

# Developing the “Inside-out” Move

When attacking the offensive blue line, players need to know how to create space for themselves so that they can create offense. There are many variables that will permit a player to enter the offensive zone during a 2 on 2 or 3 on 2 situation. A player’s speed, hand skills, shot and mobility can earn him more respect (and consequently more room) from a defenseman. Mario Lemieux, Wayne Gretzky, Mark Messier and Sergei Federov come to mind as National Hockey Leaguers whose ability and reputation create space for them on the ice.

The majority of players, however, need to learn to create this space with movement. The “inside-out” move, is the most commonly used. A player must approach on the wing with speed, move toward the center of the ice, then make a deliberate shift in movement to the outside, protecting the puck by extending his arms away from the defender and placing his body between the puck and the defender. The key to the move is the changing/maintaining of skating speed, and the appearance and willingness to take the puck to the net. This will gain the respect of the goaltender (as he will view the puck carrier as a dangerous shooter) and will draw the defensemen out of the slot area, which will hopefully be filled by a trailing offensive player.

Most defensemen, especially during a defensive superior situation, will attempt to pinch the offensive player off at the blue line along the boards (if the puck is entering the zone along the boards). As a result, the offensive player’s movement from the boards toward the center of the ice will be key to opening up that outside lane.

## Keys to the “Inside-out” Move

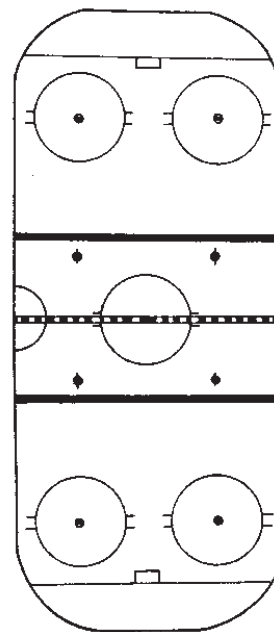
- Keep feet moving at all times, especially coming off the move,
- After drawing the defenseman toward the center, make a quick, deliberate move to the outside, and “show shot”. The player must show that he is a danger player and is willing to shoot or take the puck to the net,
- Protect the puck. Make certain that during the move, the player’s body is positioned between the puck and the defender and that his hands are extended away from his body toward the boards to avoid exposing the puck to the defender.



## Small Ice Drills to Practice the “Inside-out” Move

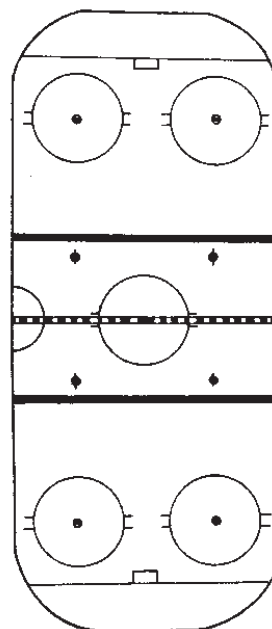
### 1-ON-0 INSIDE-OUT

- Start the players on the red line with pucks. On the whistle, F1 passes to the coach, who is located three feet inside the blue line. The coach quickly returns the pass and F1 proceeds to make an inside-out move on the coach and take a shot on goal. (By starting the drill at the red line, players will be able to work on this move at a slower speed. Once they begin to get the hang of it, move the line back to the far blue line, which will allow them more space to gather speed and attempt to negotiate the move at a higher level.



### 2-ON-0 INSIDE-OUT

- Two lines will be positioned, one on each side of the blue line. On the whistle, F1 cuts across and receives a pass from F2. F1 will then proceed up ice on the fly and negotiate an inside-out” move on the coach (or cone). He will proceed into the zone and then have the option to shoot or drop a pass to F2, who follows the play up the ice as a trailer. (You may add to this drill by having F1 shoot from the wing after the move and have a coach in the corner make a second pass to F2 for a second shot as he enters the zone and approaches the net).



“I’ve been fortunate enough to have many great players to coach in my career. Looking back, I know that those players would be in the Hall of Fame, whether I had ever coached them, or not.”

— SCOTTY BOWMAN

All-time leader in victories as a head coach in the National Hockey League