

Individual & Team Defensive Concepts:

Presented by:
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BUCKEYE HOCKEY

Practice Drill Sheet

Type of Drill: HOME BASE THEORY

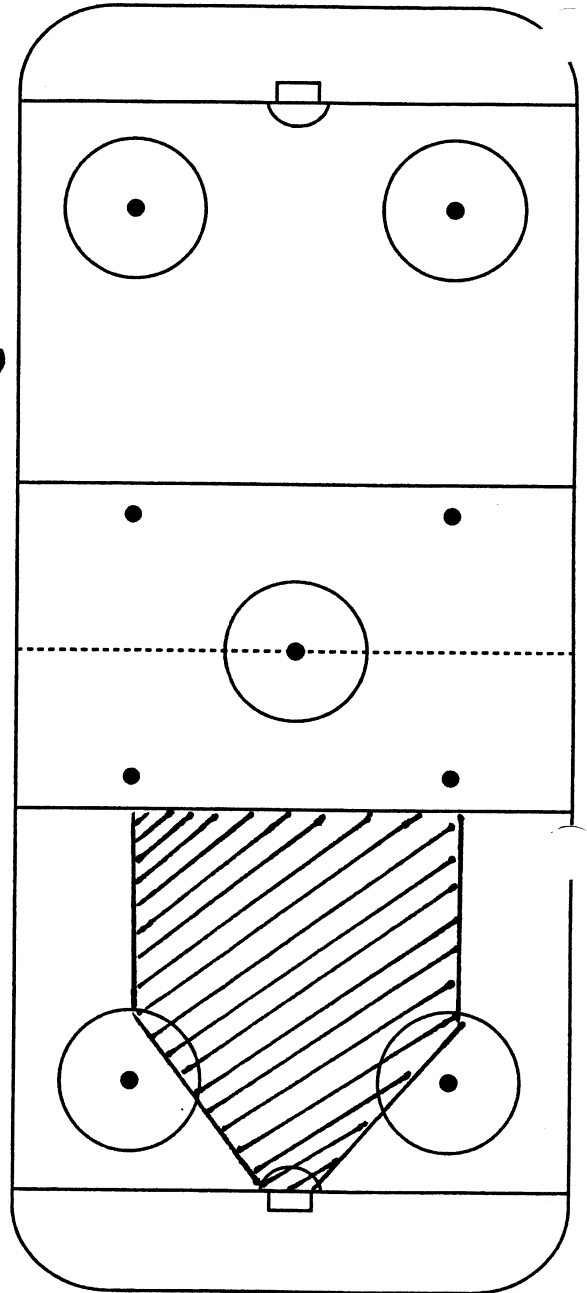
Notes:

- VERY SIMPLE, BUT TAKE TO HEART
- ALL DECISIONS BY PLAYERS WILL BE BASED ON THIS THEORY (EXAMPLE: DO I LEAVE MY MAN TO HELP OUT?)
- VERY EASY FOR PLAYERS TO UNDERSTAND SYSTEM FROM DIAGRAM.

- YOU CAN ADAPT ANY D ZONE COVERAGE TO INCLUDE HOME BASE THEORY

Points of Emphasis:

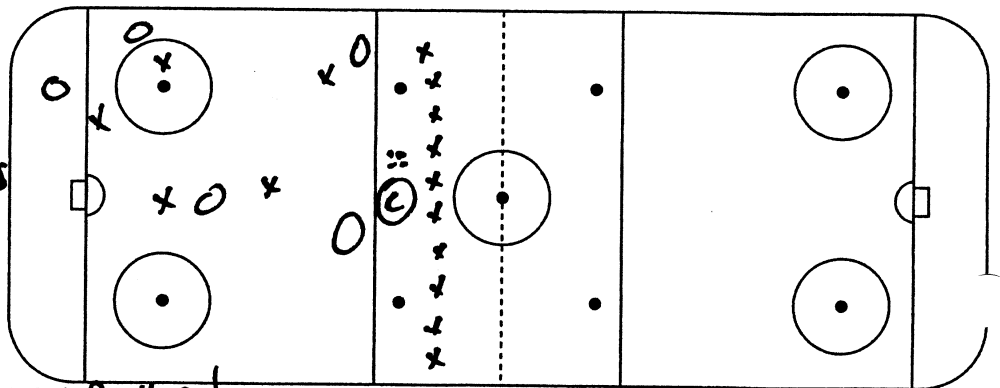
- PROTECT THIS AREA AT ALL TIMES
- WHEN GIVING UP SHOTS THEY SHOULD GENERALLY COME FROM OUTSIDE THIS AREA



Progressions:

5x5 D ZONE

- ① Defensively NO STICKS
- ② STICKS UPSIDE DOWN
- ③ WITH STICKS
- ④ MAKE A NOTE OF SHOTS FROM HOME BASE - ASSIGN PUSHUPS!





