

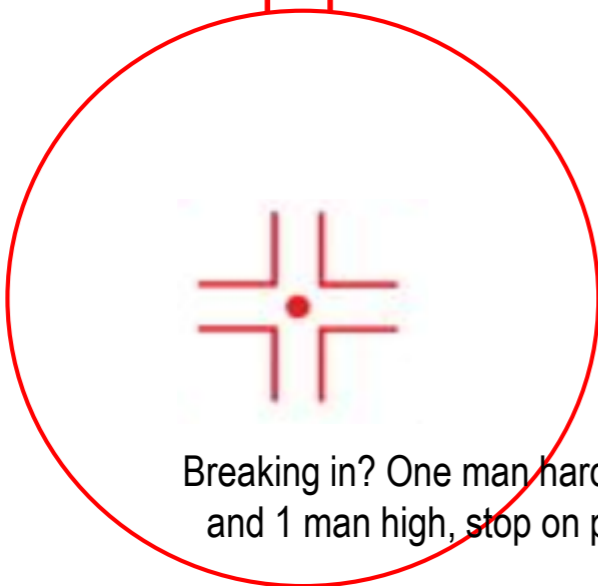
OFFENSIVE ZONE

NEUTRAL ZONE

DEFENSIVE ZONE

Dig HAAARD in
The corners
2 always on the puck
and 1 high (F3)!

When you pinch, yell F3 so
forwards know to cover you.
MAN or PUCK are only options

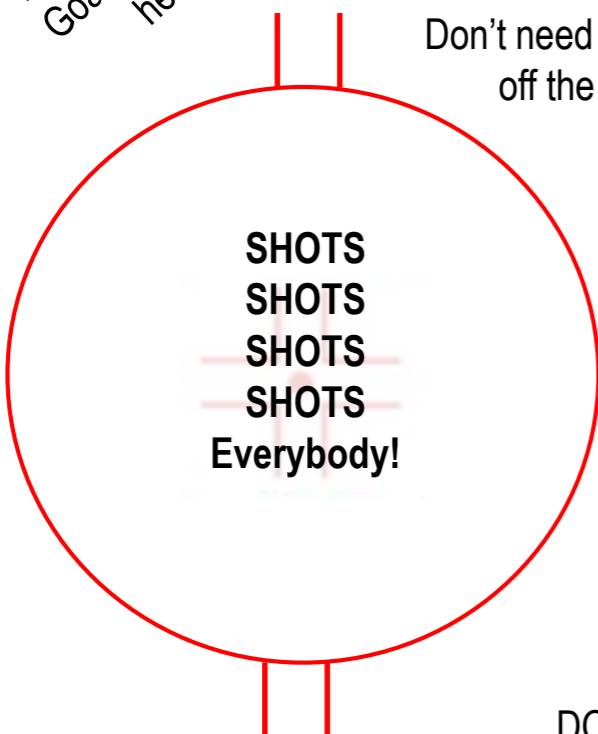


Breaking in? One man hard to net
and 1 man high, stop on pucks

**CAUSE a RUCUS IN
FRONT OF THE NET**
Goalie can't stop what
he can't see

**"WE" SHOTS not
"ME" SHOTS**

Shoot hard and low,
Don't need BAR DOWN
off the glass...



**SHOTS
SHOTS
SHOTS
SHOTS
SHOTS
Everybody!**

DON'T mess up
Those D2D passes
Look before passing

DON'T Make blind passes, if
nothing back into corner.
Look to D for pass and shot

Save the YOUTUBE
dangles for when you
CROSS THIS LINE!



Man with puck – drive wide
2nd man – hard to the net
3rd man – Stay HIGH

NO
POKE n HOPE!

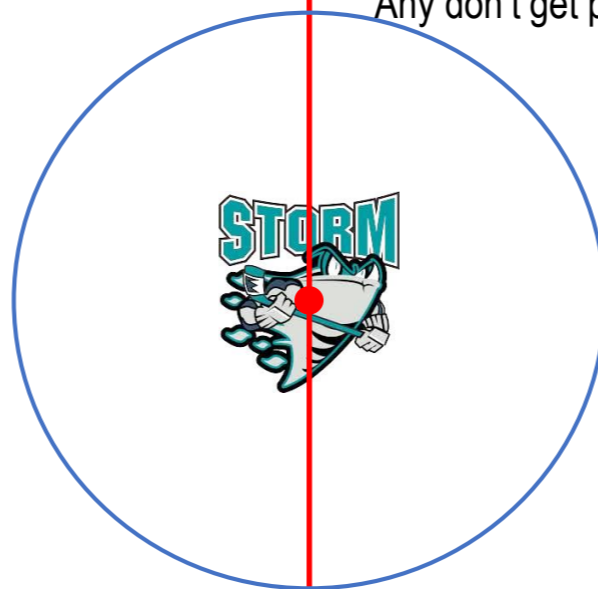
No play here??
Dump the puck and
chasse it down or make
a line change.
ATTACK the PUCK!

When you have the
Puck SKATE HARD
Get your head up and
beat them with speed



BACKCHECK HARDER

Than you went up the ice
Any don't get puck focused



Make hard
accurate passes!

Skate across lanes to
give teammates a target
to pass to!

If you don't have
a pass then
HIGH OFF THE GLASS



WIN FACEOFF

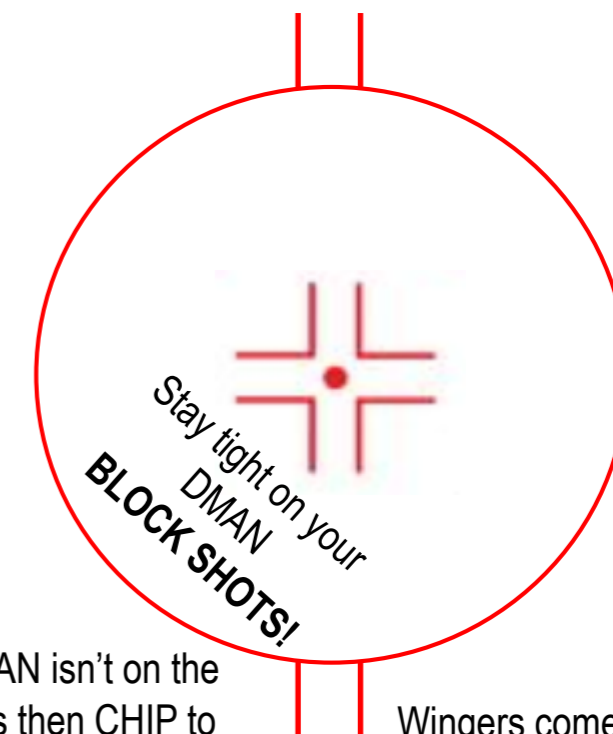
- Wide Stance
- Get Low
- Look at refs hand

**D-ZONE always stay
On D-SIDE of the PUCK**

Try hard not to
pass the puck
up the middle!

Tie up other
teams sticks,
Head on a swivel

DON'T make fancy moves here, just get the puck past the blue line – GET PUCKS OUT!



**Stay tight on your
DMAN
BLOCK SHOTS!**

If D-MAN isn't on the
boards then CHIP to
get puck past on
breakout

Wingers come down to
the hash marks to
receive breakout pass

Try to use
WEAK side of
ice to breakout,
especially off a
faceoff

Start
BREAKOUT
Here, D-MAN to
Initiate with
good
First pass!

Win EVERY
battle along
these boards