

# S&DMHA

## Player Development Program

### Book Five - Individual Tactics

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# S&DMHA Development Program

## Individual Tactics

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### Individual Offensive Tactics (Part A)

#### ATTACKING 1ON 1

When attacking 1 on 1, the puck carrier must have skating and puckhandling skills to keep possession of the puck and to challenge the defender, to be able to effectively attack the net.

#### Skating Fakes

##### *Change of Pace*

The puck carrier, by varying the speed of attack through a change of pace, (i.e., slowdown, accelerate) may be able to deceive or force a defender to adjust speed and position very quickly.

##### *Outside-In*

A player skating on a wide (outside) course forces the defender to adjust wide. When just outside the checking range, the puck carrier makes a quick lateral move to the inside and accelerates past the defender to a scoring position.

##### *Inside-Out*

The puck carrier skates in a direction which forces the defender to adjust to an inside position, then skates and moves the puck quickly and laterally to the outside and accelerates past the defender.

#### Body Fakes

Body fakes may include movement of the head, upper body, or lower body in a deceptive movement designed to get the defender to adjust position or lean in the wrong direction. When this occurs, the puck carrier accelerates quickly in the opposite direction before the defender has time to recover. These fakes are normally initiated just outside the checking range of the opponent. This allows the puck to be moved through the defensive triangle which is formed by the skates and stick of the defender.



**Body Fake**

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### Shooting and Passing Fakes

#### ***Fake Shot***

The attacker, by initiating a shooting action, may force the defender to momentarily "freeze" in a shot blocking response. This allows the puck carrier to accelerate past the defender and attack the net.

#### ***Look away***

The puck carrier, by looking or glancing at a teammate and indicating a passing intention, may force the defender to momentarily adjust position in the direction of the potential pass receiver. This results in the creation of space or an avenue for the puck carrier to attack the net.

### Driving to the Net

An offensive player, with an initial outside position on a defender, uses strong crossover strides or leans heavily with an extended inside leg and arm in order to cut to the front of the net for a potential scoring opportunity. The attacker attempts to drive to the far post and maintains one's body position between the puck and the defender so as to protect the puck.



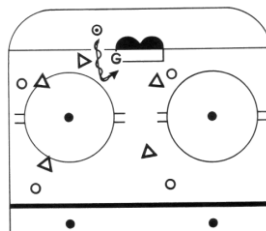
**Driving to the Net**



**Keeping body between opponent and the puck**

### Walkouts

When in possession of the puck in the offensive zone (behind the goal line or along the side boards), a player should take advantage of any seam or lane to attack the net. The puck carrier fakes a pass to force the defender to adjust one's position and then accelerates through the open lane to a potential scoring position. In the same way, a player receiving a pass should "fire" through an open lane created by a defender who fails to adjust one's position quickly enough.



**Walkout**

# S&DMHA Development Program

## Individual Tactics

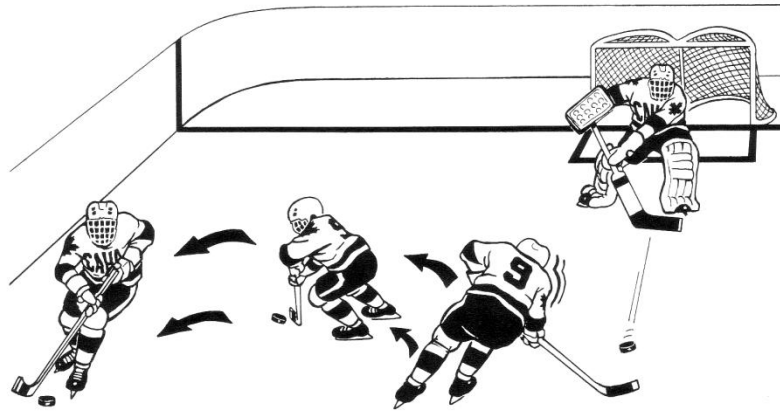
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### **Shaking a Defender 1 on 1**

The puck carrier must also be able to maintain possession of the puck when under checking pressure by a defender. Use of the body, skates, and stick, as well as evasive skating movements, are required to shake a defender 1 on 1.

### ***Turn- Up***

This is an offensive manoeuvre used by players who have just recovered a loose puck while skating in the direction of their own net. It may also be used by puck carriers who are momentarily forced to retreat towards their own net. The offensive player first executes a fake by dipping the shoulder and angling the skates as if to turn in one direction. The puck carrier then rapidly makes a tight turn (preferably toward the near boards) with the puck in the opposite direction and accelerates as the turn is completed. The attacker is now in a position to pass to a teammate or skate with the puck.



