

*“When observing support, watch the players away from the play” – Dave King*

# Offensive Zone Systems

**Offensive Zone Key Words:**  
“Attack Triangle”, “Cycle”, “Support”



## Offensive Attack

### **Overview:**

There are a few characteristics a good offensive attack set-up should have:

1. Proper support—both front and back sides
2. Width and depth of attack
3. Speed and timing

The Brady Coaching Staffs basic philosophy with offense is to set up some foundational principles of attack then encourage lots of creativity within that framework. We teach the "Attack Triangle" as our offensive set-up, but then teach players to use all options, and to get creative within that set-up.

In this section we discuss the following aspects of offensive attack:

- Positional Responsibilities: Where each forward should go and why
- Offensive Attack Options: Various attack scenarios that work within the attack triangle set-up

The strength of the attack triangle set-up lies in the fact that it offers the puck carrier both front-side, and back-side support; or in other words, a front-side and a back-side passing option. The objective is for the puck carrier (F1) and the second player into the zone (F2) to drive hard and deep, wide to each side, forcing the opposing defensemen to go with them. This creates width of attack, and opens up space in the middle for the third player (F3) to enter the zone as a "trailer" option, adding depth to the attack. Using this framework allows our team to attack in waves and think in terms of options, as show in the proceeding diagrams. If Option 1 is taken away, the puck carrier and his partners should look for Option 2, then Option 3, and so on. There are literally dozens of possible options that can be run within the attack triangle set-up, so you are encouraged to be creative!

### **OBJECTIVE:**

An effective attack has 2 objectives:

1. Enter the zone with width and depth of attack using an "Attack Triangle"
2. Don't pass until you draw an opposing player to you – skate the puck until you are forced to pass it. This is how you isolate your opposition and turn 2 on 2's into 2 on 1's, and 2 on 1's into 1 on 0's. Have poise with the puck!

### **RESPONSIBILITIES:**

The following plays will all keep the same basic format:

- F1 (First forward in the zone – with puck) drives hard and takes puck wide
- F2 (Second forward in the zone) drives hard to the far post and stops there. This will force the opposing defenseman to spread out, adding width to the attack
- F3 (Third forward in the zone) trails in behind the play and creates depth of attack

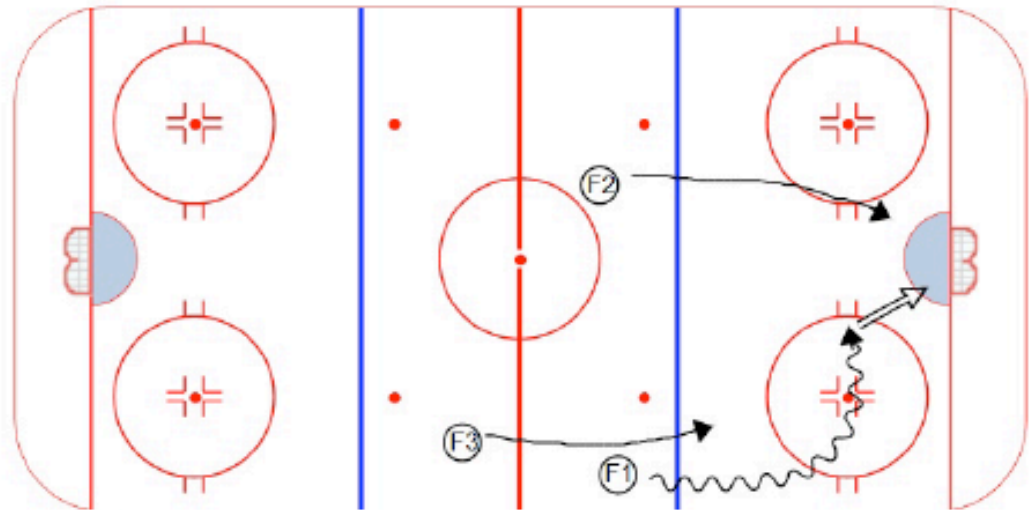
All players must study these plays and options, and try to execute them in practice and games. If part of the play (or the whole play) breaks down, then you must use your imagination and natural ability to improvise.