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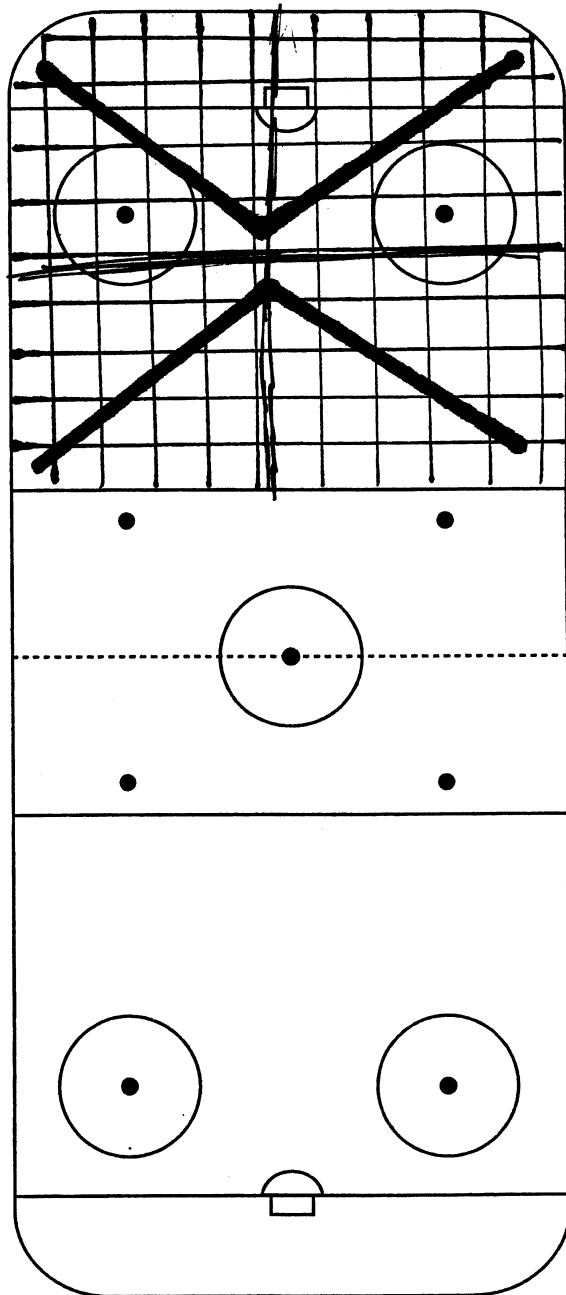
Type of Drill: D ZONE GRID

Notes:

- Allows players to focus on a visual aid in order to remember positioning
- Very simple for all ages
- Shows movement of wingers and defensemen
- Centers will support defense in coverage
- Plays along with Home Base Theory.
- This helps keep players thinking about defensive side of puck.

Points of Emphasis:

- Teaching angling is a must
- Angling opposition away from home base limits grade 'A' scoring chances



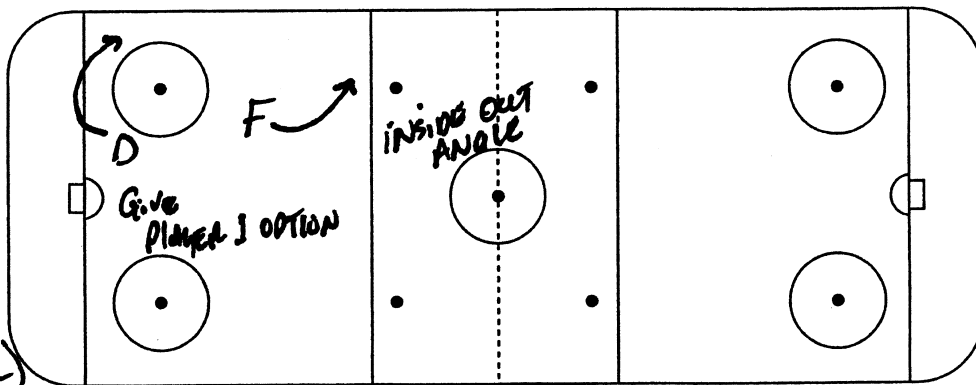
Progressions:

1x1 Drills

- Coach put pucks in areas and work on angling!

(Basic but critical)

Angling Examples:





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Practice Drill Sheet

Type of Drill: 1x1 Down low
CONCEPTS.

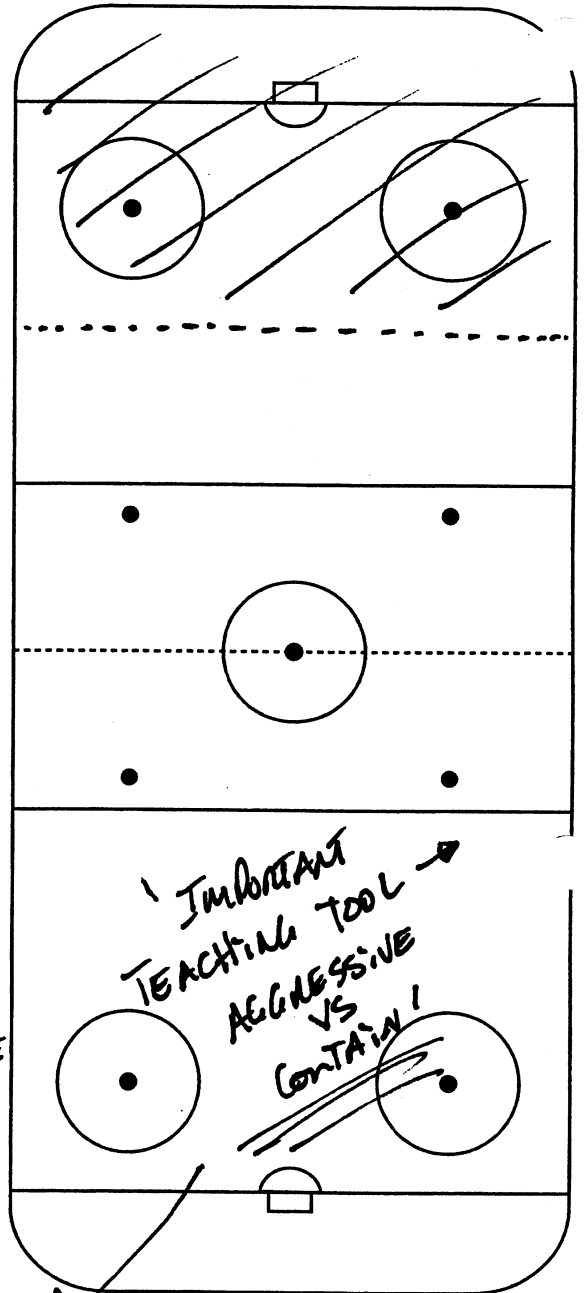
Notes:

