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ShowDown In MoTown AAA Tournament!

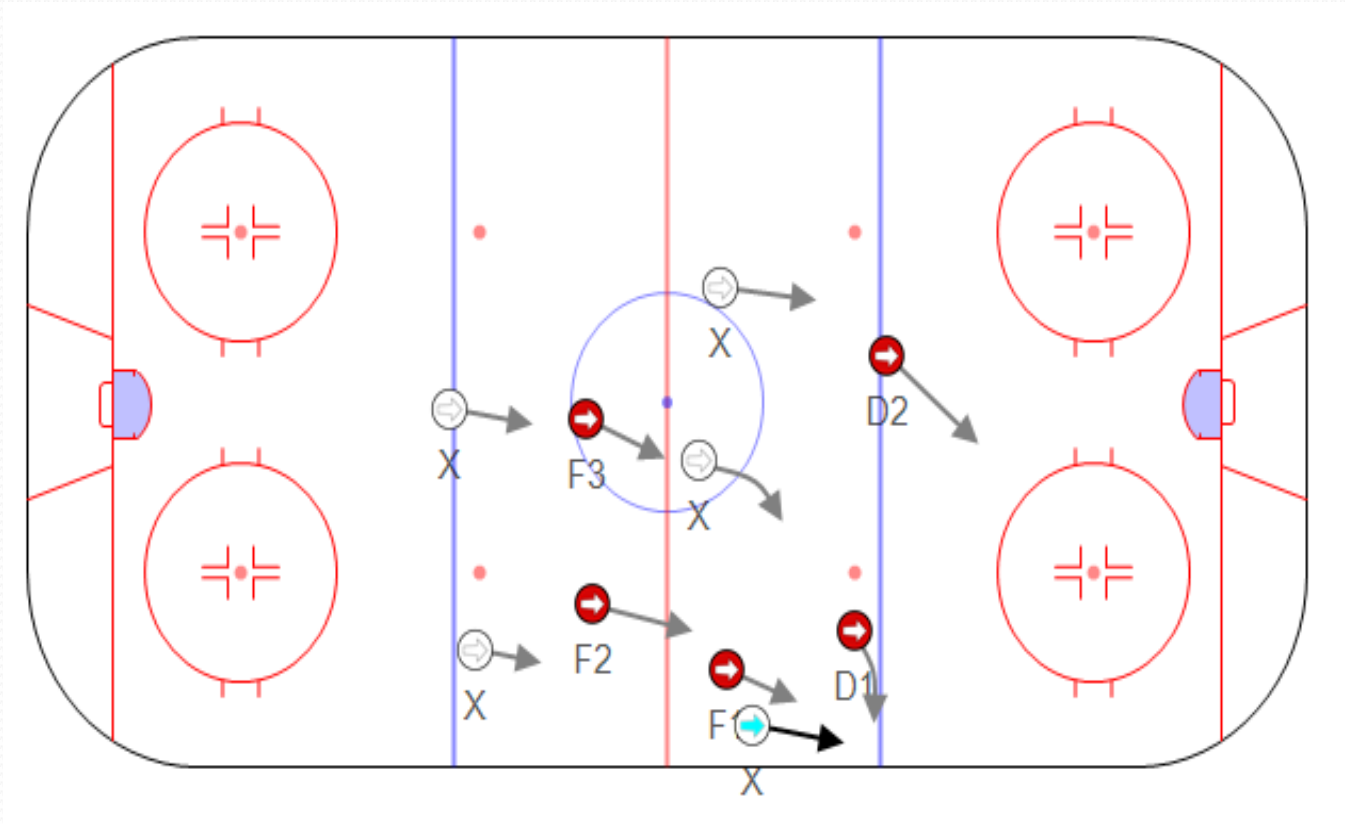


Over 20 Years of High Level Youth Hockey Competition and Excellence!

This manual is going to help you to learn what is expected from you on the ice during the Showdown In Motown. It includes basic systems and concepts we want to play in the tournament.