**Remember:**

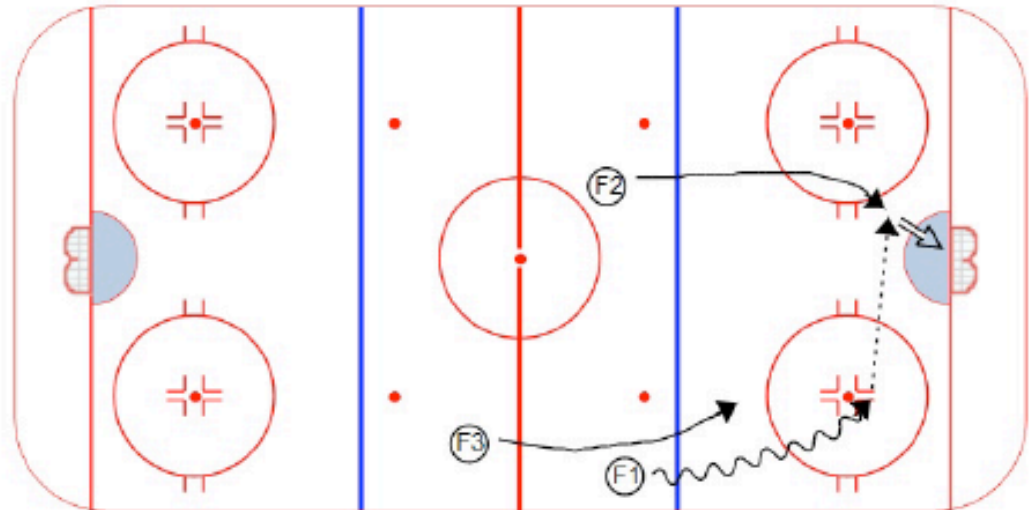
1. Read and React to the puck carrier with speed and intensity
2. Use speed to force defenders to make decisions
3. "Cycling" and criss-crossing confuses defenders

## OFFENSIVE ATTACK OPTIONS:

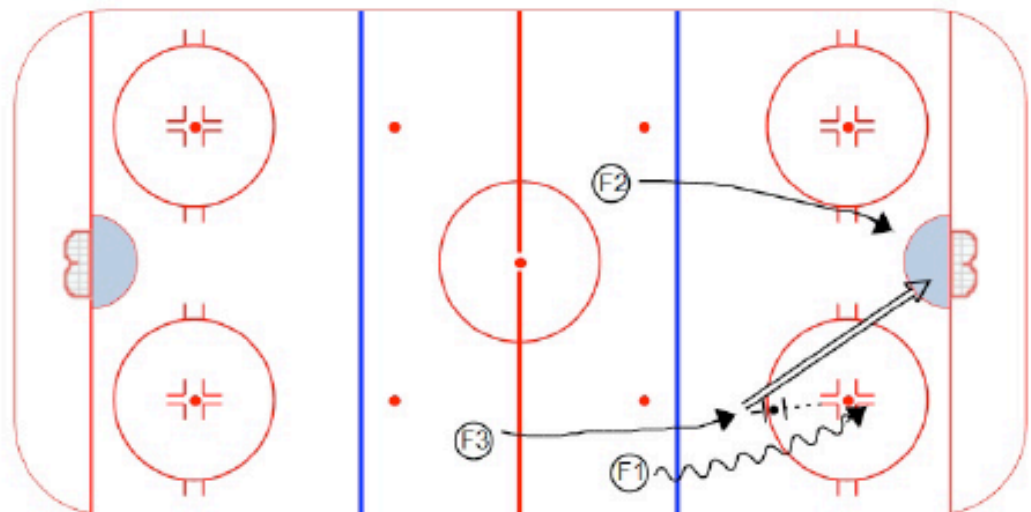
Option 1:  
Drive wide, cut to  
the net