- ALL PLAYERS SHOULD MASTER THIS REGARDLESS OF POSITION
- CONTROLLING MAN IN CORNER, ACTIVE STICK, CONTAIN VS AGGRESSIVE!
- NEVER ATTACK IN STRAIGHT LINE, ANGLE TO LIMIT OPTIONS.
- ANGLE AWAY FROM NET
- LEARN TO STICK AND PIN, WORK ON BALANCE, STAY ON DEFENSIVE SIDE OF PUDE.
- WORK ON BASICS: ACTIVE STICK, STICK ON ICE, LOOK AT TORSO, KNEES BENT AND TAKE AN ANGLE TO DEFEND.

Points of Emphasis:

'EYES AND NUMBERS'

- SEE EYES: BE PATIENT!
 - SEE NUMBERS: AGGRESSIVE, ANGLE AND TAKE AWAY TIME AND SPACE!
- NOTE: DO NOT LOOK FOR BIG HITS DOWN LOW.



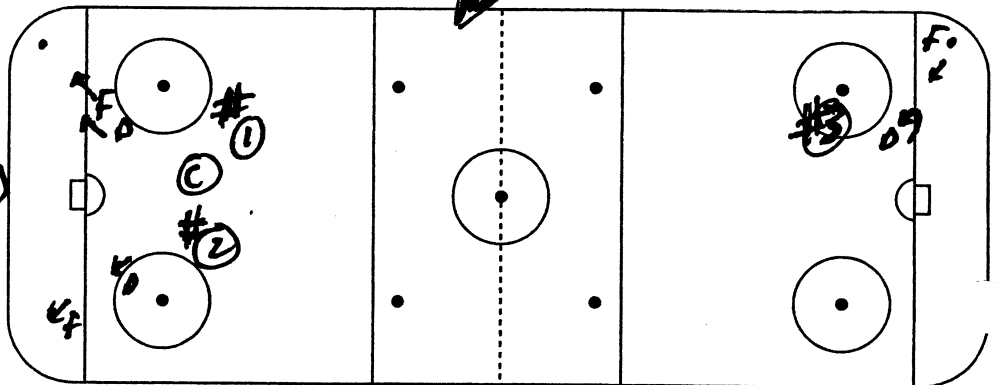
Progressions:

1x1 DRILLS

① TIGHT GAP (NUMBERS)

② LOOSE GAP (NUMBERS)

③ FULL CONTROL (EYES)





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Practice Drill Sheet

Type of Drill: D ZONE
DEFENSE & CENTERS

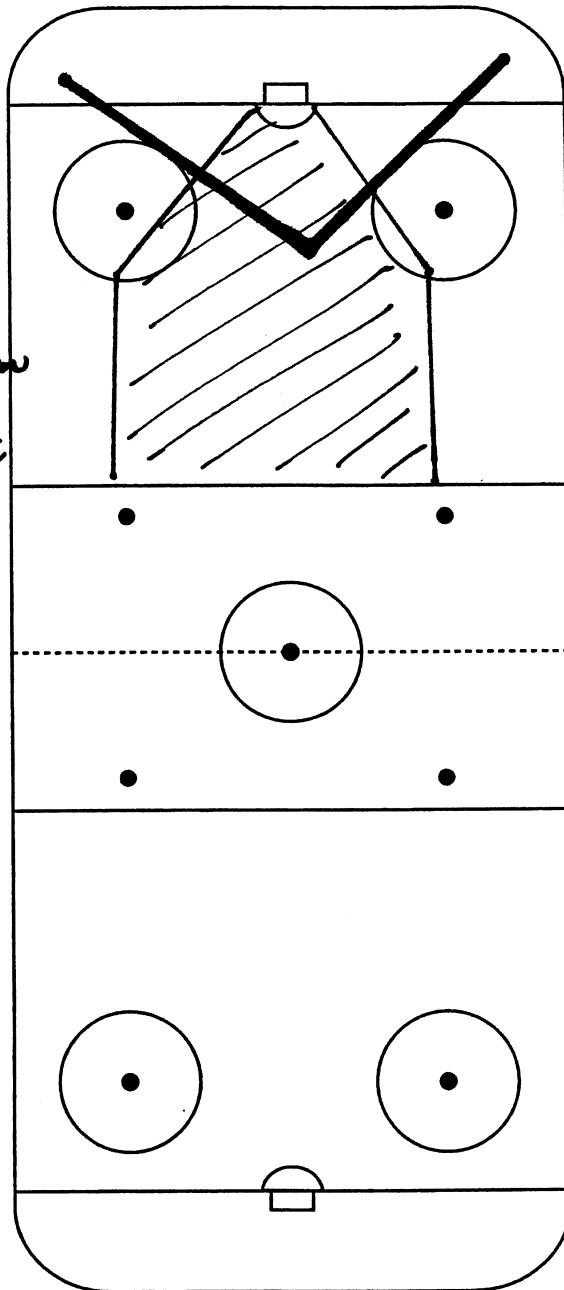
Notes:

- CONTINUATION OF 1st DOWN LOW CONCEPT
- CENTER IN OUR SYSTEM SUPPORTS DEFENSEMAN AS SECOND MAN IN LOWEN WHEN POSSIBLE.
- FEET MOVING, HEAD ON SWIVEL, STICK IN PASSING LANES & COMMUNICATION KEY TEACHING POINTS.
- DO NOT MIGRATE TO PUCK, STAY INSIDE MAN ONCE PUCK IS MOVED.

