

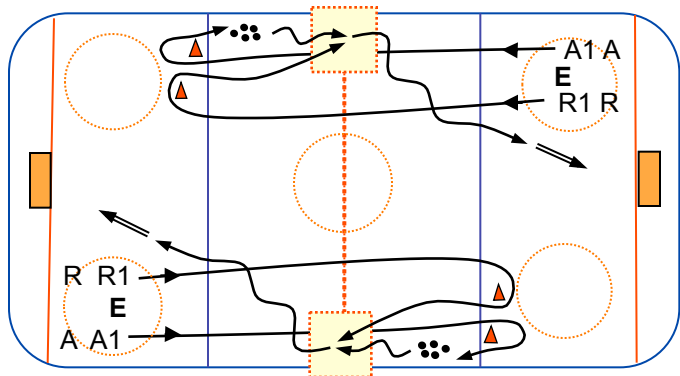




### 4d. Collective Tactical play- Defence Backcheck - Central Zone Key exercises

XXXX	essentiel
XXX	important
XX	important based on player aptitude
X	exploration - sensibilisation

XXX - XX



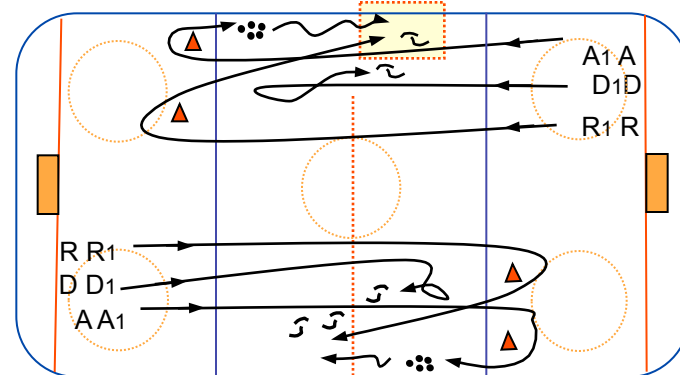
#### Angling the puck carrier

Two groups using the length of the ice.

#### Exercise :

- . At the whistle, the first two players of each column speed up and skate around their respective cone.
- . **A1** pick up a puck and tries to score.
- . **R1** on the backcheck tries to reach the puck carrier and uses the angling/corridor method.

→ **Adjust the cones to create a close play.**



#### Double defensive coverage 1 vs 2 3<sup>rd</sup> man role on the backcheck with a defenseman

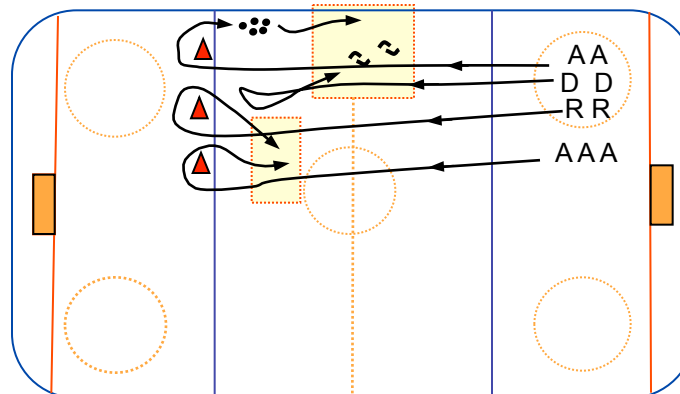
We are adding a defenseman row, **D1**

**D1 & R1** reduce the space of **A1** while not allowing him to use the middle of the ice and squeezing him to slow him down and take the puck away.

#### Exercise :

- . The 3 players leave at the whistle.
- . **A1 & R1** skate around their cone and **D** perform a half pivot front-back and adjust his distance with **R1** et **A1**
- . We have **A1** carrier against **R1** backcheck and **D** which results in a double defensive coverage.

**Adjust the cones to create a close play.**



#### 2on2 Backcheck

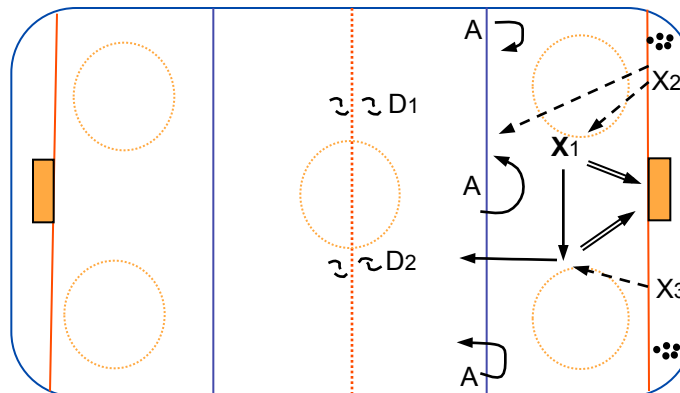
Who's doing What ?  
Who's taken Who's ??

. Let's add another column of **A** to get a 2 on 2

#### Exercise :

- . Same type of start as other exercises
- . While around the cones, **D** and his partner **R** on the backcheck, communicate to figure out who's taken who in order to get a 1 on 1 everywhere.
- D & R** read the play developing and adjust

**Adjust the cones to create a close play.**



#### Backcheck - Applying in a real game 1 player on the backcheck

. 3 forwards **A** stationed at the blue line and **D1 D2** halfway between the red and the blue line.

. **X1, X2** et **X3** in formation 1.2.3 around the net.

#### Exercise :

- . **X1** is the "third man" in the offensive zone.
- . **X1** will make 2 offensive plays and 1 defensive
- 1. **X1** creates a passing lane with **X2** while moving near the circle where **X2** will pass him the puck and **X1** shoot on net.
- 2. **X1** skates for **X3** passes the puck to **X1** and shoots.
- 3. Right after the second shot, **X2** quickly passes the puck to one of the **A**, then on the attack against **D1-D2** with **X1** on the backcheck.

**The 2 D protect the middle of the ice. The X1 backcheck will be where there is more than one player A either on the D1 or D2 side. X1 and the D under pressure share the job of who is taken who. Other D watches the other A.**