**Turn- Up**

### ***Delaying***

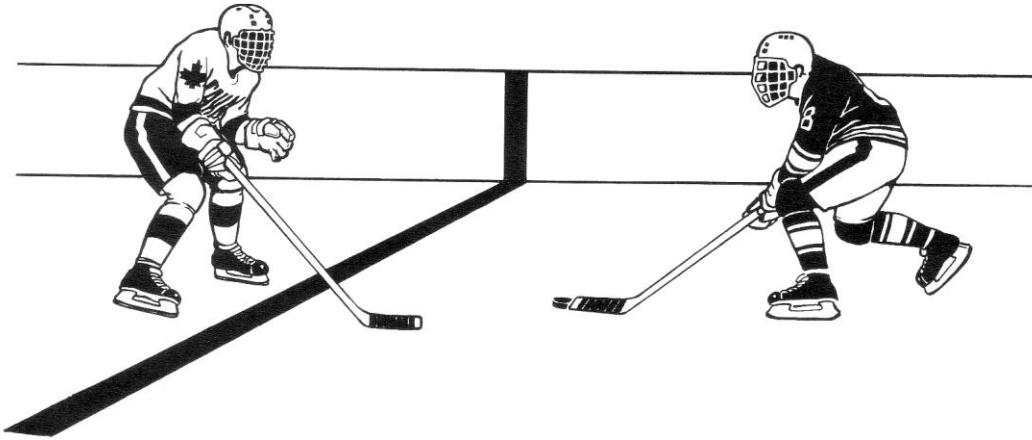
When an attacker is cut off from moving to the net with the puck, a delay movement can create time and space for the attacker by:

- a) tight turn toward boards to create space between puckcarrier and defender.
- b) player as off wing "fades" to outside and momentarily creates space for self-skate or laterally.
- c) quick stop - facing inside of rinks.

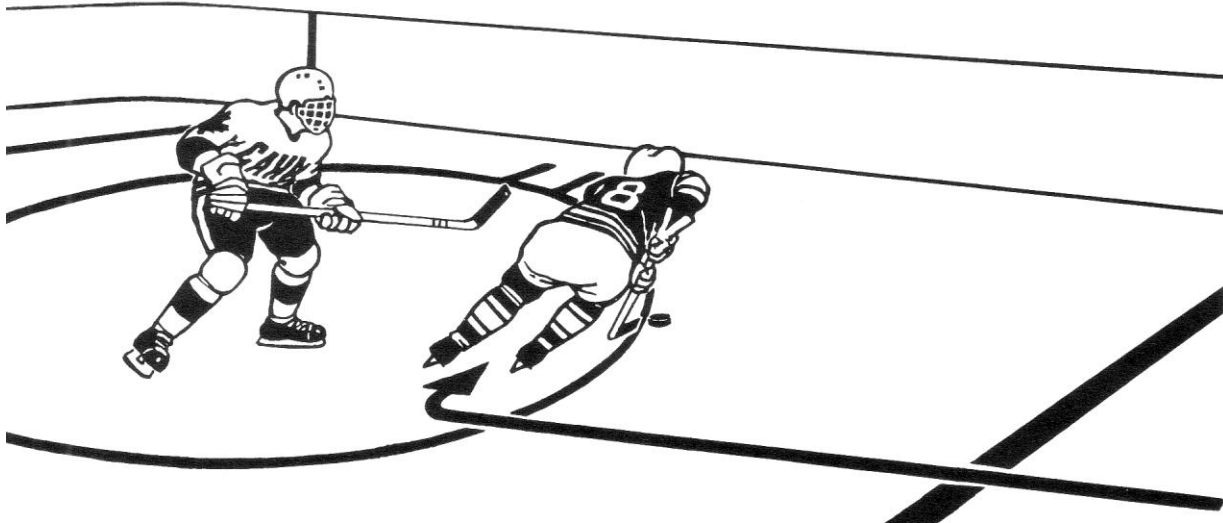
# S&DMHA Development Program

## Individual Tactics

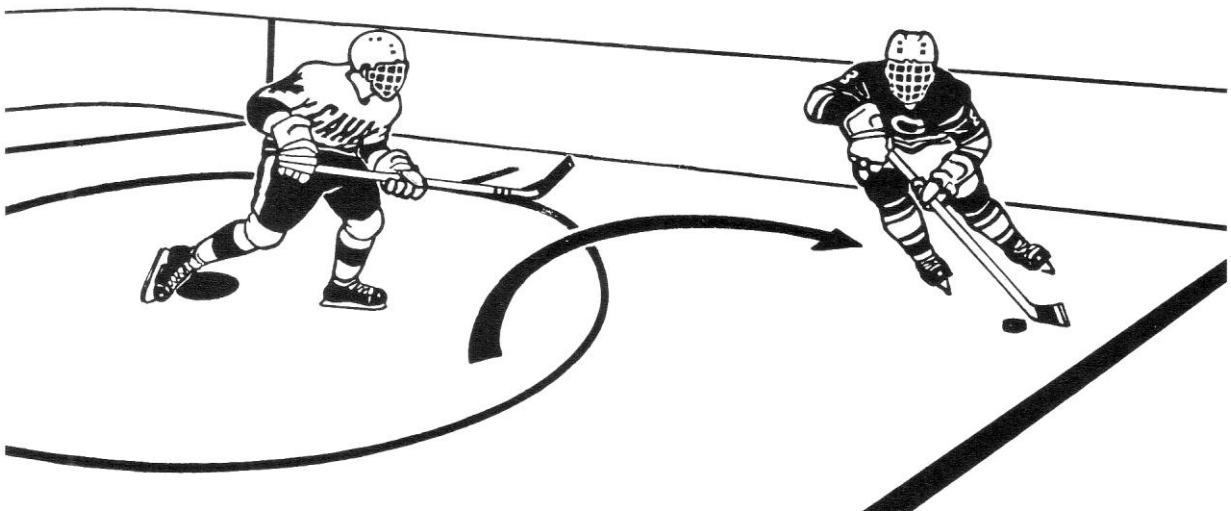
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Delaying



Delaying



Delaying

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### ***Turn Away Pivot***

When the outside drive to the net is cut off by a defender, the puck carrier pivots away from the defender by "driving" out towards the boards. This involves a semi-glide turn to the outside and is completed with the puck carrier facing towards the middle of the ice looking for a potential pass receiver.



