

Teaching Plan

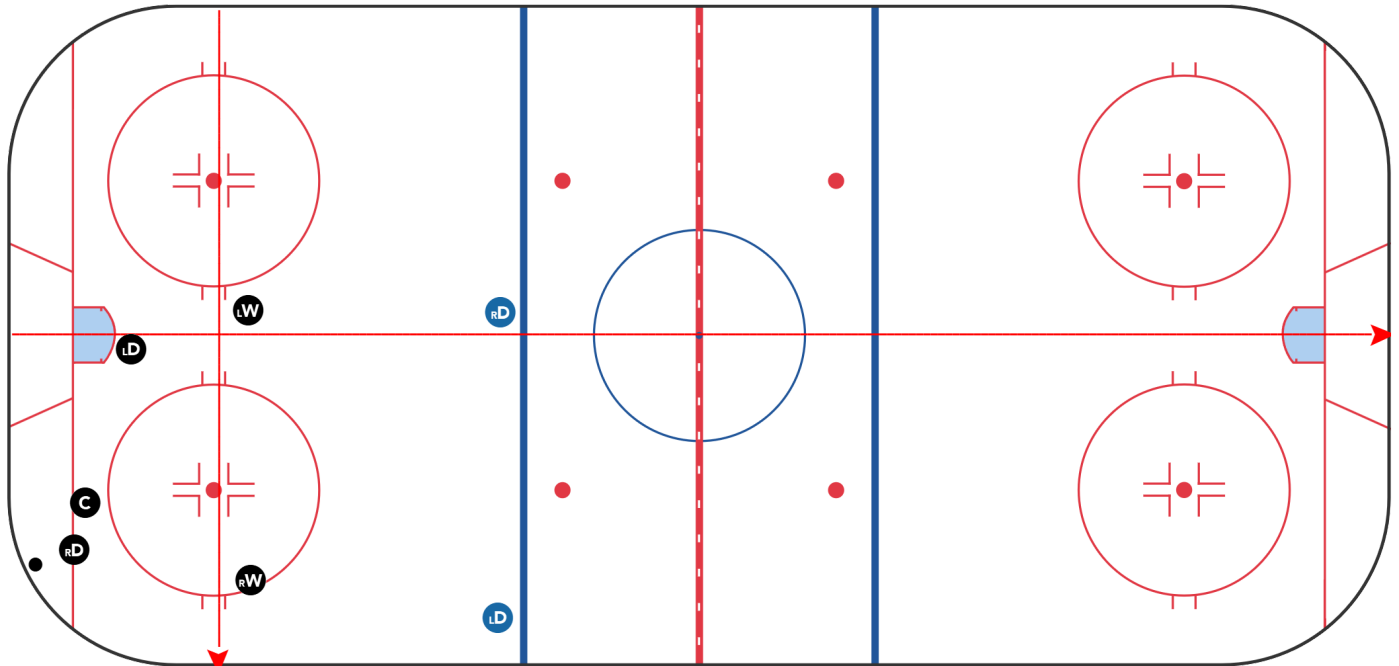
Date: Sep 22 2025

Time: 3:04 pm

Duration: 30 mins

Defensive Responsibilities (Puck in Right Corner)

