

Skill: Game knowledge and strategy

Purpose: **Prevent** costly ***turnovers*** and Goals Against

1) Last Man Back **CAN'T** Lose the Puck

You can pass it
You can carry it
You can shoot it
You can dump it (as a last resort)

2) Go With the Flow of the Puck

Let the puck tell you which way to go with it (even if it is back to your zone)

Don't force the puck right back into traffic, regroup and look for support

Look for support and threats before you get to the puck

Look for support and threats after you pick up the puck

The puck is a lot easier to handle when you pick it up in the direction it is going.

3) In a Battle on the Boards Approach from Defensive Side

On the boards you are responsible for your attacker - don't let him out with the puck

If a battle is lost you can recover to the defensive side of the battle ahead of the attacker

If the battle is won you can quickly get to the offensive side of the battle for support

Losing a board battle from an offensive approach gives the other team a head start toward your goal