**Turn Away Pivot**

### ***Quick Stop***

As another option, the attacker may execute a quick stop facing in the direction of the middle of the ice. If the defender is not able to stop as quickly, the puck carrier will have space and time in order to look for a passing option or attack the net. Against a skilled defender it will be necessary for the puck carrier to move laterally with the puck immediately after the quick stop, in order to gain the necessary space.

### **Protecting the Puck**

In tight checking situations, it is necessary for the offensive player to protect the puck. This involves the use of the skates and stick to maintain possession of the puck, while using the body to establish position, thereby, keeping the defender away from the puck. If unable to break loose from the checker, the attacker may attempt to hold off the defender until a teammate moves in to provide support. In some cases it may be necessary to freeze the puck to force a stoppage in play.

### **Screening (Without the Puck)**

Screening (also referred to as picking or blocking) is the tactic of skating under control to a position on the ice that will force a defender to go around the screen on an indirect course in pursuit of the puck carrier or another teammate. Players executing a screen should also be prepared for a possible pass, depending on the reaction of the defenders. This also legitimizes the movement of the player to that particular position on the ice.

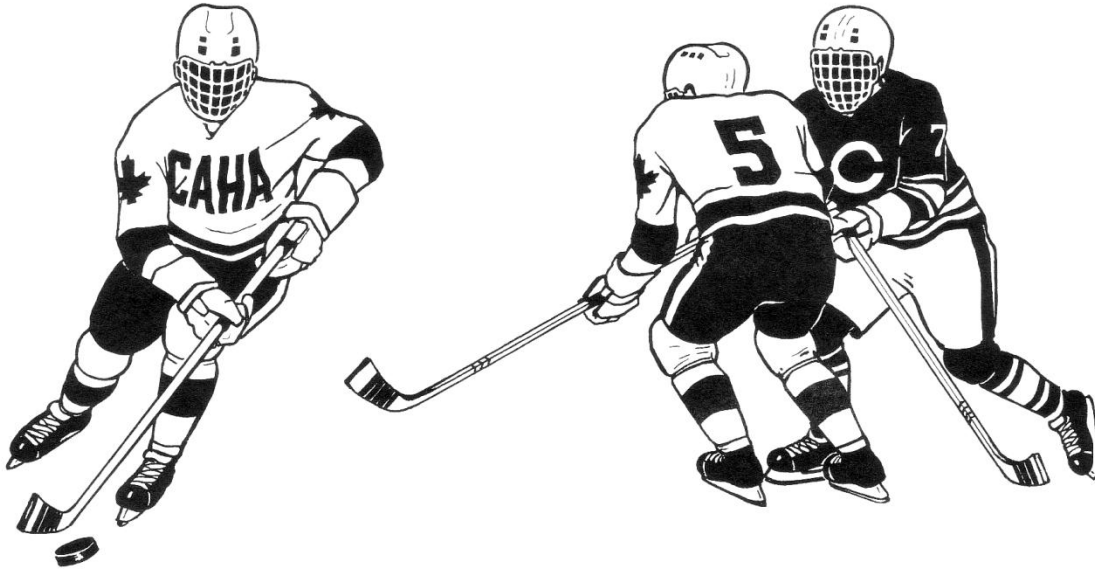
### ***Screening a Forechecker (Moving Screen)***

In order to delay a forechecker from the direct pursuit of a teammate retrieving a loose puck (i.e., which has been dumped into the defending zone) a player cuts across the intended path of the forechecker thereby provides additional time for the teammate. The screening player must establish position quickly and avoid physically interfering with the defender.

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**Moving Screen**

### ***Screening in the neutral zone (Stationary Screening)***

A player, by establishing a position along the attacking blue line, can create a screen to open a lane for the puck carrier to enter the offensive zone. The defender must take an indirect route to pursue the puck carrier which creates the necessary space and time to gain the zone.



# S&DMHA Development Program

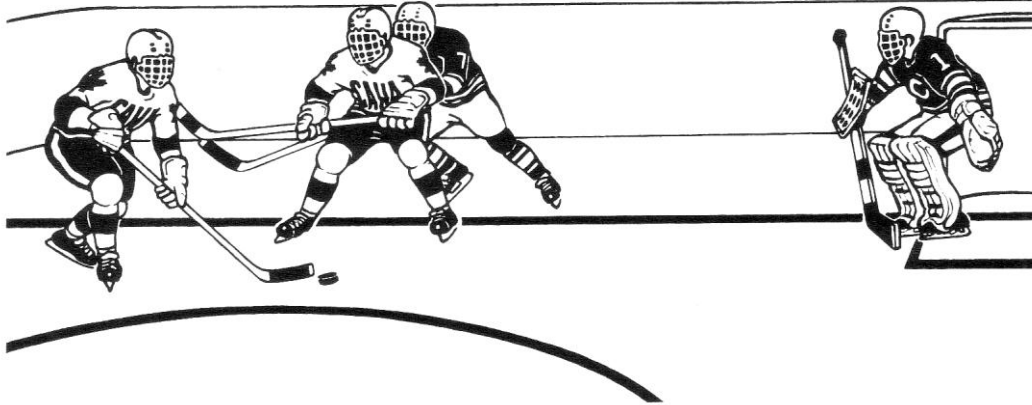
## Individual Tactics

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### Stationary Screening

#### *Screening in the offensive zone*

Screens can also be used in the offensive zone to prevent defenders from taking good checking pursuit angles against the puck carrier or intended pass receiver. This tactic is more commonly used in power play situations.



