Offensive & Defensive
Individual Tactics

**Key Expectations:**
- know the difference between a skill and an individual tactic AND an indiv. tactic vs. a small group or team tactic
- know which indiv. Tactics (off. & def.) are appropriate for the agegroup & level.
- know how to identify key teaching points for an indiv. tactic
Based on the Skills Pyramid, where will you spend most time with your team?
Player Development Pyramid

Individual Or Technical Skills

The fundamentals skills that are required to play the game (skating, puck control, passing, shooting, and checking).
Player Development Pyramid

Combined Individual Skills
Or
Technical Skills

The fundamentals skills required to play the game that are combined with other technical skills.

(eg. Skating forward while passing the puck or shooting on the move etc.)
Player Development Pyramid

Individual Tactics

Action by one player using one or a combination of technical skills in order to create an advantage or take away the advantage of an opponent.

A tactic is classified as offensive or defensive.
Player Development Pyramid

Small Group Tactics

Action of two or three players using individual tactics in order to create an advantage over or take away the advantage from an opponent. (eg. Defense to wing pass)
Player Development Pyramid

Team Play

A collective action of three or more players using a system in order to create an advantage over or take away the advantage from an opponent.
Player Development Pyramid

Team Play Strategies

A pattern of play in which the movement of all players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective (eg. 2-1-2 forechecking system).
Player Development Pyramid

Strategy

The selection of team play systems in order to impose upon the opposition, the style of play and tactics which will build on the coach’s team’s strengths and neutralize those of the opponent while at the same time taking advantage of the opponent’s weaknesses (eg. 2-1-2 vs. an opponent’s weak defense)
Individual Offensive Tactics

Concept:
- Maintain puck possession/puck control
- Create a prime scoring chance
- Force the defensive team to engage in poor coverage
- Create consistent attack with balance

How to accomplish:
- Puck control
- Pressure
- Protecting the puck
- Position for a scoring chance
- Control skating with timing
- Support, width & depth
Key Teaching Points:
Offensive Indiv. tactic
- Driving to the net
- Fakes & Dekes

- Eyes up
- Shoulders square
- Hands inside the body/L-formation
- Loose hands, quick feet
- Ability to shift weight
- Puck to the side of the body
- Read the opponent/look for cues
- A move MUST be made
Puck away from the man & place the puck behind the defender
Block with the body/arms/leg using puck protection
Accelerate directly in behind the opponent
Get to the forehand ASAP!
Keep feet moving & go directly to the net in a straight line
Eyes up, looking at the net area
Stay on the forehand (if possible)!
Driving to the net without the puck

What are some key teaching points & how would you teach your players to drive to the net without the puck?
Vary the speeds of the walk-outs

Find the seam/space for the potential shot or oncoming defenders

Push & pivot to either side

Get the goalie to commit by using a fake

Eyes up. looking at target space

Load the puck, quick release, point the tip of the blade for shot placement

Reload after the shot for rebounding

Note: Players should practice flip shots in close (low & high)
Individual Offensive tactic:

Turn-ups

Where would your players use turn-ups?

What are some key teaching points?
Key Teaching Points: Tip-Ins/Rebounding

- Head on a Swivel
- Inside/outside edge skating
- Tripod technique (freedom to move to either side of goalie)
- Find the seam for the oncoming shot
- Position the stick blade (open) for Tip-ins HIGH or (closed) for LOW Tip-Ins

- After the Tip-in, turn facing the side of the potential rebound
- Wide stance, bottom hand low on stick & both hands in a reload position for a shot
- React to the side of the rebound lanes

Note: Bypassing the net on drills should not be tolerated. Slow down at the net, stop or outside shoulder should turn to the middle of the net.
### Individual Defensive Tactics

#### Concept
- Regain the puck
- Force in poor ice position
- Close off space of offence
- Inhibit scoring opportunity
- Maintain good defensive body position

#### How to accomplish
- Pressure
- Eliminate the mid-corridors
- Angling
- Steering
- Providing support away from the puck
- Stall & contain
- Gap control
- Approaching the opponent on the defensive side
Read & React (how to decide)

- Pressure versus Stalling/Containment
- Amount of support
- Communication
- Stick movement/checks
- Contact versus Body Checking
- Control Skating
- Risk involved
Key Teaching Points: Backchecking

- Head on a Swivel (read any potential opportunities/breakdowns)
- Take 1st man or man to the middle
- Always on the inside
- Stick contact/breaking the man stride
- Control skate speeding up/slowing down
Backchecking

- Touch & feel hands/elbow/stick
- Take man all the way to the net
- Backside coverage (adjustment)
- Releasing your man is never an option
- Note: Take puckcarrier by the red line
Key Teaching Points: Close the Gap

- Defense regroup, butts to the middle of the ice
- Keep outside shoulder with opposing player’s inside shoulder
- Active stick by eliminating passing seams
- Speed is decided & adjusted by attacking player
- The rule: one stick away
Key Teaching Points: Close the Gap

- The rule: to make a decision by neutral zone dots, blueline, top of circles, etc.
- Limit the x-overs & go to c-cuts
- Stay on defensive side
- Close the space & steer to the outside
- Square up if attacker tries to go to the mid-lane
- Look for offensive thrust, off-wing, fakes & dekes
Key Teaching Points:
Defensive Side Coverage

- One stick away
- Inside/out alignment
- Shoulder to shoulder body control
- Active inside/outside edge skating
- One/two hands away for stick recovery with active stick
- Continuous head on a swivel
- Close space - glove away make contact
- Vary the pressure to read the release
- Always close off the slot
Key Teaching Points: Pressure Checking

- Wide stance
- Active stick
- Control Skate/x-overs
- Hurry the man
- Steer/Deflect to least favorable area
- Impede progress
- Break the player’s stride
- Separate the man from the puck