



**4d. Collective Tactical play- Defence**  
Backcheck – Central Zone

XXXX essentiel  
XXX important  
XX important based on Player Aptitude  
X exploration - sensibilisation

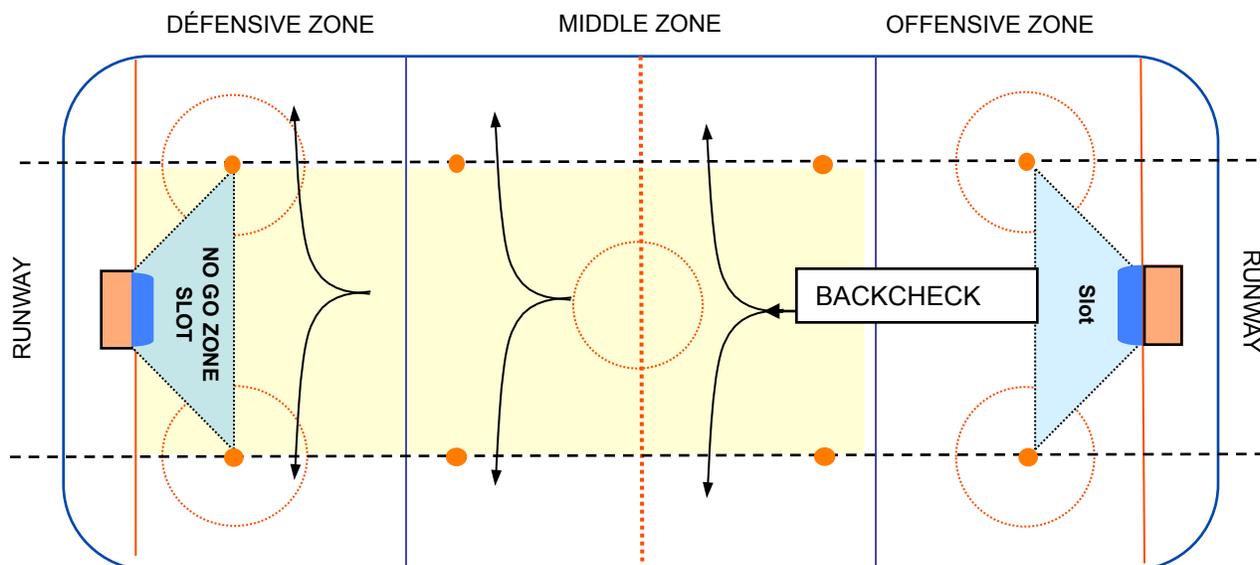
**On-ice exercise to use**  
**See the next page**

**XXXX**

Consider comprehension level of your players.  
At least, be firm how important backcheck is when your team loose the puck

**AIRPLANE RUNWAY**

**Joining the face off circle from each side of the rink with a dotted line, The corridor looks like a runway. The objective is to always divert the puck carrier towards the boards.**



**In the MIDDLE ZONE :**

**- " BACKCHECK "**

- . Ideally, DO NOT GIVE UP THE MIDDLE OF THE ICE.
- . When on the backcheck, force the puck carrier to stay in one of the outside corridors, along the boards, get closer to the carrier and reduce his space where he can manoeuvre.

**WHY?**

To take away his passing options. If he would be in the middle of the ice, he could pass to his left or right or manoeuvre anywhere he would want in the middle and this would complicate the defense job.

**DEFENSE TEAM STRATEGY :** exercise on the next page.

Splitting responsibilities between the backchecking player and the defense on the side where the play is:

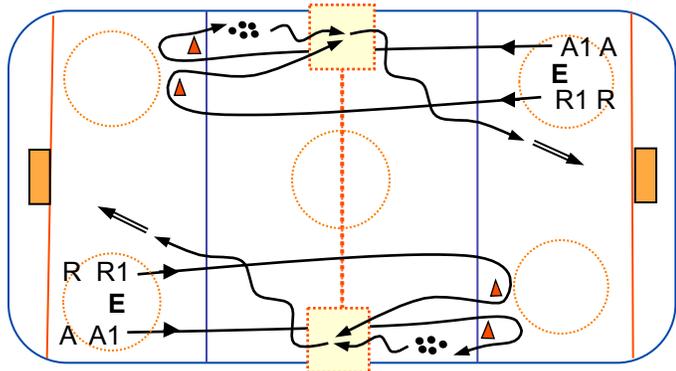
- . If the puck carrier is alone, **Double the defense:** the backchecker with the defense create a 2 on 1 blocking all possible angles against the puck carrier, reducing his space and forcing him to get rid of the puck.
- . If the carrier is with a teammate creating a 2 on 2, you need to **split the responsibilities:** the backchecker and the defense take each a player to create two 1 on 1. – Ref. C2 p4a and the next page →



### 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



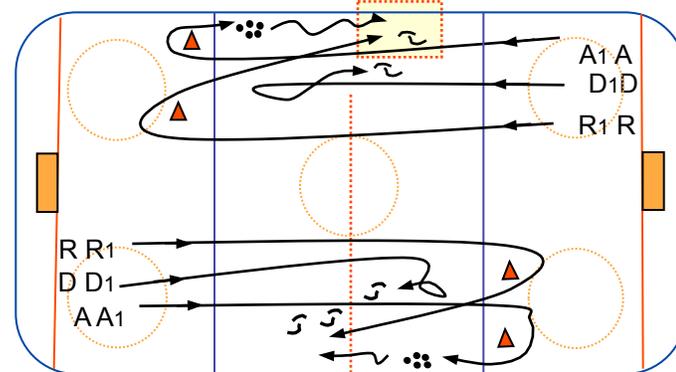
#### Angling the puck carrier

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

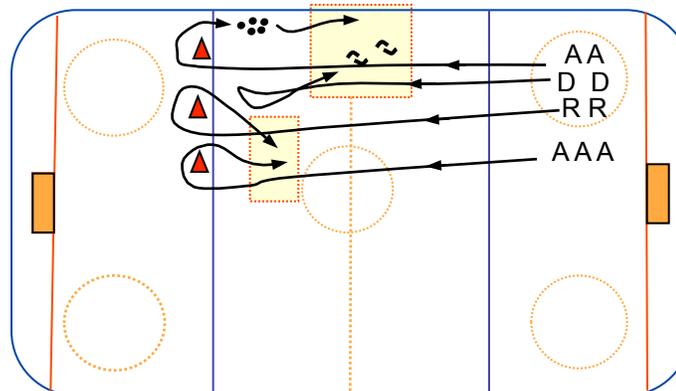
We are adding a defenseman row, **D1**

**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 ??

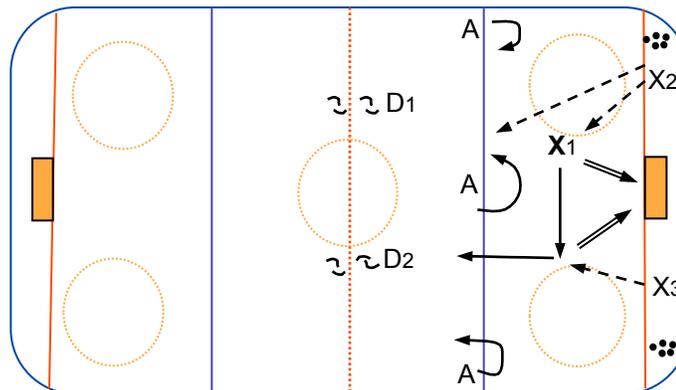
. Let's add another column of **A** to get a 2 on 2

#### 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.**