

## U16 NW Female - Rules for Creating Offense

1. **If we want to create offense we need the puck!** If we **don't have the puck** we have to **use our team, fore-checking system (an aggressive 1-2-2 fore-check)** and **"FORCE"** the **opposition** into making a mistake and **"TURNING"** the puck over.
2. Once we have **"FORCED A TURNOVER"**, the **puck carrier** has to **get their feet moving immediately, get their head up** and either **skate or pass the puck**, to one of our players.
3. We must **"CONTROL"** the **"GAP"** between our **DEFENSEMAN** and our **FORWARDS**. **IT IS EASIER to make SHORT PASSES than LONG PASSES** and **"GOOD PASSING SUPPORT"** means fewer passes will be intercepted by the opposition.
4. If you are **NOT the PUCK CARRIER** you need to **"GO TO OPEN ICE"** and become a **"PASSING OPTION"**.
5. **ALWAYS "HEADMAN THE PUCK"** and then **go to "OPEN ICE"** to **become a "PASSING OPTION"**. You can **PASS THE PUCK** faster than you can skate! **MOVE THE PUCK QUICKLY** and get **"OPEN"** for a **"RETURN PASS"**.
6. There are **"THREE LANES"**, **"FILL" ALL THREE LANES**. If the **PUCK CARRIER "CHANGES LANES"** **YOU MUST CHANGE LANES**, as well.
7. **"GAIN" THE "OPPOSITION BLUE LINE"** with **"SPEED"**.
8. If the opposition **Defenseman "STAND - UP"** at their **"BLUE LINE"** – **"DUMP the PUCK IN"** and **"CHASE"**. It is better to **"GIVE THE PUCK UP"** to try and **"GET THE PUCK BACK"**, than to **"TURN THE PUCK OVER"** at the **OFFENSIVE BLUE LINE**.
9. If the **Defenseman "BACK OFF of their BLUE LINE"**, **"ATTACK!"** – Always be a **"THREAT"** to **"TAKE THE PUCK TO THE NET"**. **Use the "1,2,3 ATTACK (Triangulation)"** to create **"DEPTH AND WIDTH"** in your attack. Using the **1,2,3 ATTACK (Triangulation)** gives you **MORE THAN ONE "PASSING OPTION"**.
10. When using **"TRIANGULATION"** **F<sub>1</sub>** (the puck carrier) has to **"GAIN" the OPPOSITION BLUE LINE** with **"SPEED"** and **should always be a "THREAT TO DRIVE TO THE NET"**. **F<sub>2</sub>** (the 2<sup>nd</sup> forward) **should always "DRIVE TO THE NEAR POST"**, **stick on the ice** and be a **"PASSING OPTION"**, try to **"TIP THE PUCK IN"** or **get a "REBOUND"**. **F<sub>3</sub>** should be the **"HIGH PASSING OPTION"**.
11. We **NEVER** want to get **CAUGHT** with **3 FORWARDS "DEEP" INSIDE THE OPPOSITION ZONE**. **F<sub>3</sub>** **"STAYS HIGH"** and is the **1<sup>st</sup> forward back**.
12. If our **DEFENSEMAN "PINCHES"**, **F<sub>3</sub>** has to **"COVER"** for the **DEFENSEMAN**.

The key to being a good goal scorer is to **WANT THE PUCK** and have the ability to **“READ AND REACT”** to the play, as it develops. **Go to where you think the puck is going, not where it has been.** Work on your shot and a **QUICK RELEASE.** **DON’T** let the **GOALIE** get **“SET”** for the shot! **Always be READY FOR A PASS** and get your **BODY IN POSITION** to be able to shoot. **YOUR BEST SCORING CHANCES WILL COME FROM WITHIN THE “PRIME SCORING AREA”.**

**SHOOT THE PUCK WHENEVER YOU ARE IN THE PRIME SCORING AREA AND FOLLOW YOUR SHOT TO THE NET FOR A REBOUND – NEVER SKATE PAST THE NET!**

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U16 NW Female Team