BACKCHECKING

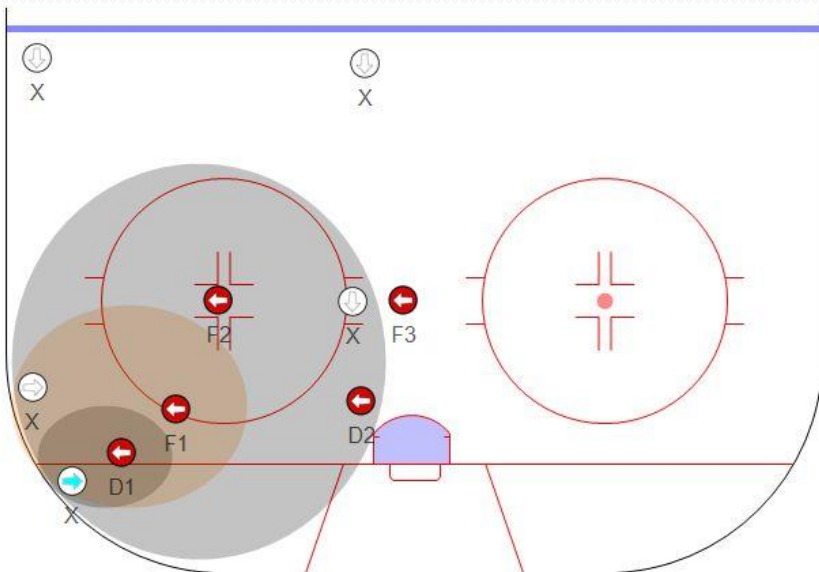
- **F1 put backside Pressure on Puck.** When the puck is lost and opposite team is heading to our defensive zone, all forwards have to backcheck through the middle of the ice forcing opposite team outside. F1 must apply backside pressure, feeding the puckcarrier to the D, the strong side defenseman (D1) must stay inside the dots and maintain good gap. D2 is responsible for opposition forwards driving the net and must stay in the middle while boxing out the opposition.



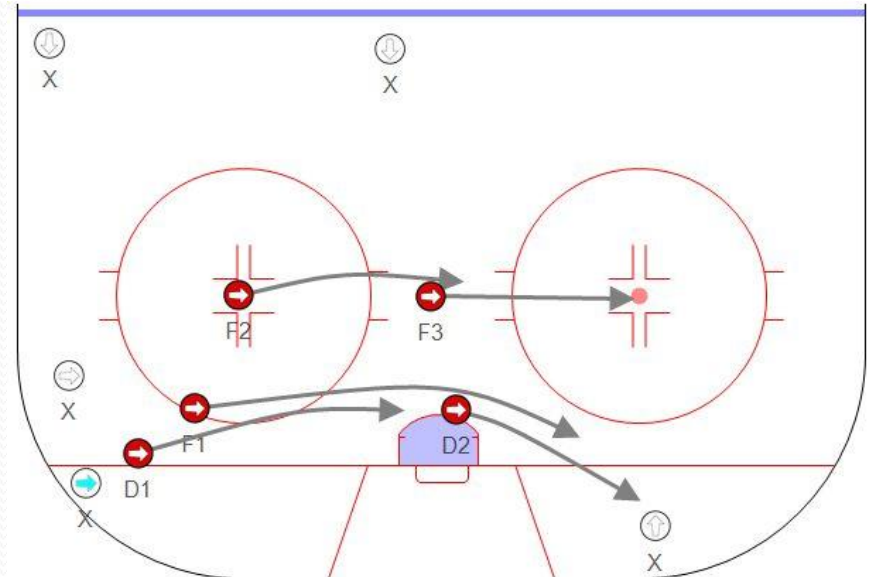
DEFENSIVE ZONE COVERAGE

- **1.** When backchecking players force the play to the side, everybody has to take responsibility for their zone. The defenseman and the first forward low (F1) go to win the puck. The second defenseman covers the front of the net. When puck is below the hash marks, we want all 5 guys at hash marks and lower. If puck move to the point F2 has to work hard to get into the shooting line. The third forward back F3 can slide all the way to the crease to help D if there is a danger. We want to see you play the body first, then take the puck. As a team, you should build a 3 zone wall that will keep opposite team away from the net.
- **3.** If the puck changes sides, the strong side D goes back in front of the net. Weak side D goes to the corner to win the puck. The low forward must switch sides and follow the puck as it moves to the opposite corner. The weak side forward cannot leave the house until the F2 point forward returns to the house from point coverage. Then he moves to cover the strong side.

