

SKILL DEVELOPMENT

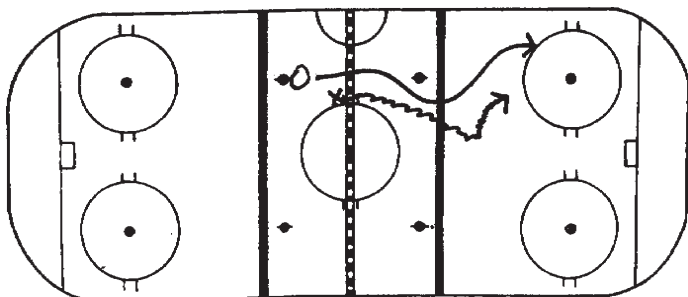
Offensive Zone Moves to Create Time and Space

Making a play is a much more difficult thing to do than breaking up a play. In other words, it is much easier to defend than it is to create offense. In most instances, unless there is a horrible mismatch in skill, the defender in any one on one situation has a decided advantage over the attacking player. By maintaining proper positioning and not over-committing, the defender should win most of the battles.

It's up to the puck carrier to "level the playing field" somewhat, by creating some time and space to make a play, to beat the defender one on one, or to utilize a teammate and create a two on one. Two key ingredients in enabling the offensive player to win the battle are "attacking with speed" and "making the defender move laterally". Skating slowly in a straight line with the puck pretty much is a guarantee that the play will be broken up.

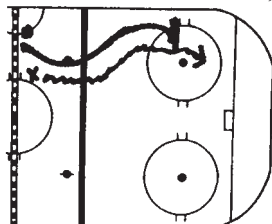
The following are some one on one moves that attacking players can utilize to create some time and space to make a play and ultimately get a scoring opportunity for their team. All moves will have the best chance of success if utilized close to the hash marks in the offensive zone, after the puck carrier has entered the zone with speed utilizing an "inside-out move". Prior to hitting the blue line, the puck carrier cuts to the middle to drive the defender farther to the middle, then quickly cuts back to the outside to take advantage of the space that has been created along the boards.

The Stop-up



Inside Out Move

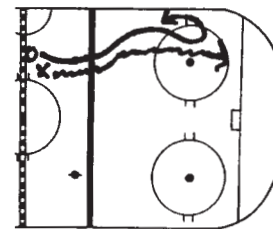
Best utilized on the "off-wing", meaning right-handed shots attacking on the left wing side, and left-handed shots attacking on the right wing side. On the off-wing, the puck ends up in a position where it is protected from the defender and is on the attacker's forehand where a play can easily be made with it. The puck carrier drives down the boards, forcing the defender with him. At about the hash marks, the attacker quickly "stops-up" with the puck, protecting it from the defender, providing himself with some time and space to make a play, either a pass to a teammate, or moving to the middle for a shot on net.



The Stop-Up

The Turn-up

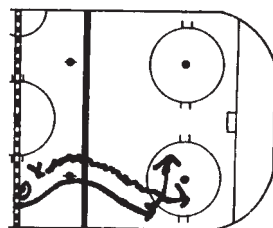
This move can be utilized on both left-handed and right-handed shooters on either wing, but will be dependent on their ability to turn sharply with the puck at full speed. Most players turn better to their "backhand side" (lefthanders to the left, righthanders to the right) as their stick blade and the puck is already on that side of their body. Once the defender is driven down low, the puck carrier turns quickly up along the boards, using his body to protect the puck from the defender, looking to make a pass to a teammate.



The Turn-Up

The Cut-back

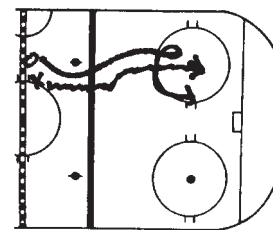
Can be done on either side, but is best utilized on the off-wing, as it is easier to maneuver the puck across the body that way, and puts the puck in excellent position on the forehand for shooting. The attacker drives the defender low, looking like he is trying to beat him along the boards on the outside. As the defender commits to the outside, the attacker cuts quickly back to the inside, moving the puck across under, or before the defender's stick, in a position to shoot or attack the net.



The Cut-Back

The Spin-back

This move is utilized most effectively on the off-wing and is a combination of the cut-back move and turn-up move. After cutting with speed to the outside to make the defender move toward the boards, the puck carrier completes a 360 degree turn (a spin-o-rama) with the puck, protecting it from the defender with his body, and drives to the net on the inside. This move can be dangerous and should only be attempted when the puck carrier knows exactly where everyone is in the zone.



The Spin-Back