

# Practice Checklist

- I. DEFENSIVE ZONE COVERAGE
  1. Low zone defense (1-on-1, 2-on-2, 3-on-3 ... 5-on-5)
  2. Arriving into defensive zone coverage
- II. FORECHECK / BACKCHECK
  3. Individual / team F1 - 2 - 3 ... passive pressure
- III. NEUTRAL ZONE - RUSH COVERAGE
  4. 1-on-1
  5. 2-on-1
  6. 2-on-2
  7. 3-on-2
  8. 4-on-2 (*defense activation*)
- IV. NEUTRAL ZONE - FORECHECK
  9. Angling / tracking
  10. Team (F1-2-3)
- V. BREAKOUTS
  11. Breakout options ... no pressure
  12. Breakout options ... pressure
  13. Set breakout
- VI. NEUTRAL ZONE REGROUPS / COUNTERS  
(*beating NZFC - trap / other*)
  14. NZ regroup / counter ... pressure - no pressure
- VII. TRANSITION
  15. Continuous offense to defense (*vice-versa*)
- VIII. OFFENSIVE ZONE ENTRIES
  16. Middle drive, wide / chip, cross / lateral, skate off puck, delays

## Coaching Quips ...

"Alert backchecking is usually a sign of good coaching."

Roger Neilson

- IX. RUSHES ... as part of drill / individual
  - 17. 1-on-1
  - 18. 2-on-0
  - 19. 2-on-1
  - 20. 2-on-2
  - 21. 3-on-0 (*triple drive*)
  - 22. 3-on-1
  - 23. 3-on-2
  - 24. 4-on-2 (*activate net defense*)
  
- X. OFFENSIVE ZONE - CYCLE
  - 25. 2 / 3-on-0
  - 26. 3-on-0 (*activate defense*)
  - 27. 3-on-1 / 2 (*defenders*)
  
- XI. OFFENSIVE - SHOOTING / NET PLAY
  - 28. Net play ... screen - tip - rebound
  - 29. Low walk-outs / stuffs
  - 30. Low walk-outs / wraps
  - 31. Shooting under pressure
  - 32. Defense shooting off blueline ... one-timers, wrist to net, foot work
  
- XII. SPECIALTY SITUATIONS
  - 33. 6-on-5 pulled goaltender (*OZ face-off*)
  - 34. 6-on-5 pulled goaltender (*NZ face-off*)
  - 35. 6-on-5 in zone
  - 36. 5-on-5 face-offs - team
  - 37. 3-on-3 overtime
  - 38. Line changes
  - 39. Face-off ... individual execution
  - 40. Shot-blocking
  - 41. Conditioning skate
  
- XIII. PENALTY KILLING
  - 42. Individual skill work ... straight line / stop / start / skating / stick
  - 43. 4-on-5
  - 44. 3-on-4
  - 45. 3-on-5
  - 46. Up-ice forecheck

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**XIV. POWER PLAY**

- 47. Breakout ... under pressure, passive, goalie quick-up
- 48. Entry and set-ups ... rim ins, control, recoveries
- 49. 5-on-4
- 50. 5-on-3
- 51. 4-on-3

**XV. DEFENSIVE INDIVIDUAL TACTICS ... SKILL WORK**

- 52. Backward skating (*forward / backward*)
- 53. Pivots
- 54. Evasive skating ... tight turns
- 55. Passing and receiving
- 56. Shooting / blueline
- 57. Seal outs / low
- 58. Net front coverage
- 59. Stick ... defending
- 60. Pinching ... technique

**XVI. FORWARD INDIVIDUAL TACTICS ... SKILL WORK**

- 61. Agility skating - tight turns, pivots, evasive skating
- 62. Passing and receiving
- 63. Net front ... screens, tips, rebounds
- 64. Shooting under pressure ... forehand, backhand, one-timers
- 65. Walk-out, wraps
- 66. Puck handling

**XVII. GOALTENDER**

- 67. Angles / shots
  - 68. Low zone attacks / stuffs ... walk-outs
  - 69. Wrap - back of net
  - 70. Puck handling - in front
  - 71. Puck handling - in trapezoid zone
  - 72. Breakaway
  - 73. Shoot-outs
  - 74. Pass across ... lateral movement
  - 75. Screens and tips ... rebound control
  - 76. Passing plays low and out
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# Talking Points

1. Good Sticks ...
    - ❖ All over the ice
    - ❖ Passing lanes
    - ❖ Defensive zone lead with stick flush, play up boards
    - ❖ Locking the middle
    - ❖ Going to the net
  
  2. Body Position ...
    - ❖ Make them come through you to the net
    - ❖ If the puck is in doubt, be on the defensive side
    - ❖ Battle hard, stick on the ice, keep position
  
  3. Stop in Front ...
    - ❖ Go to the net hard
    - ❖ Stick on the ice
    - ❖ Battle for loose pucks
    - ❖ Bury your chances
    - ❖ Hit the net
    - ❖ Traffic in front of net
  
  4. Feet Moving ...
    - ❖ All over ice
    - ❖ Winger getting puck out
    - ❖ Quickness through Neutral Zone
    - ❖ Cycle vs. slow "D" ... 3rd man rotation going to the net ... finishing the check
    - ❖ On the backcheck
  
  5. Support Teammates ...
    - ❖ Hold up with feet moving
    - ❖ Get available and want the puck
    - ❖ Puck-side support on all outs
    - ❖ Defense support through the middle ... keeping gap tight
    - ❖ If going in, be sure something is available and get out at the first sign that the puck is in doubt
    - ❖ Scrums - five guys in ... do nothing after the whistle
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## 6. Discipline ...

- ❖ Shift length
- ❖ Retaliate after the whistle
- ❖ Getting the puck deep
- ❖ Finishing checks
- ❖ Be positive all the time

## 7. Great Decisions ...

- ❖ Commitment to the team ... do whatever it takes
- ❖ Supporting on outs
- ❖ Dump-in away from goal and with a purpose
- ❖ Changes ... hard and be aware
- ❖ Defensemen - when to jump up ... when to get back and out of the offensive zone ... when to pinch
- ❖ Forwards - forechecking 1 or 2 men depending on possession other team has ... 3rd man all the time in rotation especially when puck is in doubt
- ❖ Getting the puck to the net or deep
- ❖ React ... trust your decision

### **Hockey Tips ... Deking**

When attempting to deke an opposing player, these basic moves are necessary ...

1. The fake or fakes.
2. The move.
3. Acceleration.

A simple deke is faking to your forehand, moving the puck quickly to your backhand and then driving by the defender. Some players forget to accelerate.

You must sense which dekes will work. Often the positioning of the defender's stick will determine this.

'All-or-nothing' dekes, which if unsuccessful will result in a turnover, should be reserved for deep in the offensive zone where little damage can be done if the puck is lost. You need to practice your dekes through markers, keeping your head up. It's repetition that will result in improved stickhandling.