**Stationary Screen (Offensive Zone)**

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### Individual Defensive Tactics (Part A)

#### DEFENDING 1 ON 1

With an offensive player attacking 1 on 1 in open ice, the following tactics could be used to ensure successful defensive play.

#### Positioning

##### ***Body Position***

The body should be aligned with the opponent in order to protect the net. When the puck carrier is attacking from the outside, assume an inside position (i.e., outside shoulder aligned with the puck carrier's inside shoulder). When the opponent is attacking down the middle assume a head-on position. Whenever possible, the defender will attempt to force the puck carrier to the outside away from the mid-lane and the high percentage scoring area. Periodically, and in order to force the puck carrier in the direction which best suits the situation (e.g., force the puck carrier to a backhand position); a defender may overplay the attacker.

##### ***Stick Position***

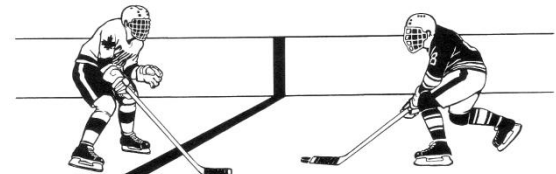
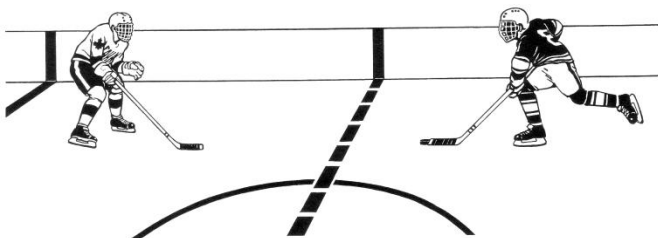
The player should have the stick in a position to threaten or challenge the puck. The player may also use the stick as a decoy to influence an attacker in a specific direction. When skating backward, the defender should have the top hand on the stick to increase the potential checking range and keep the stick strategically in front of the body and not off to the side.

##### ***Head and Eye Position***

It is important to maintain a head up position in order to ensure an accurate reading of the offensive situation. A defender should face the play whenever possible. In addition, it is helpful to vary focus from a narrow range to a wide range. This enables the defender to concentrate on the puck carrier while at the same time maintaining an awareness of the developing play. In terms of the narrow focus, the defender should concentrate on the upper body of the puck carrier and not the position of the puck.

#### Closing the Gap

In order to put pressure on the attacker, it is important for the defender to maintain close contact with the puck carrier. This is accomplished by closing the gap between the defender and the puck carrier. The defender must be able to adjust speed and position quickly in response to the actions of the attacker. Ideally, the defender should close the gap as early as possible and yet be able to maintain speed throughout the attack.



**Closing the Gap**

# S&DMHA Development Program

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### **Body Contact**

The responsibility of the defensive player closest to the puck carrier is to get close enough to make stick and body contact in a legal and meaningful manner in order to separate the opponent from the puck and prevent the opposition from gaining a good scoring opportunity.

### **DEFENDING AN OPPONENT IN THE DEFENSIVE CORNER**

When an opponent has control of the puck in your defending zone and is moving from the corner towards the goal, the following tactics could be used.

### **Positioning**

#### ***Body Position***

The defender should, while maintaining skating control, establish good position between the net and the puck. Using an angling technique the defender forces the puck carrier to one side, thus, reducing the puck carrier's options. Some individuals prefer forcing the puck carrier to the net side in order to receive some checking help from the goaltender.

#### ***Stick Position***

The bottom hand on the defender's stick should be in line with the opponent's midsection in order to place the defender in a balanced, squared up position.

#### ***Closing the Gap (by pressure)***

The defender must approach the puck carrier quickly and at a slight angle in order to reduce space and block the primary passing lane. By closing the gap quickly the defender is also in a position to finish the check. This manoeuvre is executed by the defender being mindful of support available in front of the net.



**Closing the Gap (by pressure)**

### ***Body Contact***

As the defender approaches the puck carrier it is important to maintain a balanced stance and focus on the upper body of the opponent prior to executing a body check to separate the opponent from the puck.

NOTE: If during the checking approach the opponent passes the puck while the checker is close, the defender should finish the check and turn away on the defensive side to stay between the opponent and the net. If on the other hand, the puck carrier is still quite far away, and passes off, the defender should turn in the direction of the pass, again staying on the defensive side of the opponent.