⊗ WHEN A MISTAKE IS MADE, DO NOT VACATE HOME BASE TO COLLECT UNTIL COMMUNICATION ALLOWS YOU TO, AS EVERYONE SHOULD COLLAPSE.

Points of Emphasis:

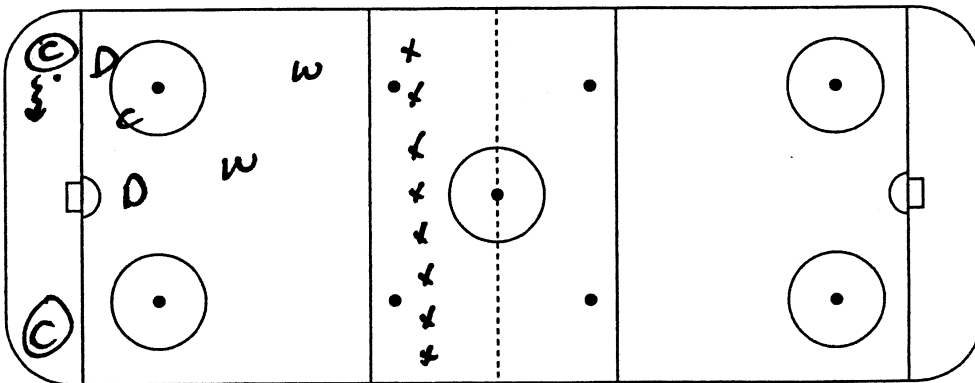
- BOILING OUT ON REDOUNDS —
- PIN VS CONTAIN —
- ACTIVE STICKS —
- DO NOT CHASE BEHIND NET (BUMPING TECHNIQUE...)



Progressions:



POT COACHES BELOW GOAL LINE WITH PUCK - PASS & MOVE AND WATCH MOVEMENT OF PLAYERS.





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Practice Drill Sheet

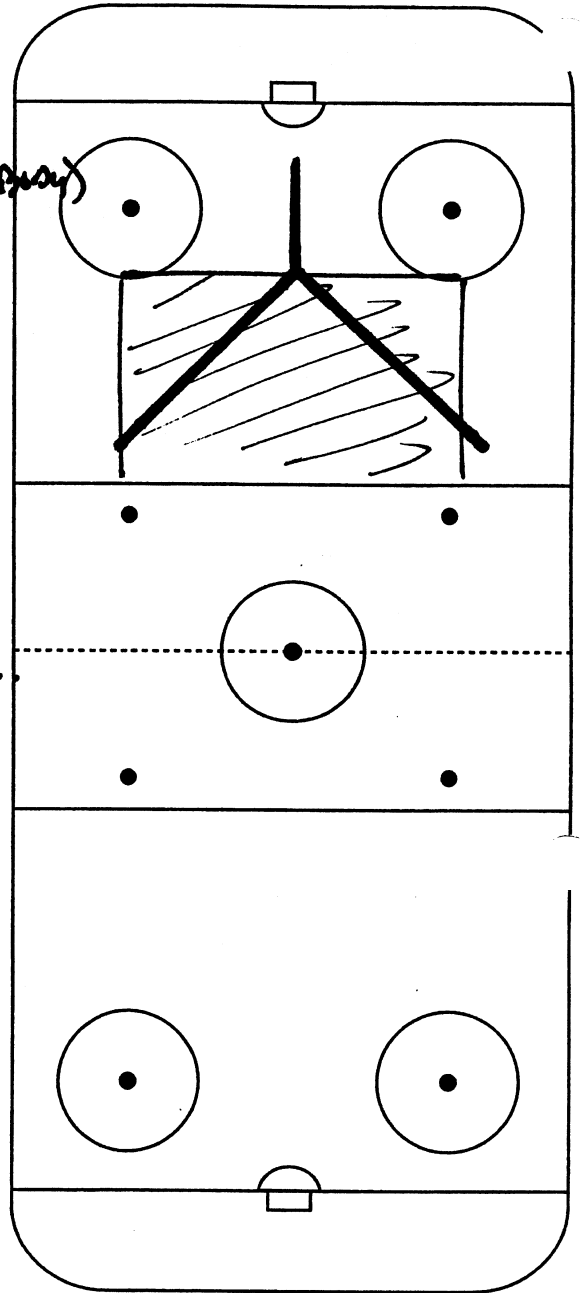
Type of Drill: D ZONE
WINGERS —

Notes:

- HEAD ON SWIVEL / LOOK OVER SHOULDER
- STICK ON ICE (STICK ON STICK, BODY ON BODY)
- SHOTS FROM INSIDE SHADED AREA (TOP OF HOME BASE) ARE DUE TO A MISTAKE IN COVERAGE BY WINGERS.
- PLAY OFF THE DEFENSEMAN'S INSIDE SHOULDER (DEMO)
- DO NOT TURN BACK TO RIDE IN COVERAGE.
- PLAYERS MIGHT NOT WANT TO HEAL IT, BUT WING IS EASIEST POSITION TO OBTAIN HOCKEY.
- IF D GETS RIDE, INSIDE OUT TECHNIQUE.

