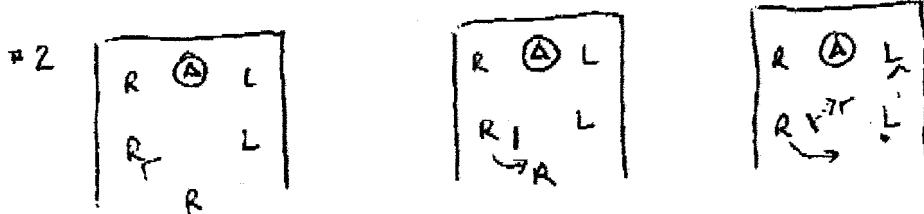
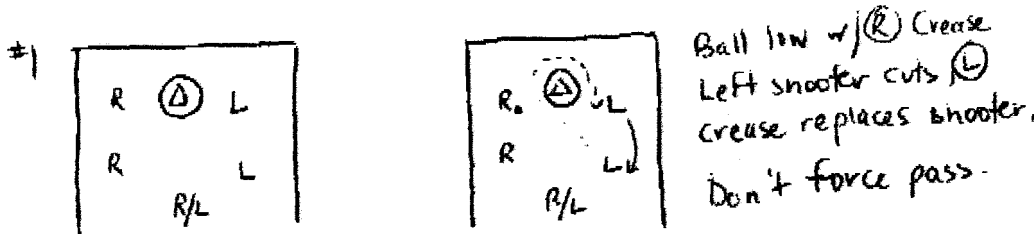


Points to consider for your **powerplay**

- Proper handed players on the correct side of the floor
- Everyone must be a threat to shoot and score
- Ball should go through all five rotations to make the defence work and get them moving.
- Keep as simple as possible, the less picks the better
- Read what the defence is giving you? Box or diamond or something else?
- Ball should move quickly and efficiently, everyone ready to shoot or cut if the defence does turn their back on them.
- Top three must always be aware of getting back on a turnover or goalie save.
- Jump closest players if running a press, never stand in front of crease and wave stick.
- Easiest play- as soon as ball gets to a crease; opposite shooter cuts, remember crease must now replace shooter as he goes through and he will now become a crease man.
- When shooting follow shot and look for second and third chance possibilities, double ball and pick up first pass to slow transition

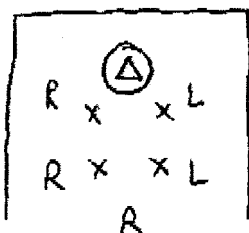


- #3 Use someone behind net.
- #4 Back pick from crease, quick pass from opposite shooter.

Points to consider for your **short man**

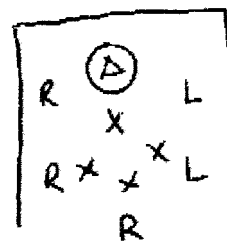
- Active sticks, up and in the passing and shooting lanes
- A real group feel and working as a team on the shortman, communication from your goalie and each other
- Understanding your opponent, where are their threats coming from, great outside shots or do they like to work inside from the crease?
- Jumping on the opportunity, bad or bobbled pass must exploit their powerplay, explode and become aggressive.
- Listen to your goalie and have a game plan, ask him where he prefers the shot to come from or a shooter he has a good read on; ie. let the left crease get the ball.
- Element of surprise, keep the powerplay guessing, go from box-diamond and back, show different looks to get their minds off their objectives or pre determined play.
- As soon as a shot is taken *clamp*-then look to run the floor or get to the bench as fast as possible to get rag team on, always push ball up floor away from bench!
- Don't cheat and look for breakaway until goalie or teammate has possession, don;t make it a 5 on 3, 1st job is to stop opponent from scoring.
- When "O" shooting, finish your check and try to get your stick up to impede their shot, or stick in their hands
- Must get loose balls and not give up 2nd and 3rd chance opportunities, think of this when choosing personal.

Box



- sticks up in shooting and passing lanes
- be aggressive and look for opportunity to jump.

Diamond

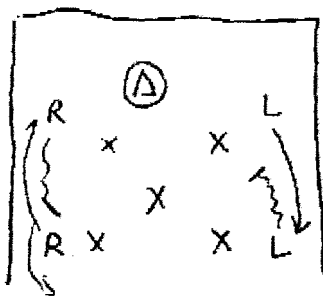


- D must rotate
- listen to goalie and have a plan to where he wants shot to come from.

Ragging the ball (4 on 5) and trying to get the ball back (5 on 4)

Ragging

- players must stay wide and keep feet moving, keep the ball deep in the corners as much as possible, if threat of losing possession a roll away from goalie and into the corner not out of the playing surface.
- 2 lefts and 2 rights is best scenario, up and down their sides, setting picks for each other always knowing where the ball is.
- catch a defender snoozing go to goal, keep them honest at all times
- when late in the shot clock if you have a decent % chance of a shot on goal take it and chase , shoot low and at goalies pads in hopes of a re-set.
- Run the ball deep over the centre line, don't be too cute up there where you risk going over and back.



-up and down the sides, good picks always looking to cut middle.
 -trouble deep to corners, Don't waste a shot.

5 on 4 recovery of ball

- Depends on coaches strategy, play safe- then keep man in the middle always supporting where ball is or do you play aggressive and look to double team the ball.
- For getting ball back- have a strategy of letting the weakest ball carrier get the ball, once this happens, lock off everyone else and have your double team occur on this player, preferably you get him low and in the corner then you can make use of the boards and methodically march in to eventually take away all space and options, the other players must effectively lock off their player and deny any possible pass.

- Another strategy is to put extreme pressure as your opponent comes across the rag line looking to force a “over and back” call, a more risky play.