Option 2:  
Drive wide, pass  
across to F2 for  
one-time shot

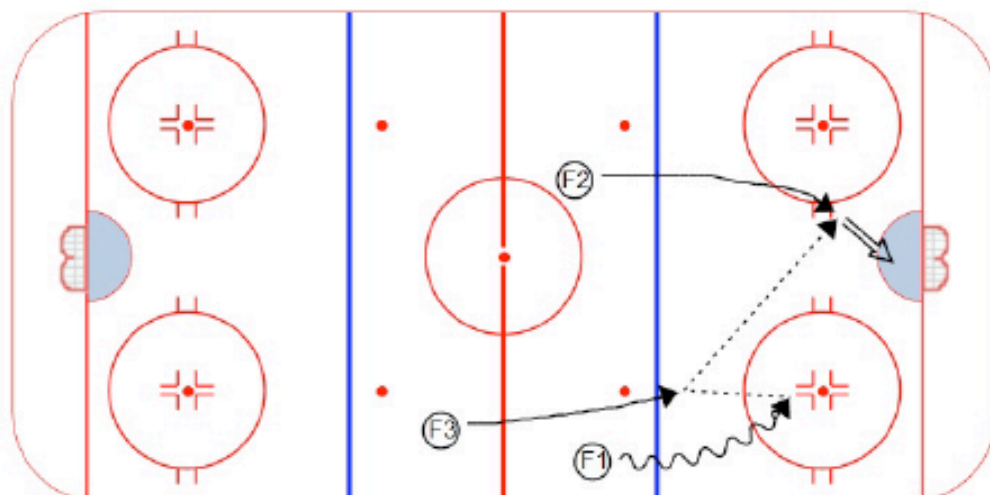


Option 3:  
Drive wide, drop  
pass to F3 for a  
shot on net

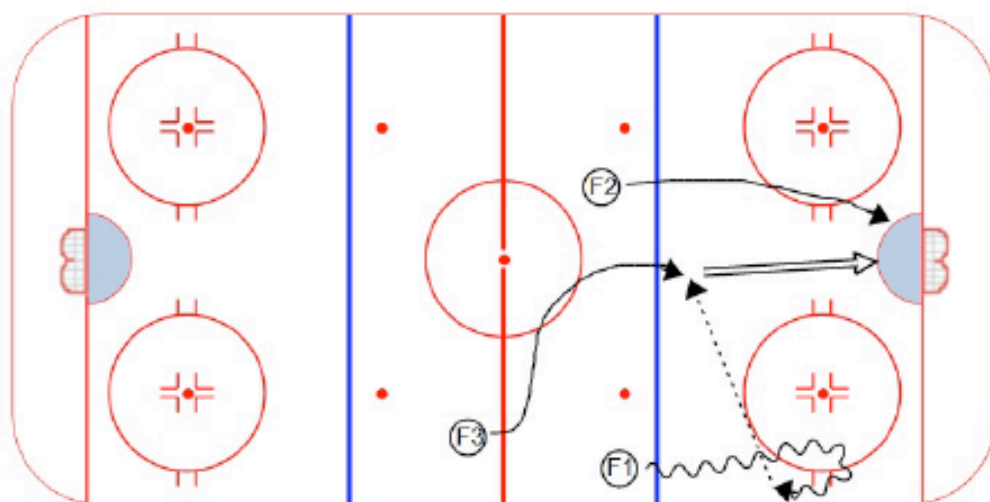


## OFFENSIVE ATTACK OPTIONS:

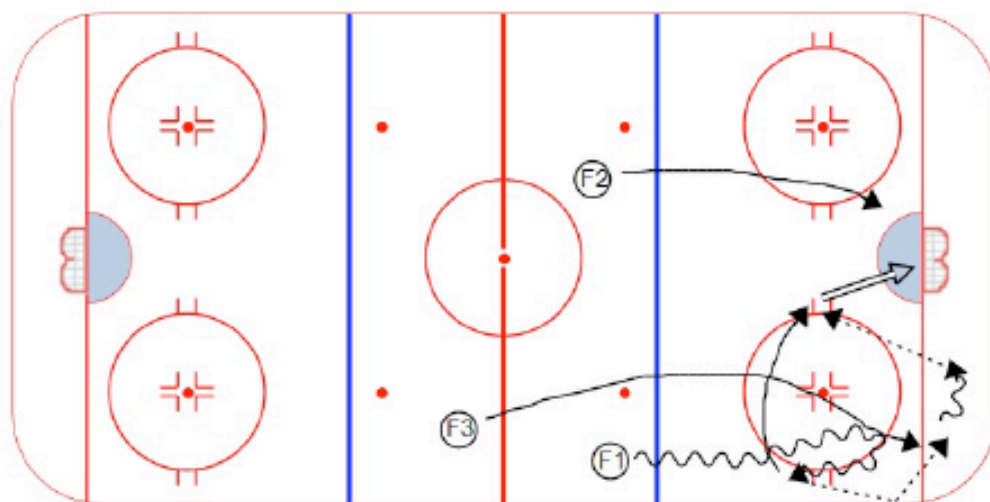
Option 4:  
Drive wide, drop  
pass to F3, pass  
across to F2 for  
one-time shot