1



2

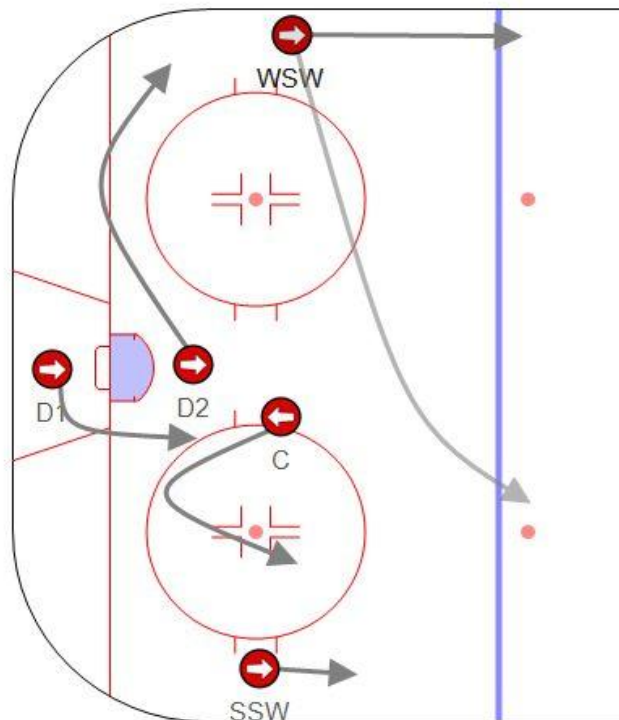


BREAKOUTS

- The goal of breaking out the puck is to get the puck out of the defensive zone as quickly as possible in the safest, simplest way while beginning an attack.

BASIC BREAKOUT

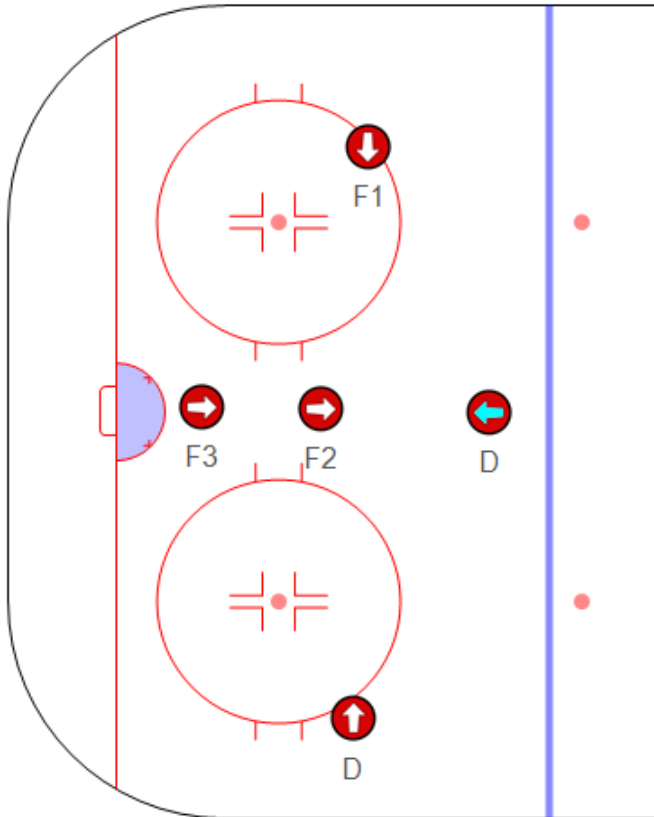
- SSW post up at the hash marks Center support the puck all the way D2 control area in front of the net WSW skates up the board if SSW is not under the pressure. If SSW is under the pressure WSW cut to the middle for support. Face the puck all the time, use good timing and speed!



IN ZONE PP

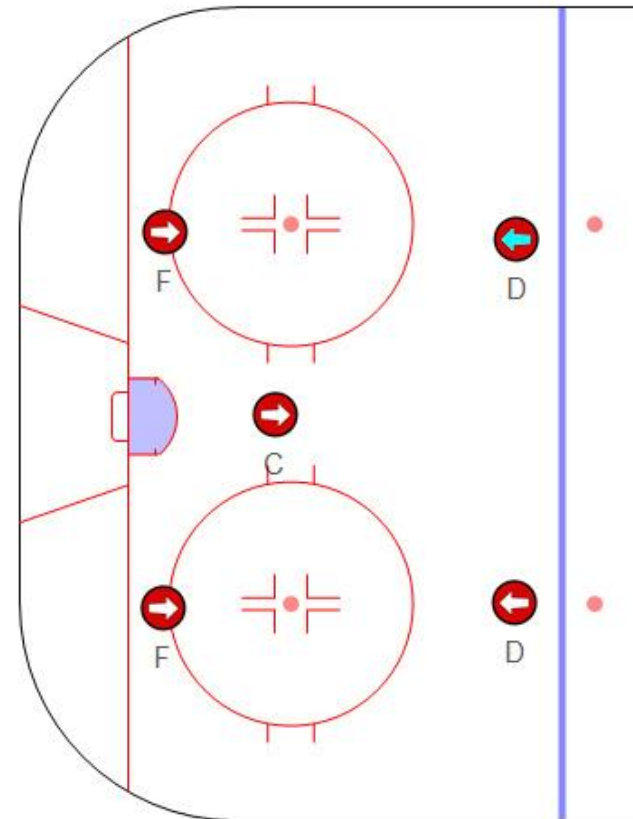
5-4 UMBRELLA POWER PLAY SETUP

- Make quick accurate touch passes.
- Quickly release puck on shoots.
- Battle in front of net; tip & deflect pucks.