# S&DMHA Development Program

## Individual Tactics

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### **DEFENDING ALONG THE BOARDS**

When a puck carrier is facing the boards, the defender should close the gap immediately, initiating contact with the hands, arms, and upper body in a balanced position. A pinning technique should then be used.

#### ***Pinning***

The checker turns the opponent towards the boards by driving the arm and shoulder under the opponents' arm. The defender also pushes with the legs and hips to initiate the pin, placing the inside leg between the opponent's legs and the outside leg (the power leg) in a position where maximum power can be exerted in pinning the opponent. Finally, once against the boards, the defender presses in and up to restrict the opponent's movement. Simultaneously, the checker ties up the opponent's stick and gets control of the puck by freezing it or passing to a teammate.

NOTE: It is important to note that intentionally checking an opponent from behind is an infraction. It is critical that all players are aware of the interpretation of this rule.

### **BACKCHECKING**

#### **Positioning**

The backchecker away from the puck should remain slightly ahead and in an inside position (i.e., between the puck and the opponent), within a stick's length distance of the opponent. The body can also be used as a screen to legally impede the opponent from assuming an inside position.

#### **Head on a Swivel**

It is important for the defender to be aware of the position of the puck and the developing play as well as the position of the opponent being marked. This is accomplished by glancing alternately at the opponent and the puck.

Depending on the actions of the opponent, the tactics of the defender will vary somewhat.



**Backchecking (Head on a Swivel)**

# S&DMHA Development Program

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### **Holding the Lane**

If the opponent cuts into the middle lane in the neutral zone and in front of the defence, the backchecker should hold the lane taking up a position slightly deeper than the opponent, and prepared to move in behind the defence players ready to pick up a loose puck. At the same time, the backchecker must also be alert to other opponents moving into the lane.

### **Chasing the Opponent**

If the opponent cuts into the middle lane behind the defence player, the checker must stay with the attacker, establishing a position on the defensive side. As the opponent gets close to the goal scoring area, it is also important for the defender to have control over the attacker's stick to reduce scoring opportunities.

### **SUMMARY**

- Individual tactics of players can be identified as either offensive or defensive.
- Players need to be able to select the appropriate offensive (defensive) tactics to counter any defensive (offensive) situation.

# S&DMHA Development Program

## Individual Tactics

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### Individual Offensive Tactics (Part B)

#### OFFENSIVE ZONE

##### Play in the Scoring Area

##### *Screening the Goaltender*

Especially on shots from the point, one player should always attempt to block the view of the goaltender by positioning himself three or four feet in front of him on line with the shooter. Using physical strength and determination, the forward should face the shooter, form a tripod with his skates and stick, and hold his ground. While the main objective is to screen the goaltender, good stick control will increase scoring opportunities.

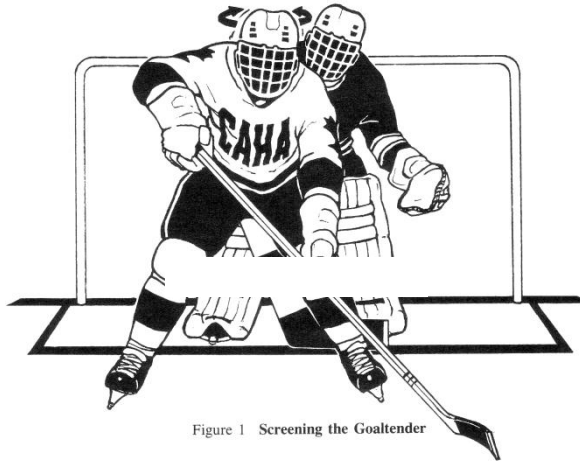


Figure 1 Screening the Goaltender

##### **Screening the Goaltender**

##### *Tip Ins (Deflections)*

The forward may work on tipping the shot from his screening position or by positioning off to the side and redirecting a shot/pass from the defenceman at the point. Tipping low shots up high, or knocking higher shots down require good hand-eye co-ordination and lots of practice. Another method of tipping the shot is to move through the scoring area as the shot is being taken.



*Tip In / Deflections*

# S&DMHA Development Program

## Individual Tactics

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### ***Rebounds***

Sometimes the forward can anticipate where a rebound might go, but the two keys to corralling rebounds are to position aggressively in the scoring area (based on the trajectory of original shot) and to concentrate on the puck with stick on the ice. The determination to drive the rebound home is the mark of good goal scorers and should be a main feature of all scoring drills.

### ***One Timer Shooting***

This is a difficult skill to master, but well worthwhile teaching. The shooter should be encouraged to find space in the scoring area, and be poised to one time a pass from a teammate. The one timer can be executed from a stationary position, or on the move, always using a short backswing, or quick snap of the wrists, and keeping the eyes on the puck. The pass should be aimed at a spot between his feet so he can "tee it up".

### ***Shooting In Motion***

The primary aim of shooters moving towards the goal should be to shoot with the feet moving, with a quick release, and through a screen. Every shooting drill should emphasize these ideas, and the coach should try to make it a trademark of his team's offensive game. "Drive and Shoot".

### ***Evasive Moves***

Always protecting the puck with the body, fake passes, quick escapes, safety turns toward the boards, using soft shoulders to shrug off checkers, and using the give and go will all increase the amount of puck control time. This will also increase chances of a defensive mistake and result in subsequent scoring chances. Puck control and reducing the number of "hope plays" are largely a product of individual tactics.