Points of Emphasis:

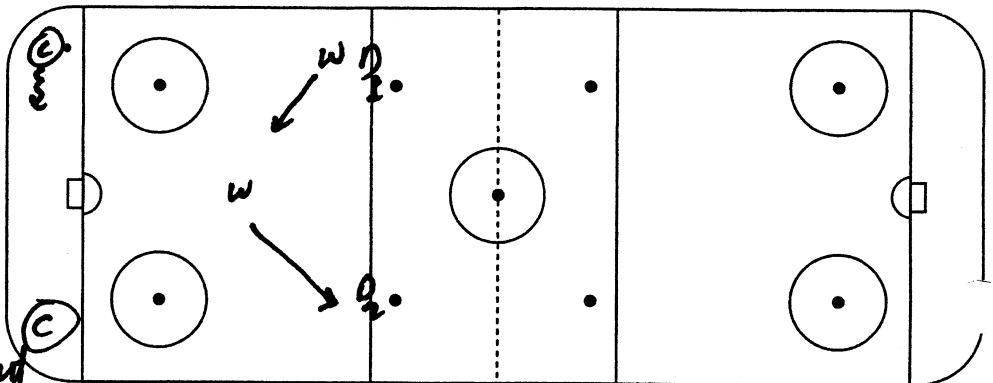
- FINISH CHECKS AT POINT
- COMMUNICATION
- BLOCKING SHOTS (DISCUSS OPTIONS: OSU DOES NOT LEAVE FEET)
- PANIC SITUATION COLLAPSE TO HOME BASE.
- W.I.N BATTLES IN GREY ZONES (5 FEET INSIDE BLUE LINE)



Progressions:

(SAME P.R.U.)

- COACHES MOVE PUCK & WATCH MOVEMENT OF WINGERS
- COACHES TRY TO PASS PUCK TO D & D2
- WINGERS STICK PLACEMENT IS CRITICAL.





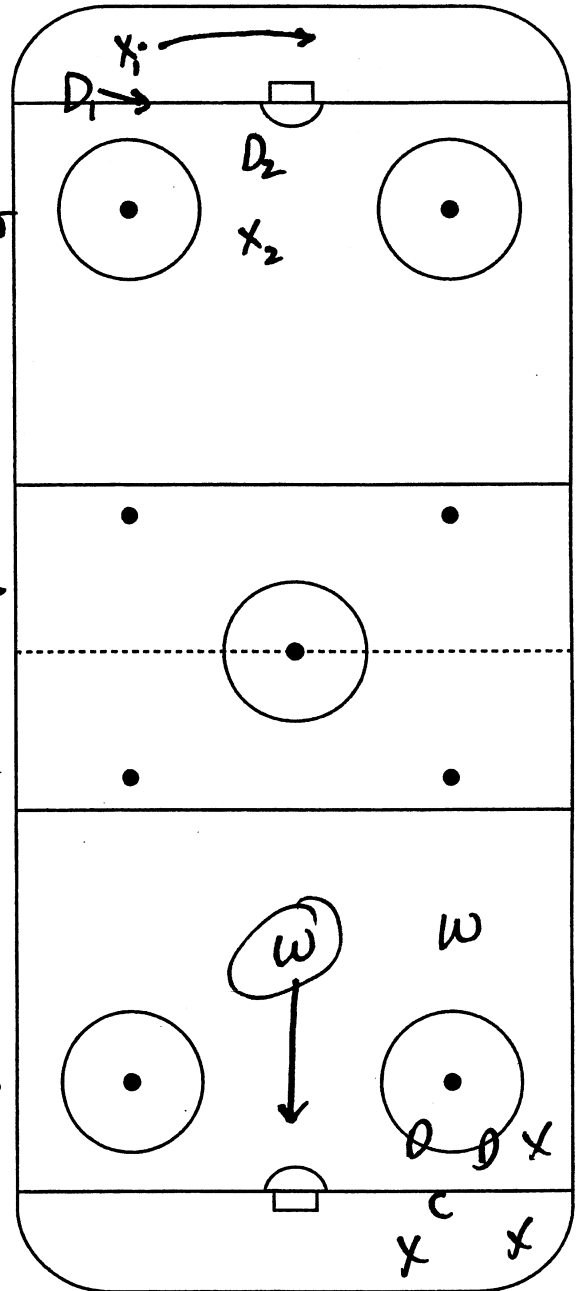
BUCKEYE HOCKEY

Practice Drill Sheet

DEFENSE & CENTERS
D ZONE -
Type of Drill: BUMPING TECHNIQUE

Notes:

- USED DOWN LOW BY PLAYERS WHEN OFFENSIVE TEAM GAINS CONTROL OF BACK OF NET WITH FULL POSSESSION OF PUCK OR BEATS YOU TO BACK OF NET
- EXAMPLE: D₁ HAS BEEN BEATEN & MUST RECOVER TO HOME BASE
- D₂ MAINTAINS POSITION BETWEEN X₁ & X₂ TO ELIMINATE PASS AND PROTECT HOME BASE.
- D₁ WILL BUMP D₂ TO OTHER POST ONCE HE RECOVERS TO FRONT OF NET.
- D₁ OR D₂ WILL ATTACK ONCE X₁ DECIDES WHICH SIDE HE WILL COME OUT.

