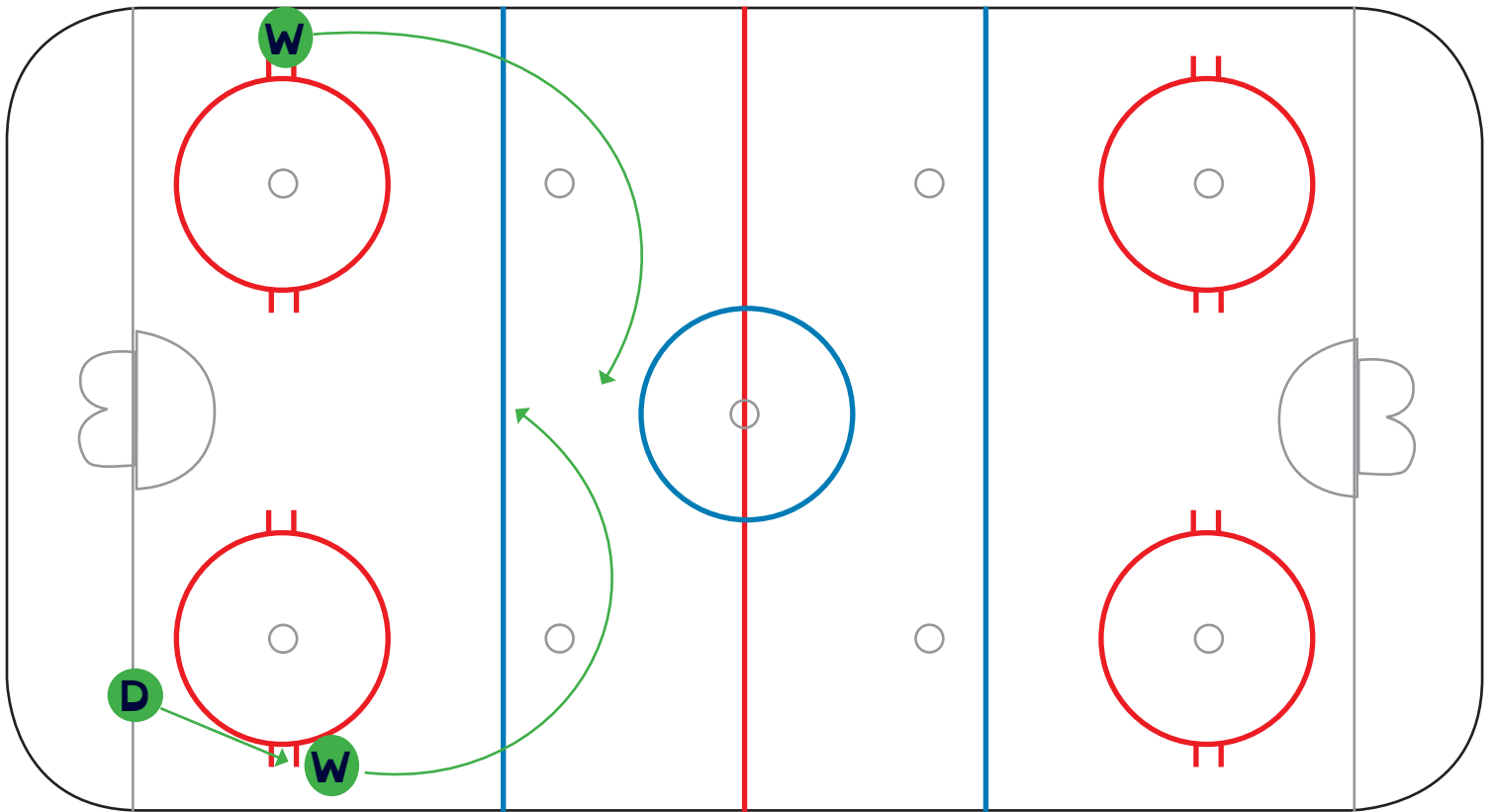
1. Players come out same time
2 hard laps
2. Players around circle pass puck around
2 players warm up Goalies in front
3. 3 Lines warm up Goalies



Pre Game Warmups

Period _____

Team Name _____



4. 2 on 1 warm ups
but Defense let them shoot
1 lap after each warm up