10 mins



Description

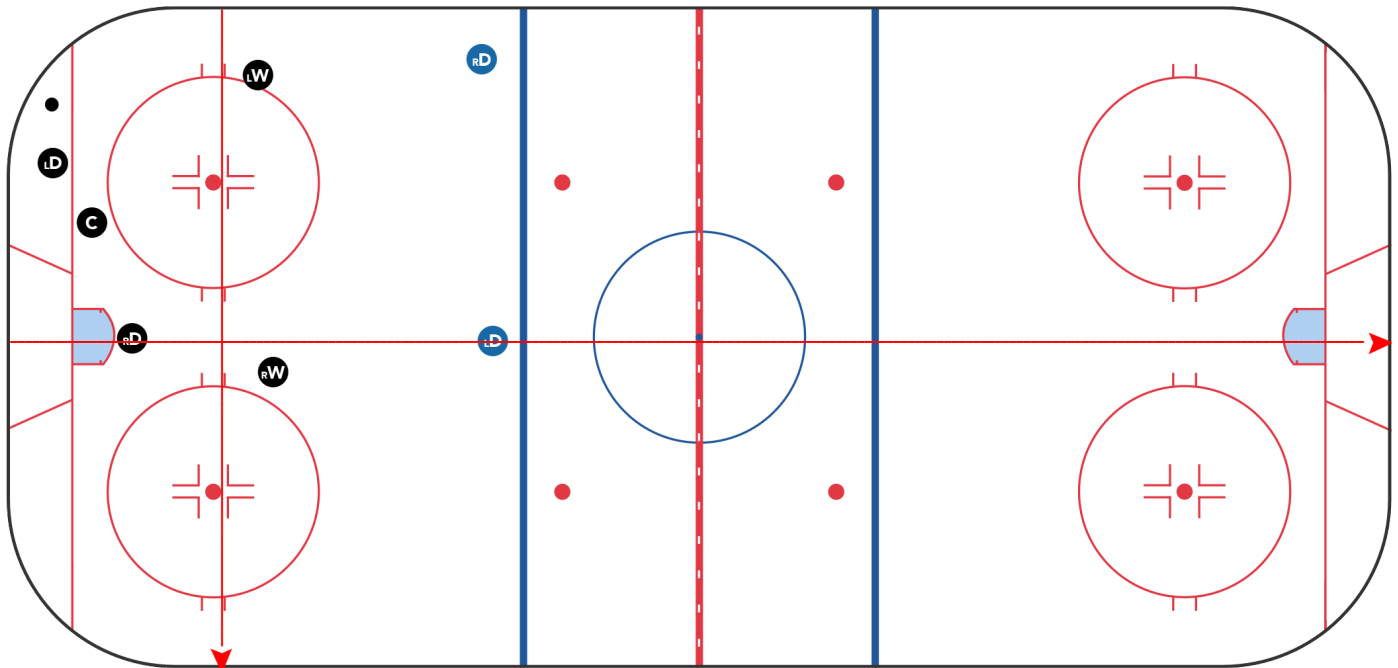
Right Defense (RD): On the puck in the corner, battling to regain possession.

Left Defense (LD): Responsible for net-front coverage—clearing bodies, tying up sticks, and ready to shift into the corner if the puck comes to your side.

Center (C): Provide strong support down low, staying between the puck and our net. Help the RD in battles and protect the middle of the ice.

Right Wing (RW): Positioned low, inside the circle. Ready to jump to the boards if we win the puck. Responsible for covering passes back to the point or into the slot.

Left Wing (LW): Collapse down to the front of the net, protect the slot, and monitor the battle in the corner. If we gain possession, be ready to transition up ice through the middle, or jump to the boards if the puck comes to your side.



