

U16 Female NW Team - Key Components for Strong Defensive Play

1. Have a plan; learn the plan (**Defense first** with a **quick transition to offense - Pressure in all zones – be aggressive**).
2. Move through each zone as a 5 man unit (**head on a swivel** when back checking - pick up a man, when going to offense become a passing option – control the Gap between forwards and defense).
3. **Be committed**; know our team strategies (**Pressure in all zones**) & team defensive system (**Man on-box behind**) & execute accordingly.
4. **Read & React** to the play (**if you want the puck you have to go get the puck!**).
5. Limit offensive team's time & space with **pressure**.
6. **Protect the inside** of the ice (**force outside**).
7. **Position yourself** on the **Defensive side** (between the opposition and your net).
8. **Control the puck** (don't just shoot the puck away – **pass it, or skate**).
9. **Control the middle of the ice** (play your position - protect the center lane – force outside).
10. Have **strength through the dots** (everyone must back check between the dots & force outside).
11. **Control passing & shooting lanes** (position yourself to take away passing lanes, collapse to our net when necessary & **block shots**).
12. Have an **active stick**.
13. **Win all 1-on-1 battles**.
14. **Win all races to the puck**.
15. **Take a hit to make a play** (play for your teammates).
16. **Quick transition to offense** (once you have control of the puck, move through each zone as a 5 man unit).
17. **Don't panic with the puck; get your feet moving & get your head up** (Make a play or skate with the puck).
18. **If you don't have the puck, become a passing option**.
19. **Control the Gap** between **forwards** and **Defense** (it's easier to make a short pass than a long pass – It's easier to intercept a pass when the Gap is too great).
20. **IF WE TURN THE PUCK OVER, ANYWHERE ON THE ICE, WE HAVE TO HAVE A QUICK TRANSITION TO DEFENSE, FROM ALL PLAYERS ON THE ICE** (*defense by numbers – everyone back-checks hard!*).