

# Defense Activation

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# 4 Key Components to D Activating

- 1) Hard work/Movement
- 2) Hockey IQ
- 3) Between Systems
- 4) Communication!

# Hard Work/Foot Movement

- Why do we want our D to work hard up ice?
- Do they keep their feet moving in zone?
- Can we expect and demand that all D jump up/in?
- How do they activate? With a purpose?

# IQ

- Do they understand the situation?
- Can they jump or should they stay home?
- Do they know where their support guys are?
- Can they recognize the openings?

# Between Systems

- Are they able to play both sides (F/D)(L/R)?
- Can they transition quickly?
- Do some guys need to stay home and others are more free to jump?
- Are the forwards able to cover the defensive position?

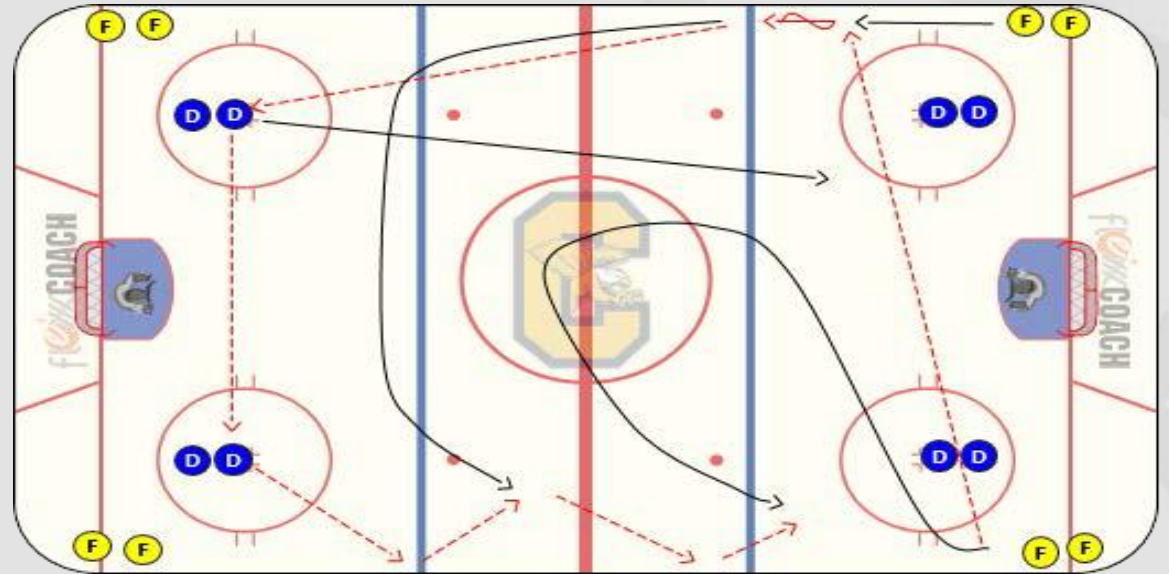
# Communication

- Are the D 'quarterbacking' the play?
- Do D partners communicate between each other?
- Is there certain terminology we need to use?
- How effective is their communication?

# Breakout Activation

## ORANGE JUMP

- F's skate from corners, long pass to D on dot, near side.
- D to D pass, forwards swing.
- D chip to F1, chip to F2.
- D drive dot wide lane to join rush, becomes option for pass or rebound.

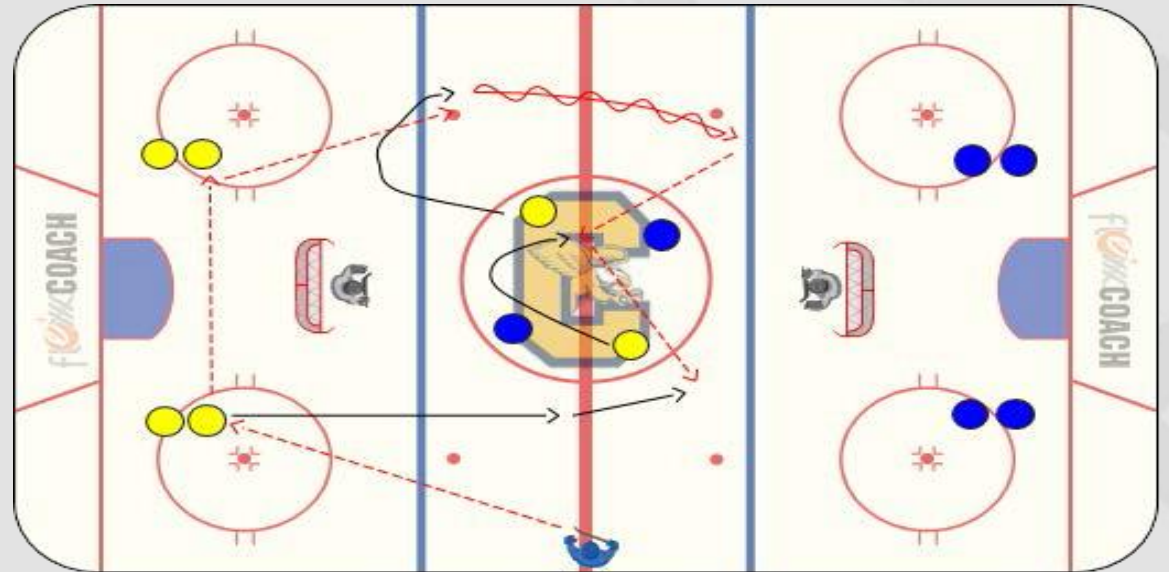


# Neutral-Zone Activation

## USE 'EM OR LOSE 'EM

- 2V2 (or 3V3)
- Two D lines behind each net
- Starts with D to D pass.
- D pass to F's, activate WSD.
- If WSD is not used in rush, he filters out. Continue 2V2.

Note: F's can regroup to activate their D. New pucks from Coach go to Defensemen.





# Offensive-Zone Activation

## BOSTON D-ACTIVATE

- 2V2 In-Zone, 4 "D" at the blue line, dot wide, 2 from each team.
- On change of possession, weak side D activates. If no play, filters out.
- Part 2: On change of possession, strong side D activates.

Note: Both ends are possible



Questions or Comments?

Thank you