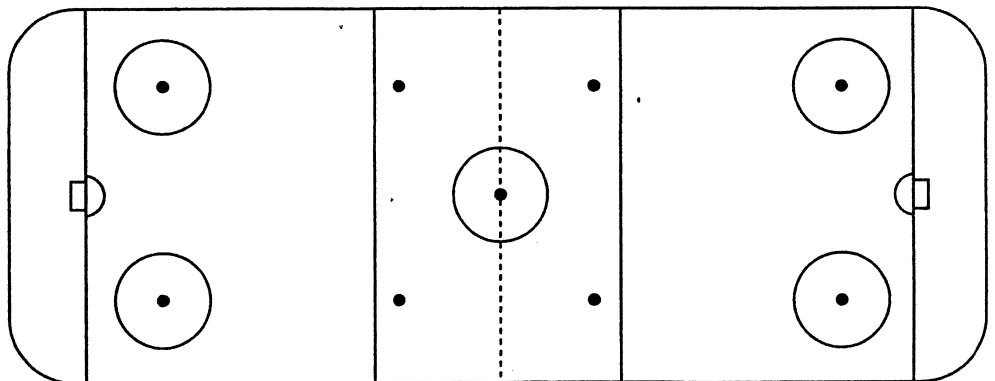


Points of Emphasis:

- WE NEVER VACATE FRONT OF NET UNLESS WE ARE 100% SURE OF PUCK POSSESSION
- WHEN OPPOSITION HAS 3 MEN IN CORNER - WE VACATE FRONT & WEAK SIDE WINGER COLLAPSES!

Progressions:

EMPHASIS ON EVERY DRILL!





BUCKEYE HOCKEY

Practice Drill Sheet

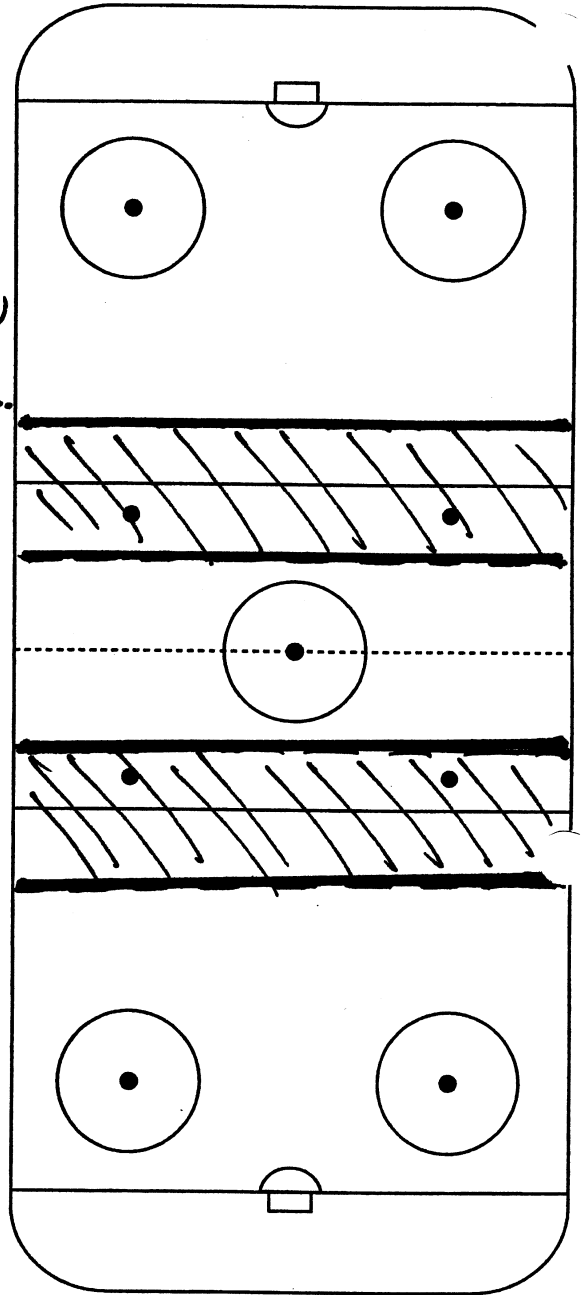
Type of Drill: GREY ZONES
(TEAM DEFENSIVE POINT)

Notes :

- 5 FEET ON EACH SIDE OF BOTH BLUE LINES IS WHAT WE CALL GREY AREAS FOR OUR HOCKEY TEAM
- CALL THEM GREY BECAUSE INDECISION AND MISTAKES IN THESE AREAS USUALLY DICTATE OUTCOME OF GAMES.
- OFFENSIVE BLUELINE WE EMPHASIZE SPEED AS WE DO NOT WANT TO RAMP PUCK IN IDEAL WORLD, SO WE WANT TO BACK THEM IN WITH SPEED.