Option 5:  
Drive wide, delay,  
hit F3 filling the  
middle lane for  
one-time shot

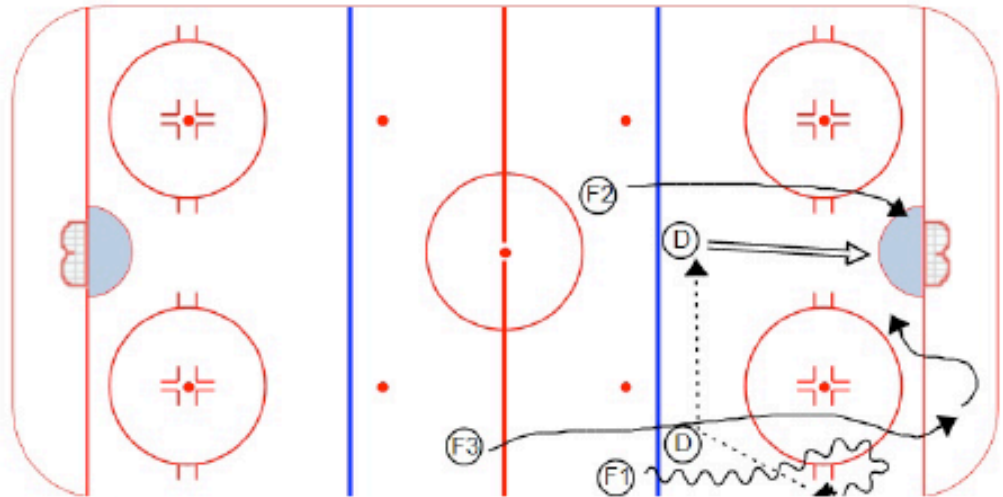


Option 6:  
Drive wide, delay,  
high cycle to F3 who  
drives deep. Give &  
Go through the  
seam

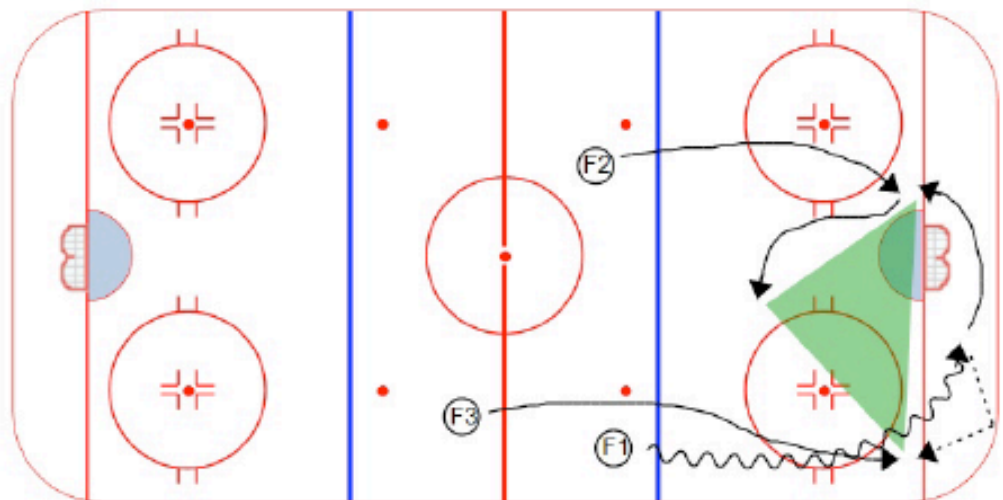


## OFFENSIVE ATTACK OPTIONS:

Option 7:  
Drive wide, delay,  
pass back to D.  
D to D pass, shot on net



Option 8:  
Drive deep, low  
cycle maintaining  
triangulation. Work  
puck to the front  
for a shot on net



