

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			



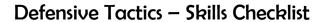
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Group Defensive Tactics – Neutral Zone

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								
1.1.0								
4.2 Defensive Zone Situations								
4.2.1 Puck carrier behind the net								
4.2.2 Corner – into / out of								







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				