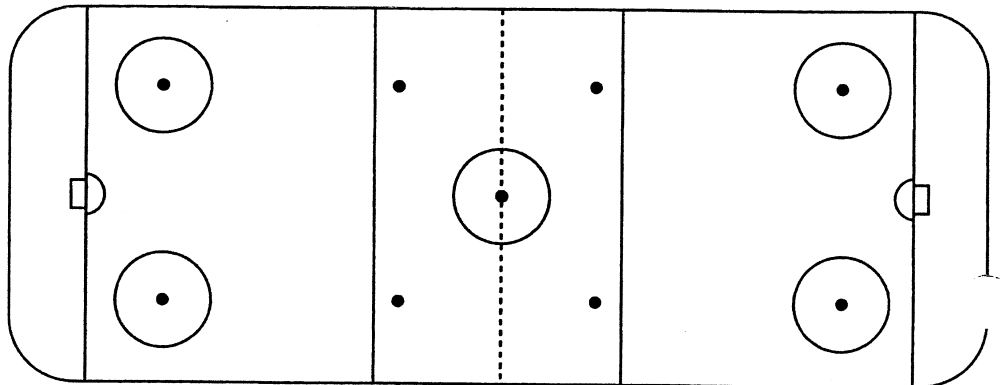
Points of Emphasis :

- NON NEGOTIABLE ASPECT OF OUR SYSTEM.
- WE TAKE WHAT IS GIVEN AND LIVE WITH IT.



Progressions :

WE EMPHASIZE THIS ON EVERY DRILL - CALL OUT OUR PLAYERS - EVEN OUR BEST PLAYERS





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Practice Drill Sheet

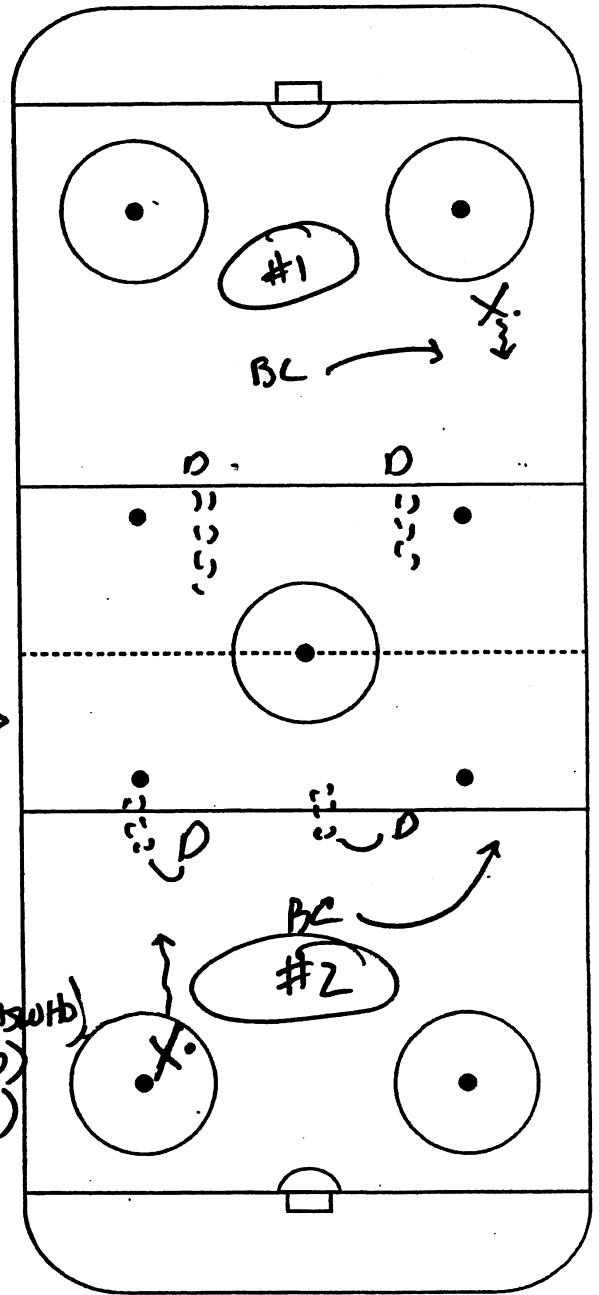
Type of Drill: BACKCHECKING

Notes:

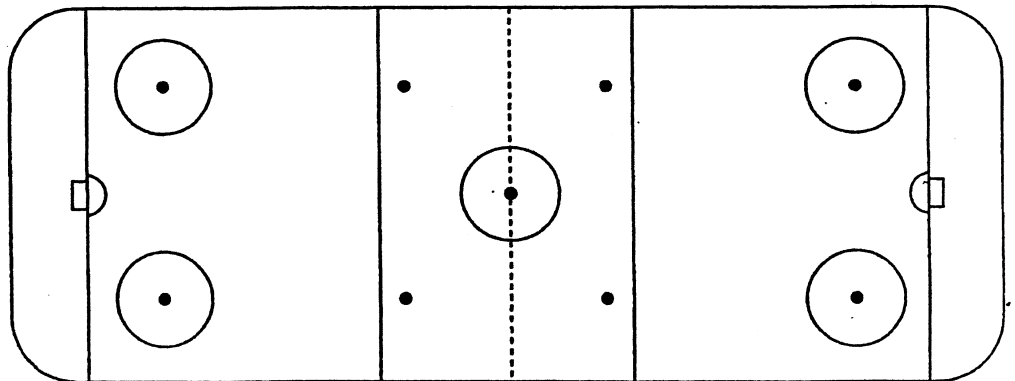
- High FORWARD BECOMES FIRST MAN BACK
- High FORWARD CAN:
 - Philosophy ① CHASE PUCK CARRIER UNTIL RED LINE ...
 - Philosophy ② WHEN OPPOSITION HAS FULL CONTROL TURN AWAY AND PICK UP WIDE LANE.
 - Philosophy ③ FUNNEL THROUGH MIDDLE.
- NOTE BOTH PHILOSOPHIES WILL STILL MAINTAIN POINTS OF EMPHASIS - KEEP EVERYONE IN FRONT OF YOU AND AS BACKCHECKER DO NOT ALLOW PLAYERS IN BEHIND DEFENSE.

