



HOCKEY CANADA – SKILLS OF GOLD

Defensive Tactics – Skills Checklist



Inventory of Defensive Tactics

| Individual Defensive Tactics | | SEP | OCT | NOV | DEC | JAN | FEB | MAR | MAR |
|-------------------------------------|-------------------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1.1 | Skating | | | | | | | | |
| 1.1.1 | Forward skating | | | | | | | | |
| 1.1.2 | Backward skating | | | | | | | | |
| 1.1.3 | Changing directions | | | | | | | | |
| 1.2 | 1 vs. 1 Defense | | | | | | | | |
| 1.2.1 | Positioning | | | | | | | | |
| 1.2.2 | Redirecting the rush | | | | | | | | |
| 1.2.3 | Pinching | | | | | | | | |
| 1.2.4 | Gap control | | | | | | | | |
| 1.2.5 | Closing the gap | | | | | | | | |
| 1.2.6 | Stepping up | | | | | | | | |
| 1.2.7 | Pressure or contain | | | | | | | | |
| 1.2.8 | Angling | | | | | | | | |
| 1.2.9 | Pinning | | | | | | | | |
| 1.2.10 | Body checking | | | | | | | | |
| 1.2.11 | Finishing checks | | | | | | | | |
| 1.3 | Backchecking | | | | | | | | |
| 1.3.1 | Tracking | | | | | | | | |
| 1.3.2 | Backside pressure | | | | | | | | |
| 1.4 | Backside Support | | | | | | | | |
| 1.4.1 | Head on a swivel | | | | | | | | |
| 1.4.2 | Sagging | | | | | | | | |
| 1.5 | Shot Blocking | | | | | | | | |
| 1.5.1 | Stick in passing lane | | | | | | | | |
| 1.5.2 | Active stick | | | | | | | | |



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|---|--|--|--|--|--|--|--|--|--|
| 1.5.3 | Body in shooting lane | | | | | | | | |
| 1.5.4 | Shot block – standing | | | | | | | | |
| 1.5.5 | Shot block – sliding | | | | | | | | |
| 1.6 2 on 1 Rush Defense | | | | | | | | | |
| 1.6.1 | Play non puck carrier – take away pass | | | | | | | | |
| 1.6.2 | Play puck carrier – with pressure | | | | | | | | |
| Group Defensive Tactics – Offensive Zone | | | | | | | | | |
| 2.1 Offensive Zone Forechecking | | | | | | | | | |
| 2.1.1 | Role of F1 | | | | | | | | |
| 2.1.2 | Role of F2 | | | | | | | | |
| 2.1.3 | Role of F3 | | | | | | | | |
| 2.1.4 | Role of D1 | | | | | | | | |
| 2.1.5 | Role of D2 | | | | | | | | |



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| Group Defensive Tactics – Neutral Zone | | SEP | OCT | NOV | DEC | JAN | FEB | MAR | MAR |
|---|----------------------------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 3.1 | Neutral Zone Forechecking | | | | | | | | |
| 3.1.1 | Role of F1 | | | | | | | | |
| 3.1.2 | Role of F2 | | | | | | | | |
| 3.1.3 | Role of F3 | | | | | | | | |
| 3.1.4 | Role of D1 | | | | | | | | |
| 3.1.5 | Role of D2 | | | | | | | | |
| 3.2 | Defending the Rush | | | | | | | | |
| 3.2.1 | 2 on 1 | | | | | | | | |
| 3.2.2 | 3 on 1 | | | | | | | | |
| 3.2.3 | 2 on 2 | | | | | | | | |
| 3.2.4 | 3 on 2 | | | | | | | | |
| 3.2.5 | 1 on 2 | | | | | | | | |
| 3.2.6 | 3 on 3 tracking | | | | | | | | |
| 3.2.7 | 3 on 3 rush | | | | | | | | |
| Group Defensive Tactics – Defensive Zone | | | | | | | | | |
| 4.1 | Defensive Zone Coverage | | | | | | | | |
| 4.1.1 | Role of D1 | | | | | | | | |
| 4.1.2 | Role of D2 | | | | | | | | |
| 4.1.3 | Role of F1 | | | | | | | | |
| 4.1.4 | Role of F2 | | | | | | | | |
| 4.1.5 | Role of F3 | | | | | | | | |
| 4.2 | Defensive Zone Situations | | | | | | | | |
| 4.2.1 | Puck carrier behind the net | | | | | | | | |
| 4.2.2 | Corner – into / out of | | | | | | | | |



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|-------|------------------------|--|--|--|--|--|--|--|--|
| 4.2.3 | Net front | | | | | | | | |
| 4.2.4 | Point | | | | | | | | |
| 4.2.5 | Side boards | | | | | | | | |
| 4.2.6 | Hinge support – 2 on 2 | | | | | | | | |
| 4.2.7 | 3 on 3 shade | | | | | | | | |
| 4.2.8 | Defending the cycle | | | | | | | | |
| 4.2.9 | Activated defenseman | | | | | | | | |