Description

Defensive Responsibilities

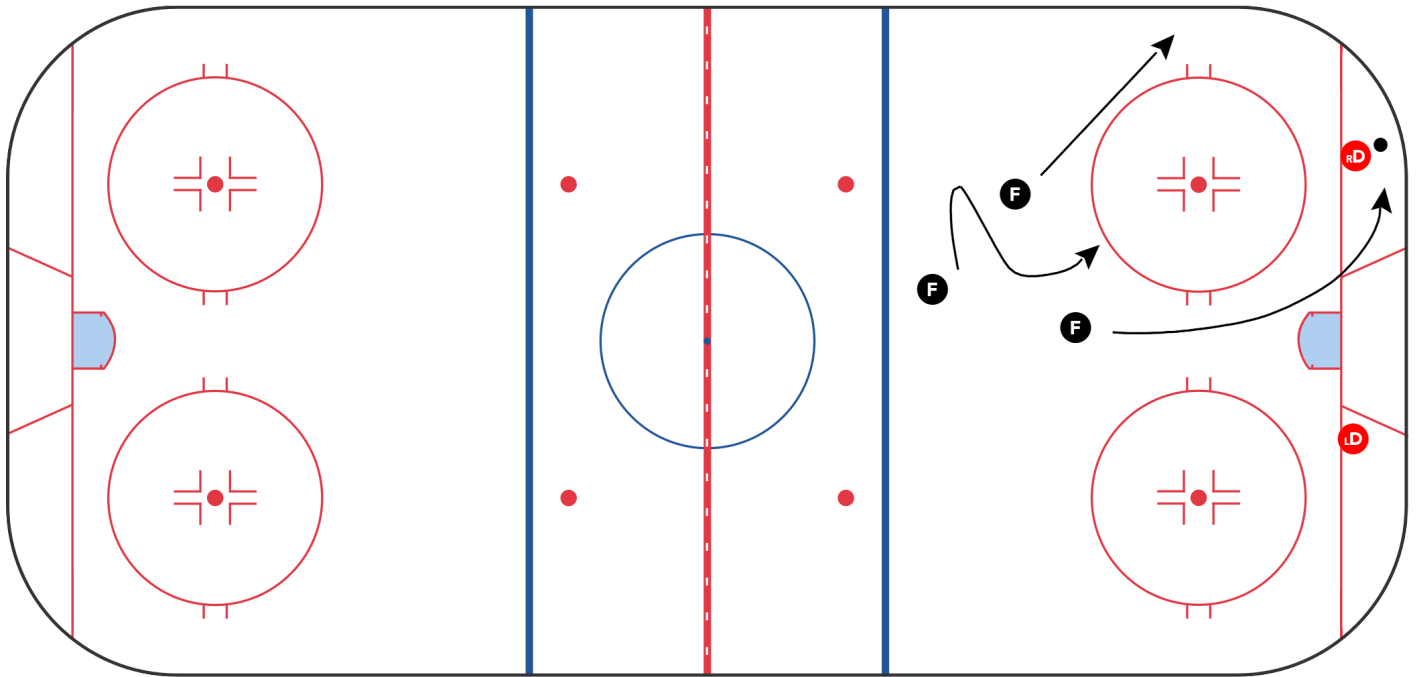
Left Defense (LD): On the puck in the corner, battling to regain possession.

Right Defense (RD): Responsible for net-front coverage—clearing bodies, tying up sticks, and ready to shift into the corner if the puck comes to your side.

Center (C): Provide strong support down low, staying between the puck and our net. Help the LD in battles and protect the middle of the ice.

Left Wing (LW): Positioned low, inside the circle. Ready to jump to the boards if we win the puck. Responsible for covering passes back to the point or into the slot.

Right Wing (RW): Collapse down to the front of the net, protect the slot, and monitor the battle in the corner. If we gain possession, be ready to transition up ice through the middle, or jump to the boards if the puck comes to your side.



Description

Forecheck:

First Player (Cheetah): Pressure the defenseman as hard and fast as possible. Angle your approach to cut off the reverse or pass behind the net, forcing the puck carrier to move the puck up the boards.

Second Player (Alligator): Read the play and close off the boards on the puck side. Your job is to trap the puck along the wall or intercept a pass up the boards. Be ready to support the battle if the puck gets stuck.

Third Player (Eagle): Stay high in the middle of the ice, closer to the puck side. Protect the middle lane and prevent the breakout pass through the middle. Read where the puck is going—if the puck is moved to the far side, you now become the first forechecker and pressure the puck (taking on the “Cheetah” role).

Key Points:

- Always pressure as a unit—Cheetah, Alligator, and Eagle work together.
- Force play up one side so our whole team can read and react.
- Stay disciplined—don’t overcommit and get caught out of position.