**Evasive Moves**

# S&DMHA Development Program

## Individual Tactics

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### **Blue Line Play**

#### ***Pinching***

The defenceman on the offensive blueline may move down the boards to keep control of a loose puck or check an opponent who is not in complete control. Usually, the best time to "pinch" is when the puck has come around the boards from the far side. The defenceman must be sure to get the puck or the man, and should always check to see that he has a forward supporting him by covering his position. An aggressive, early read and reaction is important for successful pinching. "Make your decision."

#### ***Shooting from the Blue Line***

The first task is to miss the checker, and the second task, if possible is to hit the middle of the net. Whatever shot it takes to do these two things is the best shot, whether it is a snap shot, slap shot, or one timer. When there is no clear path visible to hit the tip in forward's stick, a six inch high shot will get through for deflections and rebounds more often than along the ice shots. Shooting with the head up allows the defenceman to get shots through and on target. One timer slap shots from the point are only effective when there is no time to stop the pass and take aim. "The shooter should always be thinking deflection or rebound, not scoring".

#### ***Attacking the Net***

All five skaters should be involved in the attack in the offensive zone. Defenceman coming off the blueline to jump into the scoring area is a real art. When properly supported by forwards, the defenceman is more effective reacting at the right time and right place than simply "gambling" and hoping. Forwards away from the puck must anticipate a shot and attack the net for tips or rebounds. Attacking the net is a trademark of a hungry, eager to score hockey team.

### **NEUTRAL ZONE**

#### ***Screening***

Forward should always look for a chance to screen (block off) an opposing checker, to allow the puck carrier more space to move. Physical contact or blatant interference will only draw penalties, but establishing position, as in a basketball pick, is allowed.

#### ***Stretching***

Aggressive decoy skating by one forward, towards the opposition defence, will force them to retreat. This will leave more space for the attack, either through a rush, or a pass. Stretching is most effective when done by the forward who is farthest up ice, and on the same side as the puck.

#### ***Moving to Space***

All players should be trained to constantly be aware of open space, and to move to that space at the right time (when there is a chance of receiving a pass) and in the right way (with a sudden, explosive burst, alert for the pass).

#### ***Using the Mid-Lane***

Striving to move the puck up ice through the mid-lane gives more options to the puck carrier as he approaches the blue line. At this stage, a wide pass to a breaking teammate, or suddenly skating wide around the defence, or crossing the blueline in control are all viable options. Driving the mid-lane (without the puck) all the way to the net is the best way to pressure and confuse the defence.

#### ***The Half Zone Rule***

One defenceman should always try to be involved in the attack, by staying within one half zone of the puck and being ready to create a four-man attack when the opportunity is there.

#### ***Defence Regroup***

When the defence retrieves the puck just inside their blue line, under no pressure, they should move towards the middle of the ice where they can start a rush, pass to their partner or to any of the forwards on either side of the ice, or up the middle. Any of these options will allow a quick attack, by four players, to build up speed and push the defence back.

# S&DMHA Development Program

## Individual Tactics

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### DEFENSIVE ZONE

#### ***Escapes***

Rather than getting rid of the puck under pressure, the defence should be encouraged to protect the puck and escape the checker. An evasive, puck control move such as tight turns, taking a hit and spinning away, using the net to shake off the checker, should be taught and encouraged.

#### ***Puck Around The Boards***

Three options, depending on the checking pressure, are available when the puck is along the boards:

- stopping and protecting the puck with the skates
- chipping it past the pinching defencemen
- taking the puck on the stick, then moving with it or passing it.

All three options require the player to keep their eyes on the puck.

#### ***Defence Behind The Net***

When the defence stops behind the net, in control of the puck, with the puck on the forehand, just outside the net, ready to pass immediately. The players should also make a feint to move the checker enough to open up a passing lane.

#### ***Stretching, Screening, Moving to Space***

All those moves described in the Neutral Zone offence, apply equally in the Defensive Zone, but only when the puck is clearly in control and there is no real danger of a turnover.

# S&DMHA Development Program

## Individual Tactics

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### **Individual Defensive Tactics (Part B)**

#### **OFFENSIVE ZONE**

##### ***Pressure Checking***

Forwards should almost always "hurry" the puck carrier, taking away as much time and space as possible. The first forechecker must keep moving, trying to approach on an angle and attempt to physically impede progress. It is essential that teammate reads the pressure and moves to obtain possession of the puck.

##### ***Contain Checking***

While it is never wrong to use pressure checking, there are times when it is better to use a stalling, delaying type of forechecking, such as in penalty killing, or when the puck carrier has lots of time and space to work with. Quick lateral movement, with some backward skating, trying to cover the width of the rink and not be beaten by an easy pass, are features of contain checking to be taught. Forcing the puck carrier to hesitate, and slowing down the attack, is the main objective.

#### **NEUTRAL ZONE**

##### **Forward**

##### ***Inside Out Forechecking***

When facing a counter attack, or regrouping attack, the nearest forward to the puck carrier, should approach on an angle to force the puck carrier towards the boards, taking away the options to pass and carry in more than one direction.