5-3 WIDE SPREAD SETUP

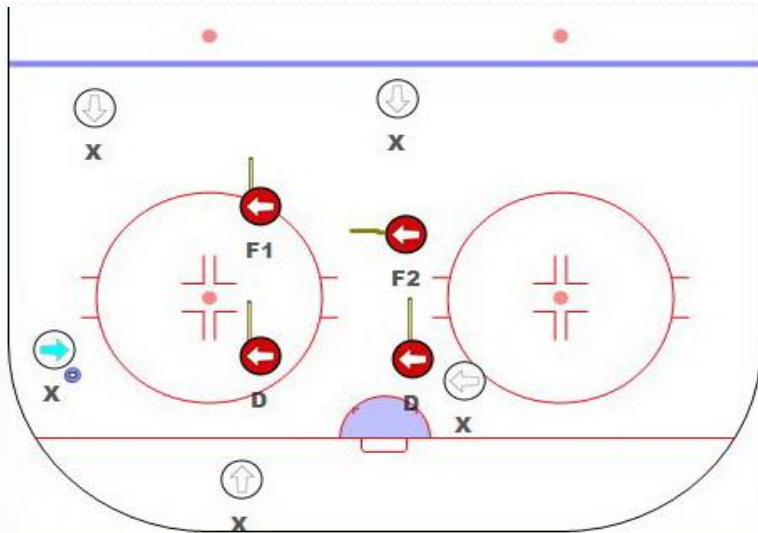
Both Defenseman and Wings are in the line with face off dots, allowing them to spread opposite defense. Center screen or get open in front of the net. Move the puck quick, do not over handle! Read the play and go to the net if shot is taken.



4-5 IN ZONE PK

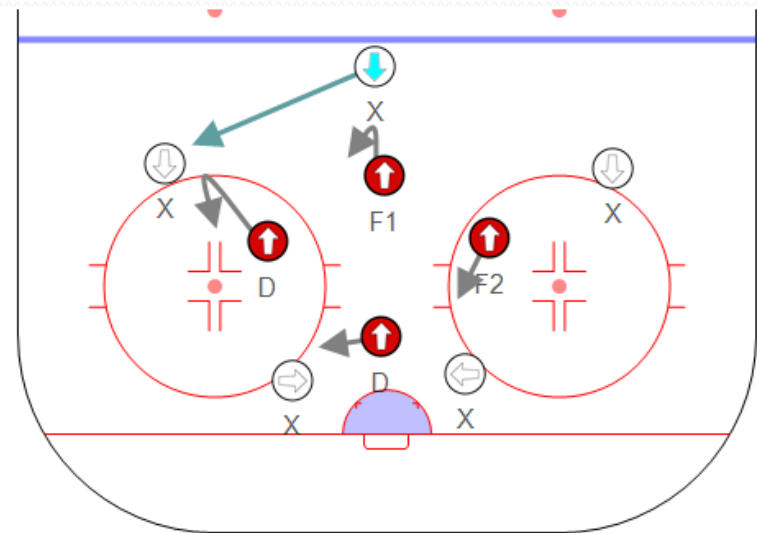
BOX

When the opposition has full control of the puck and is facing the penalty killers. The penalty killers should use the box to defend the scoring area until the opposition makes a mistake and allows the penalty killers to pressure. Get into the shooting lanes!