## Forechecking Systems

### OVERVIEW:

A well-designed, well-executed forechecking system can be the difference for our team's ability to maintain control of the puck over the course of the game. When we run the right forechecking system, and run it well, we will be able to hem the other team into their own zone, and maintain intense offensive pressure. In this section you'll find four different forechecking set-ups. Each has different strengths and different weaknesses:

- **1-2-2 "foosball"**: Functions like an "offensive zone trap." Very effective at causing turnovers, vulnerable if the puck-carrying defenseman decides to walk the puck
- **2-1-2 Stack or Spread**: Aggressive pressure, great to set the tone. Could be vulnerable to a quick transition & breakout
- **2-3 Press**: Highly aggressive and intimidating. Instills fear and panic in the opposing defensemen. Takes discipline to execute, and is vulnerable to a "chip out" if the players are too slow to react
- **1-2-2 Neutral Zone Trap**: Effective if we are "out-gunned" by our opponent. Can be an extremely effective forecheck if our team is slower and less skilled than our opponent. We need to have a quick transition from defense to offense, once we get the puck back in the neutral zone.

Strategically, we will teach the 1-2-2 forecheck exclusively until the team has mastered it. The other forechecking systems outlined in this playbook may be introduced at some point however they will not be introduced until the team can consistently execute the 1-2-2 forecheck with precision.

Ultimately, the goal is to become proficient in 3 or 4 different systems. Once a team has a large repertoire of forechecking set-ups, the coaching staff can use that to their strategic advantage. For example, we can designate different set-ups for different lines, or even change the set-up mid-game if the other team starts adjusting to your game plan. Again, we must first **Master** one forecheck before introducing other systems.

## 1-2-2 “Foosball” Forecheck

### RESPONSIBILITIES:

#### F1 (First forward in)

- “Flushes” the puck carrier
- Puts just enough pressure on opposing puck carrier that he has to move the puck
- His objective isn't to pin puck carrier down low but to force a pass

#### F2 & F3

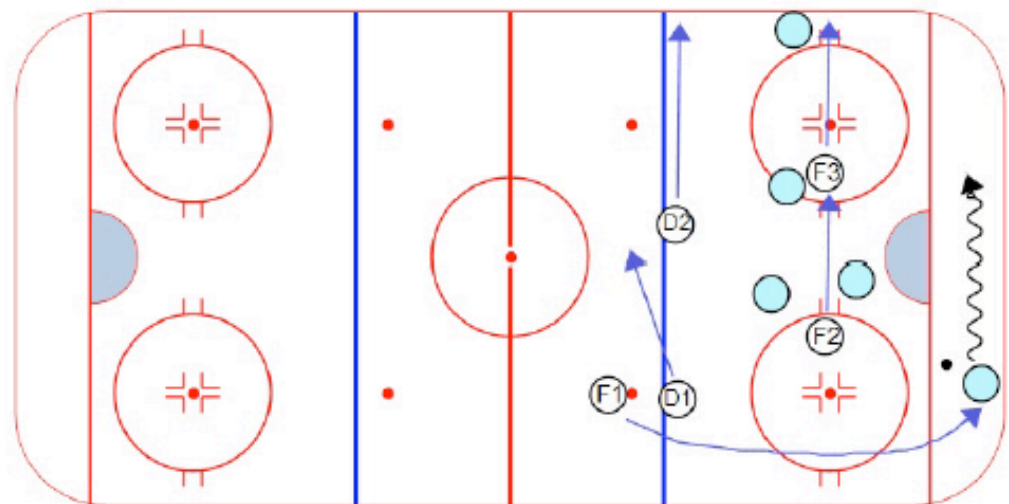
- Set up just above the face-off dots on either side
- Pick up opposing wingers
- Take away outlet passes
- Eliminate opposing team's breakout options
- NOTE: F2 and F3 CANNOT GO INTO THE CORNER AFTER THE PUCK, THIS WILL CAUSE THE FORECHECK TO FALL APART

#### Defensemen

- “Seal” off the boards in case the puck squirts up ice – NO PINCHING
- Support each other

Note: This forecheck baits the other team into thinking they have options, and then takes those options away quickly. It functions like a trap, except it forces the turnover in the offensive zone.

