



IIHCE

# A TOURNAMENT IN MY LIFE - THE TOURNAMENT OF MY LIFE

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# PLAY BOOK

## TOUR DE TORINO

- The purpose of this video was to prepare players for the Torino Olympics and help our team play to work well in a short preparation time.
- Good goalie and defence are the backbone of the game and foundation for offence: The goal is to play with simple and clear system.

# DEFENCE

**The two main principles of defence are:**

- **One:** Give pressure on the opponent's puck carrier, and
- **Two:** Tight defending of the middle-lane.
- Our challenge is to execute these two principles in a big rink; play active and give pressure, but in the same time, keep the five-man unit compact.

# FORECHECK 1-2-2

**“Quick reaction of the closest player”**

- Forecheck begins, most often, from our own attack. The most crucial element for a quick start in the forecheck is the closest player’s ability to make an immediate transition from offence to defence.

# FORECHECK 1-2-2

## Pressure triangle:

- Give pressure on the opponent's puck carrier, and maintain unit balance in one-two-two formation in the offensive zone.
- Pressure triangle down low in the offensive zone:
  - One: Pressure
  - Two: Middle
  - Three: Weak side
- Maintain the balance and stay inside:

# FORECHECK 1-2-2

## “Counter movement”

- Unit balance is created with counter movement: One gives pressure, the other provides cover.

## “Forecheck and backcheck”

- Forechecking is footwork; be ready to forecheck and backcheck.

## “Break the rhythm – Footwork”

- Break the opponent’s play rhythm and you’ll cause the opponent to make a mistake.
- Off a steal; quick transition from defence to offence

# STEER 1-2-2

## “DEFEND THE MIDDLE-LANE”

- When you are not able to pressure the opponent; the second choice is to defend the middle-lane and angle the opponent to the boards.
- Big ice pressure triangle:
  - One; angles
  - Two; gives pressure
  - Three; covers the middle

# STEER 1-2-2

## “Forwards defend the red line”

- The rotation of the forwards is a good way to maintain feet moving and protect the red line.
- Weak side forward; covers all short passes to the middle.
- Forwards’ responsibility is to defend the redline



# STEER 1-2-2

## “Defenders defend the blue line”

- Defenders’ responsibility is to defend the blue line.
- Remember! The goal is to defend the middle-lane and angle the opponent to the boards.
- Off a steal; quick transition from defence to offence.

# DEFENSIVE ZONE

**“Pressure the puck carrier and mark your 1-1”**

- In the defensive zone defence, it is important to start active defending immediately after the opponent crosses the blue line.
- This means that you have to give pressure on the puck carrier and through the backcheck thoroughly cover all the players away from the puck; Find your man to cover.

**“1-1 + The middle”**

- Defence in the defensive zone is man-on-man coverage and outnumbering the opponent downwards from the middle.

# OFFENCE

## “Win space to the middle”

- The main principle of offensive play is to win space to the middle. Breaking out from the middle is the foundation for versatile offensive play that is hard to defend against.

# OFFENCE

## “Skate to the middle”

- The first option to win space to the middle is to move your feet. Get prepared for this already before getting the puck; when you get the puck, win space to the middle.
- After gaining possession of the puck, take your ice immediately.
- First non-puck carrier to the net provides the tip for the attack.

# OFFENCE

## “Pass to the middle”

- Second option to get to the middle is to provide pass option; pass to the middle below the blue line will open up the neutral zone.
- The center forward’s responsibility is to offer pass option to the middle.

# OFFENCE

## **“Use defensemen to break out”**

- Defenseman’s involvement in offence provides a chance for outnumbering the opponent in a specific area.

## **“Finish – Three levels”**

- Finishing the attack should occur in three levels:
  - 1. Puck Carrier
  - 2. Middle drive
  - 3. Back support

# OFFENCE

## “Defenseman: support the attack”

- Defender’s support in finishing the attack: Support to the middle and return back to the blue line.
- Also, playing down low in the offensive zone, offer a pass option to the middle and return back to the blue line.

# OFFENCE

**“Maintain possession and play to the net”**

- If you can't win space to the middle, maintain the possession and look for new opportunity.
- Move, maintain the possession, and keep the offence in balance.
- Remember the weak side support !



# PENALTY KILL

## Penalty kill forecheck

- Goal is to play active penalty kill with continuous pressure using short shifts.
- Penalty kill forecheck: one-three.
- One; forces the opponent to the boards and the others form a tight line in the back.
- When the opponent changes the side, F1 and the center can switch positions.

# **PENALTY KILL**

## **Penalty kill on the defensive blue line**

- **When the puck crosses the defensive blue line, all four players must be in the same zone; give immediate pressure and close the middle.**
- **And, with a thorough dump out!**

# **PENALTY KILL**

## **Penalty kill in the defensive end**

- **If the opponent gets good control on the puck, we'll play with small box. Defensemen close to the net and the strong side forward blocks passing lanes to the blue line and the weak side forward blocks the cross ice passes.**

# POWER PLAY

## Break out

- Straight attack is the first choice to create a scoring chance.
- In order to get the puck into the offensive zone, it is important to accelerate in the neutral zone. Important when carrying the puck in successfully and establishing control in the offensive zone and provide close support on the puck.

# POWER PLAY

## Offensive zone down low

- The goal of the power play is to produce a shot and a rebound in front of the net.
- If the defensemen play wide, one forward has to screen the goalie.
- High cycle creates man advantage on the blue line and an opportunity for a shot.
- Offensive zone face off provides a good opportunity to create a scoring chance.