DIAMOND

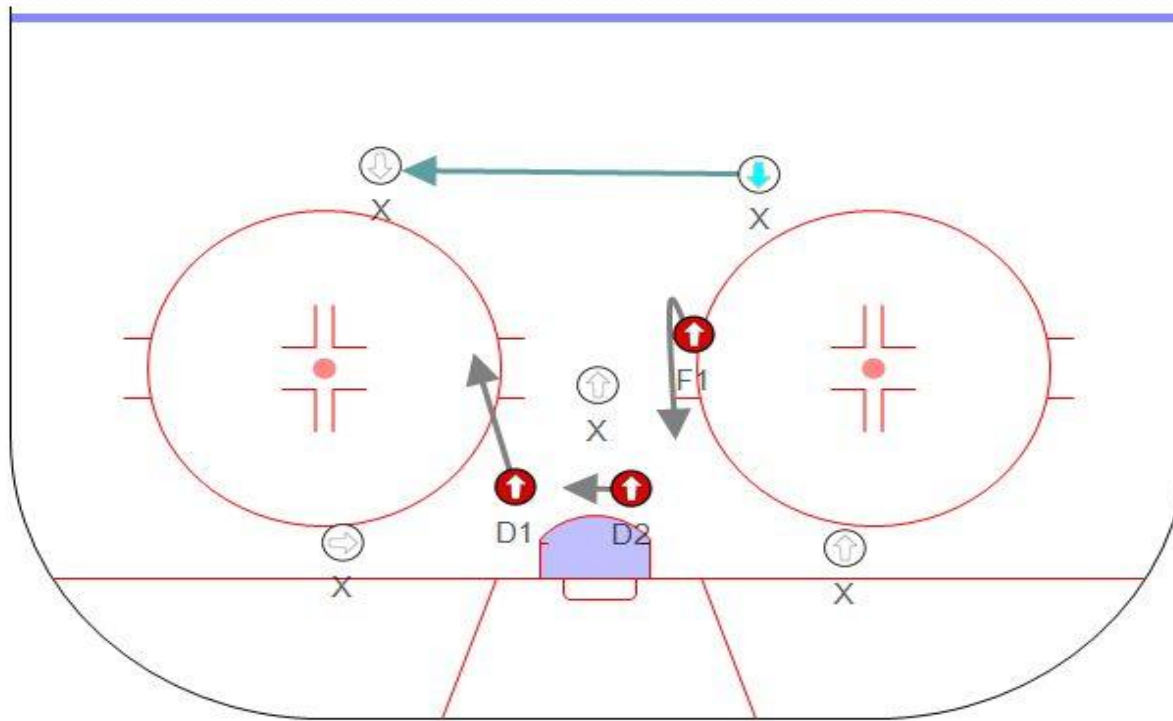
If Power Play sets up the Umbrella PP the penalty killers rotate from a box set up into a diamond set up. As the penalty killers rotate into a diamond they must stay in the shooting lanes of the power play, to make it difficult for the power play to get their shots on net.



3-5IN ZONE PK

DEFENSIVE ZONE COVERAGE vs. 2-1-2

Three penalty killers must rotate with one of the penalty killers fronting the puck and then always returning to the middle. If the puck is passed, the F will go out and front the puck using the top of the circles as a guide. Players fronting the puck must never get over extended.



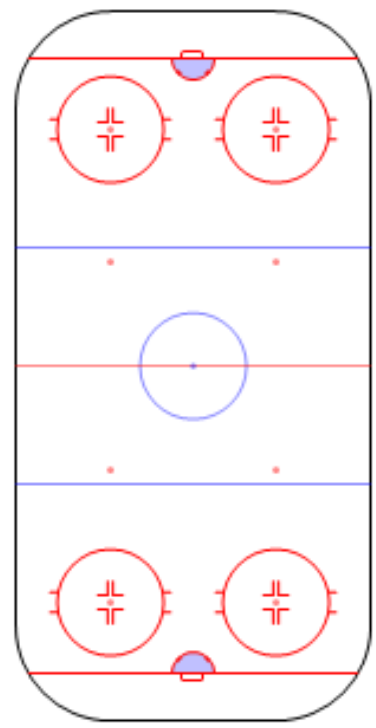
Concepts

- **Offensive Zone**
- Logos or Numbers = Close or Angle
- Read -> Anticipate -> React
- Communicate
- F1 Separates
- F2 2nd to puck and support (Create 2-1 at puck)
- F3 High and Read
- Beat man back / inside position
- D Reading support and aggressively reacting
- Urgency after Turn Over
- F3 on Defensive side
- Pressure without Gamble
- Ds Gap Control
- **Neutral Zone**
- Deny Middle
- Pressure Puck
- Back Pressure
- **Defensive Zone**
- Win 1 on 1 Battles
- Stick on stick/body on body
- Awareness of Puck
- Make Plays with Confidence

We do not want to see:

- Losing 1 on 1 Battles
- Stop playing after Mistake
- Turn Back to Play
- Drifting
- Helping at wrong Time
- Blocking Goalie's View
- Poor Communication
- Stick on player (only emergency!)

	LW	LD	C	RD	RW
1					
2					
3					
4					



Power Play	Penalty Kill
Unit 1	Unit 1
W	F
C	F
W	D
D	D
D	
Unit 2	Unit 2
W	F
C	F
W	D
D	D
D	

made by Robert Fail