##### ***Backchecking***

The forward who is coming back in an outside lane has several responsibilities during the opposition's rushing attack. First, the forward must be five to ten feet ahead of any opposing forward with the inside position. Second, if there is no opponent in the vicinity the forward should be alert for a late attacker. Third, the forward must be ready to retrieve a shoot in or pick up loose pucks behind attacker defence. Some coaches like to have their forwards play a chasing game, where they constantly harass the puck carriers, and leave the defence responsible for the outside lanes.

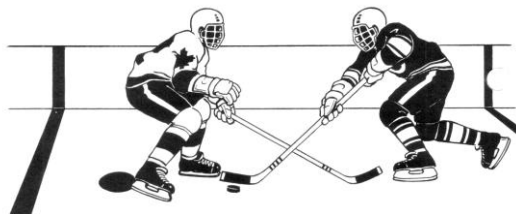
##### ***Head on a Swivel***

When the puck is ahead of the backchecking forward, the forward has two responsibilities to take care of. First, if it is an even strength rush, the forward must look behind constantly (head on swivel) and go to cheek any opposition player moving up into the play (look for the late attacker). Second, if the rush is an outnumbered one, the backchecker must move to the slot area hoping to catch up to an attacker in the dangerous scoring area.

##### **Defence**

##### ***Playing a Tight Gap***

The defence must always strive to play as close to the attacker as possible, making adjustments for the speed and skill of the puck carrier. The tighter the gap, there is less time and space for the attacker to operate and greater chance of breaking up, or stalling the attack. Meeting the attacker around the blue line area is the ultimate objective.



**Playing a Tight Gap**

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### ***Reading and Talking***

The most difficult and most important task for the defence is to read the rush and talk loudly to teammates. There are different responses to each situation but before the right response can be executed, the correct interpretation and communication of the situation must be made.

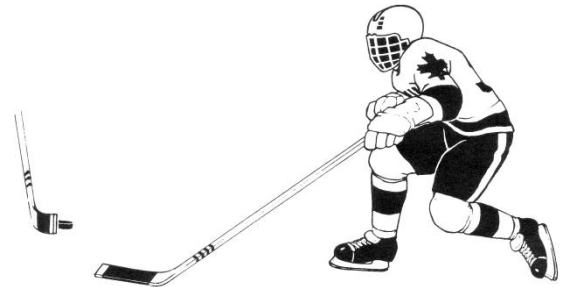
### **DEFENSIVE ZONE**

#### **In Front of the Net**

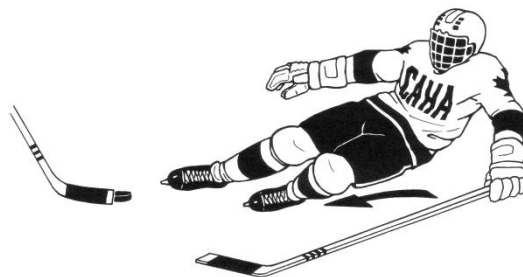
Defence playing in front of the net should stay loose from the opponent they are guarding, to allow themselves the option of jumping on a loose puck or puck carrier. Avoid being tied up but be close enough to check when a pass or a shot is made toward the net. A stick lift, stick between the skates, or a strong shoulder push away from the crease are all tactics to be used when the puck is arriving in the danger zone. Once the check is made the defence should stay with it, and resist the temptation to "fish" for loose pucks. If each opponent is well checked rebounds should be open for the goaltender to freeze or clear.

#### **Blocking Shots**

Falling to block shots from the point should only be done by the forward who has that point responsibility and then only with a technique to allow quick recovery in case of a fake shot. Figures 6 (a), (b), (c) and Figure 7 indicate two methods of blocking shots. Defence must stay on their feet and look for an opponent to neutralize. To block a shot during a one on one rushing situation is a highly developed skill, rarely used in today's game of speed and crossing attacks. A last minute stick deflection or making it difficult to see the target is more effective.



#### **Blocking a Shot**



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### **Behind the Net**

When the puck carrier is in control behind the net, the defence must be patient (the player can't score from there). If there is a chance to make contact with him, make sure there is help available and if possible force him out on his backhand. The best bet, however, is to stay at home in front until help arrives. Be alert for passouts and for opposition forwards sneaking in behind you.