#### 1-2-2 Forecheck





*“When I work harder at those one-on-one battles, I get the puck more often. I don’t wait for the puck to come to me, I go after it. My defense creates my offense” – Mike Modano*

# **Defensive Zone** **Systems**

## **Defensive Zone Key Words:**

“Head on a swivel”, “Knees Bent”, “Active stick”



## **Sagging Zone**

### **RESPONSIBILITIES:**

#### **Right Defenseman (Puck Side Defenseman)**

- Must attack puck carrier
- Look to “Hit and Pin”
- Should try to force pass and finish check
- Look to recover after pin, beat your man back to the front of the net

#### **Left Defenseman (Weak Side Defenseman)**

- Position off weak side post
- Cover front of net down low

#### **Center**

- Position of support for RD
- First man to the puck when RD makes pin
- Initiates breakout if he picks up the puck
- Be aware of opposing forwards on puck-side boards
- If RD is out-manned (2 on 1) Center must come in and help (provide support)

#### **Left Winger (Weak Side)**

- Position in slot off far post
- Support LD on far post (pick up any loose men in front of the net in mid to high slot area – LD will pick up loose men in low slot)
- Be aware of “Puck Ring” around boards to weak side (you need to anticipate and beat the opposing defenseman to the boards)
- Cover slot and weak side opposing defenseman

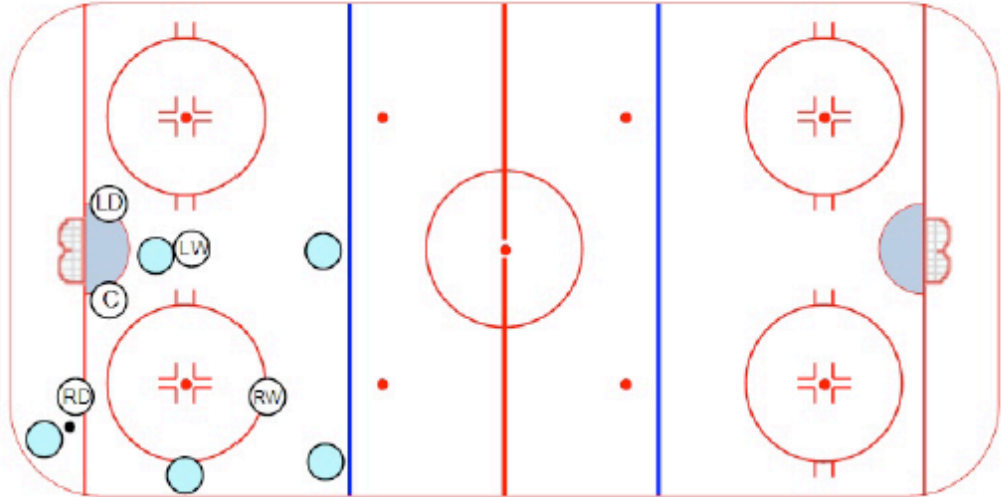
#### **Right Winger (Strong Side)**

- Position about top of the circle, facing boards
- Should be able to see both the puck in the corner, and the opposing defenseman on the puck side
- Cover puck-side opposing defenseman
- Must be aware of both opposing defensemen

