

Defensive Tips

5 TIMES TO PINCH

1. Opposing player “bobbles” the puck
2. Opposing player has back to the play
3. Puck is wrapped around and no opposing player in sight
4. Opposing player is deep (below hash marks)
5. Opposing player receives puck and has head down

Defensive Tips

Partner Communication

- “**Turn up**” Turn up ice towards the boards on the side of the puck
- “**Wheel**” “Around the Net” Carry the puck around the net to the other side
- “**Over**” D to D pass
- “**Wrap**” Fire the puck along the boards to the weak side
- “**Reverse**” Carry the puck behind the net and bounce / throw it back to the area it came from so your partner can pick it up (similar to cycle on the boards)

Defensive Tips

Breakout (simplified)

- 3 Options
 1. Pick up with speed (behind the net) and **skate through the 'dots'** and make 1st pass or gain blueline
 2. **Pass to forward** moving up ice, in motion, or cutting across neutral zone
 3. **Chip off boards/glass** into neutral zone open ice where forward in motion can gain possession