**Behind the Net**

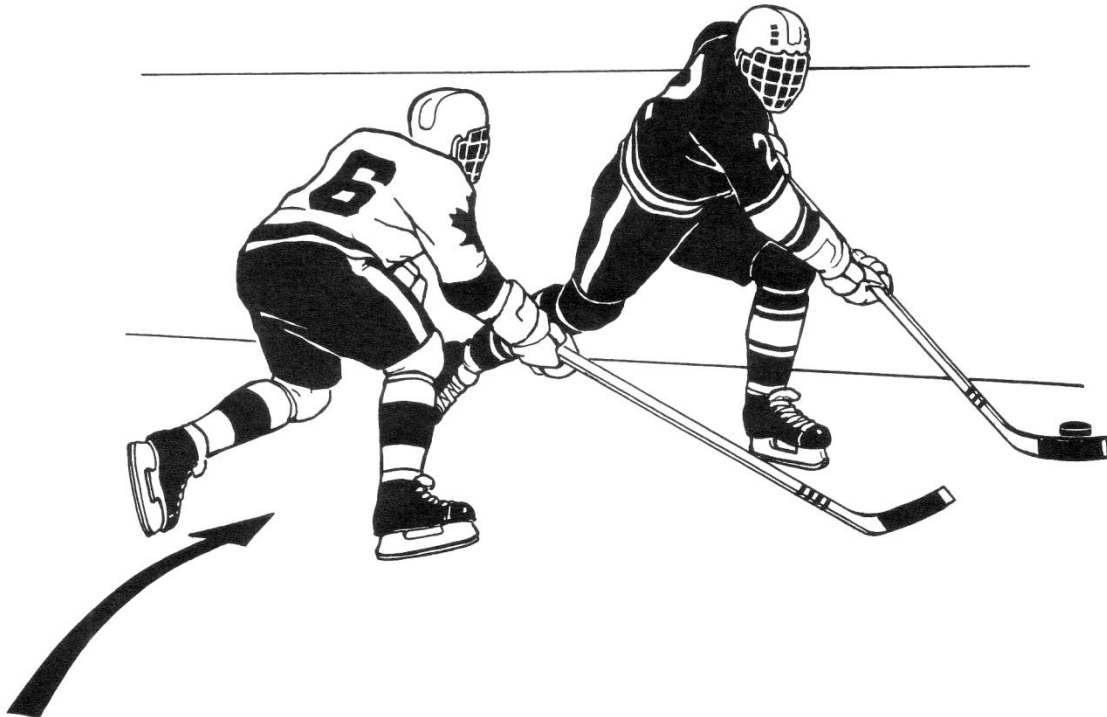
# S&DMHA Development Program

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### Along Boards

When a defenceman is approaching the puck carrier head on at the side boards, the defence must make sure to contain him and not over run or lunge and get deked. One hand on the stick, feet under the shoulders ready to move either direction, looking at the chest of the attacker are good techniques. If the attacker passes off, the defence should stay with the opponent, not follow the puck.



### **Containment Along Boards**

### Forwards

When playing at the point on the puck side, the forward must be aware of the defence trying to sneak into the slot. When going out to check the defence, the forward must get in line with the net and make "himself big", plus play through the shooter's body. In playing the prime scoring area defensively, the forward has three jobs;

- head on a swivel watching for the point defence moving in
- supporting the defence in front of the net
- moving out to the point to block shots An alert, stick on the ice, ready stance is the mark of a good defensive player.

An alert, stick on the ice, ready stance is the mark of a good defensive player.

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### Face Offs

Gaining possession of the puck from a face off will obviously give your team an initial offensive advantage. A team, strong on face off will also be able to avoid dangerous situations when there is a face off in the defensive zone.

A team will have a strategic advantage if there is both a left and right shot centre capable of winning face offs. Now the puck can be drawn away from the net area to the boards to a safer defensive area.

The face off person is responsible for the alignment of all his teammates. This should be based on the strategy to be employed by the team and the ability of the centre to win the face off to a particular area.

The face off person must be aware of the opposing face off person and the alignment of the other opposing players.

#### **Key points:**

- Concentrate - most importantly, be aware of opposing face off person's position and keep your eyes on the puck.
- Move both hands down the shaft of the stick to a position where an opponent cannot move your stick.
- Place the feet slightly wider than shoulder width apart to allow more body weight to be directed to the stick.
- Practice lining up in a legal fashion only.

#### **To draw the puck between the feet:**

- Concentrate on the puck
- Move the blade to the far side of the face off circle
- Push the top hand on the stick away from body
- Pull the blade through the face off dot perpendicular to its original position as quickly as possible, coming from behind opponents stick

#### **To draw the puck outside (forehand) skates:**

- Concentrate on the puck
- Use quickness to contact the puck first
- The stick moves from the side of the face off dot diagonally

#### **To spin and draw the puck back:**

- Concentrate on the puck
- As the puck is dropped, make contact with opponents stick six to twelve inches above the blade
- At the same time, rotate your body to a position between the face off dot and opponent
- Use a skate to kick the puck backward to a teammate To move the puck forward (shot on goal). e  
Concentrate on the puck

#### **To move the puck forward (shot on goal).**

- Concentrate on the puck
- In the neutral zone simply go the same direction as opponent is trying to draw the puck
- For a shot on goal, the face-off person must be in the forehand position

#### **To neutralize the opponent.**

- Concentrate on the puck and the opponents' stick
- As puck is dropped, place your stick against opponent's stick to prevent desired motion
- At the same time, skate forward to push the opponent off the puck
- A teammate should be assigned to pick up the free puck

# S&DMHA Development Program

## Individual Tactics

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### Coaching Considerations:

- Take time to work with players on face-off tactics.
- Avoid obvious alignment and "telegraphing" what you want to do on the face off.
- Use two centers on the ice for important defensive zone face offs.
- Try to develop strong right and left shot face off people to allow for more flexible strategies.

### SUMMARY

Any individual tactic performed by players must fit within the team system. This will allow for more success individually and as a team.

With better execution of each individual skill, there will be an overall improvement in team performance. For this to happen, players must be taught proper technique, given time to practice the skills and understand how these skills fit within the team system.

A number of the skills are specific to positions and should be stressed for those playing a particular position. For example, pinching by the defence should be practiced if you wish this tactic to be part of your team system.

Read and react to situations as quickly as possible.