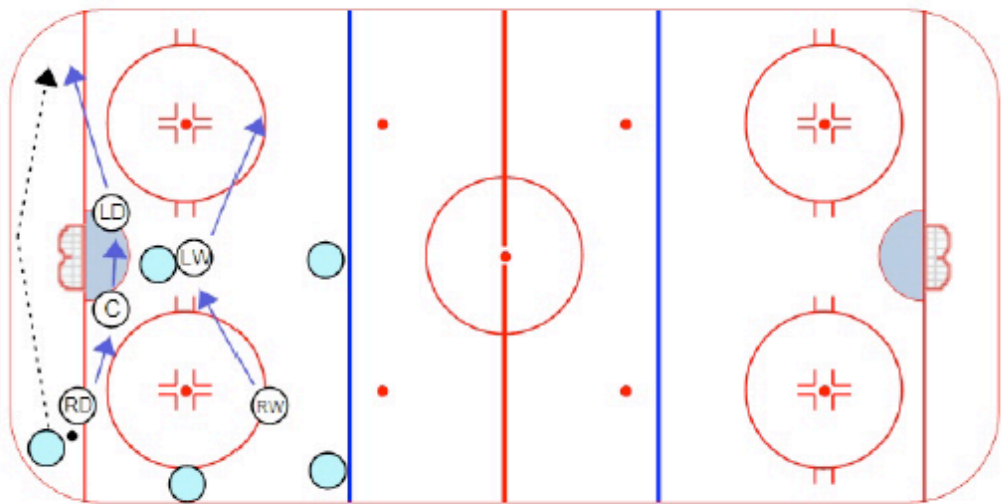
# Sagging Zone

## Defensive Zone Responsibilities & Positional Shifts

Sagging Zone Responsibilities



Sagging Zone Positional Shifts



# Playbook Hyperlinks

## Individual Skills

### Delivering a Check

Example: <http://www.hockeyshare.com/video/?vid=FgkxNLxLR0s>

### Receiving a Check

Example: <http://www.hockeyshare.com/video/?vid=JrDWtvjvt4g>

### How to win a Faceoff

Example: <http://www.youtube.com/watch?v=NwKIZfh8s6c>

### Backhand Shot

Example: [http://www.hockeyshare.com/video/?vid=x8I\\_zaDaky0](http://www.hockeyshare.com/video/?vid=x8I_zaDaky0)

### Slap Shot

Example: <http://www.hockeyshare.com/video/?vid=HssioRWnT24>

### Wrist Shot

Example: <http://www.hockeyshare.com/video/?vid=Iui1PmkGpeg>

### One Timers

Example: <http://www.hockeyshare.com/video/?vid=ZJAmx89gDrQ>

### Additional training videos located here:

Example: <http://www.hockeyshare.com/video/>

## Offensive Zone Systems

### Attack triangle

Offensive Attack Options\_ D-Zone/N-Zone (Weisstech) 8:30

<http://www.youtube.com/watch?v=9M1P7mCQluY>

Attack Triangle Options\_ O-Zone (Weisstech) 8:11

<http://www.youtube.com/watch?v=cUFXOTj-oao>

In Action\_Dissected (Weisstech) 6:30

<http://player.vimeo.com/video/87249384>

Cycling (Weisstech) 6:00

<http://www.youtube.com/watch?v=MnnV78zSpXk>

## **1-2-2 “Foosball” Forecheck**

Explained (Weisstech) 7:37

[http://www.youtube.com/watch?v=G-LNRd\\_fDo](http://www.youtube.com/watch?v=G-LNRd_fDo)

Expanded explanation (Weisstech) 22:00

<http://vimeo.com/3612488>

In Action (Weisstech) 9:18

<http://www.youtube.com/watch?v=xqB-czQMZec>

## **Face Offs**

### **Offensive Zone Faceoff Assignments**

Explained (Weisstech) 5:32

<http://www.youtube.com/watch?v=grRwGwkfbgs>

## **Defensive Zone Systems**

### **Sagging zone in action**

<http://www.youtube.com/watch?v=YiOkmQwuUz4>

## **Special Team Systems**

### **Penalty Kill**

Basic Box Explained (Weisstech) 5:11

<http://www.youtube.com/watch?v=XeNryUEVII8>

5 on 3 (Weisstech) 5:13

<http://www.youtube.com/watch?v=35OKSQdViaw>

### **Power Play**

Overload/Umbrella Hybrid (Weisstech) 9:33

[http://www.youtube.com/watch?v=qctsbJ\\_jixA](http://www.youtube.com/watch?v=qctsbJ_jixA)