Points of Emphasis:

- CRITICAL AREAS ON ICE:
 - RED LINE (START TO SEE WHO HAS PUCK)
 - BLUE LINE (TRY NOT TO GIVE UP)
 - TOP OF CIRCLES (LOCKED ON NET)
 - SLOT AREA



Progressions:



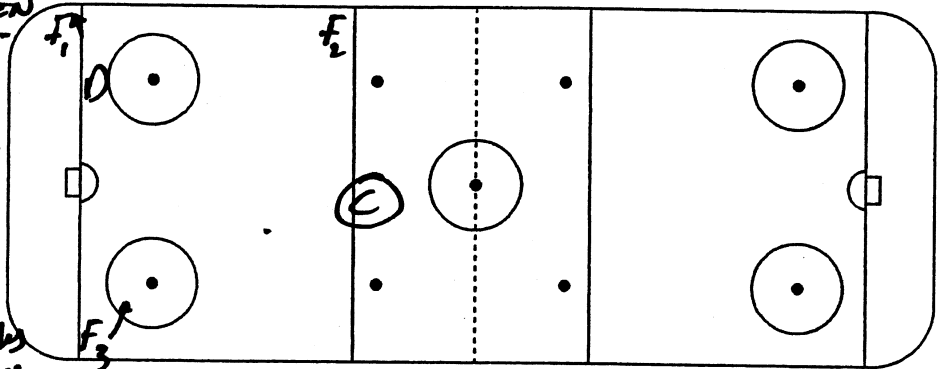


Drill: #1 DEFENSEMEN

3 1x1 Drills

- F₁ - is tight gap 1st
- F₂ - is loose gap 1st
- F₃ - is Control 1st

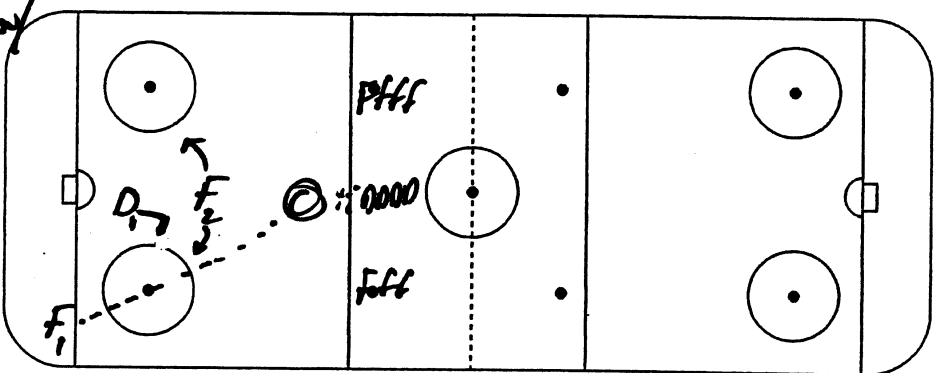
NOTE: COACHES PASS puck to F₁, F₂, F₃ to start drill.



Drill: #2 DEFENSEMEN

(2x1) CENTERS

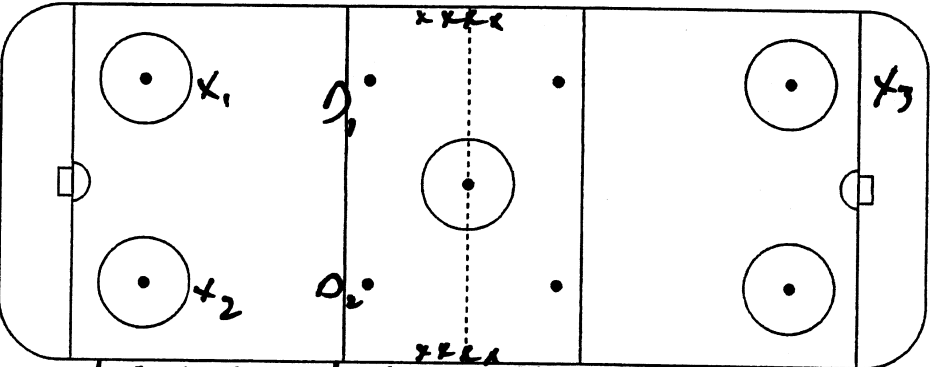
- Coach passes to F₁
- F₁ MUST FIND F₂ AND MAKE A PASS
- D₁ HAS STICK IN PASSING LANE
- on whistle F₁ CAN ATTACK 2x1



Drill: #3 LOONEY

2x2 3x2 low

- 1st Puck - X₁, X₂ ATTACK
- 2x2 & MUST SKATE PUCK INTO OFF. ZONE
- D₁, D₂ work on gaps
- once in X₁, X₂ pass to X₃ & it becomes 3x2 low



NOTE: X₃ MUST STAY below goal line.

Drill: #4

1x1 2x2 3x3

- O₁, O₂, O₃ EACH HAVE A PUCK
- 1st WHISTLE O₁ ATTACKS D₁ 1x1
- 2nd WHISTLE O₂ ATTACKS D₂ WITH O₁ & O₃ 2x2
- 3rd WHISTLE O₃ SHOTS PUCK & 3x3 LOW OCCURS!

