

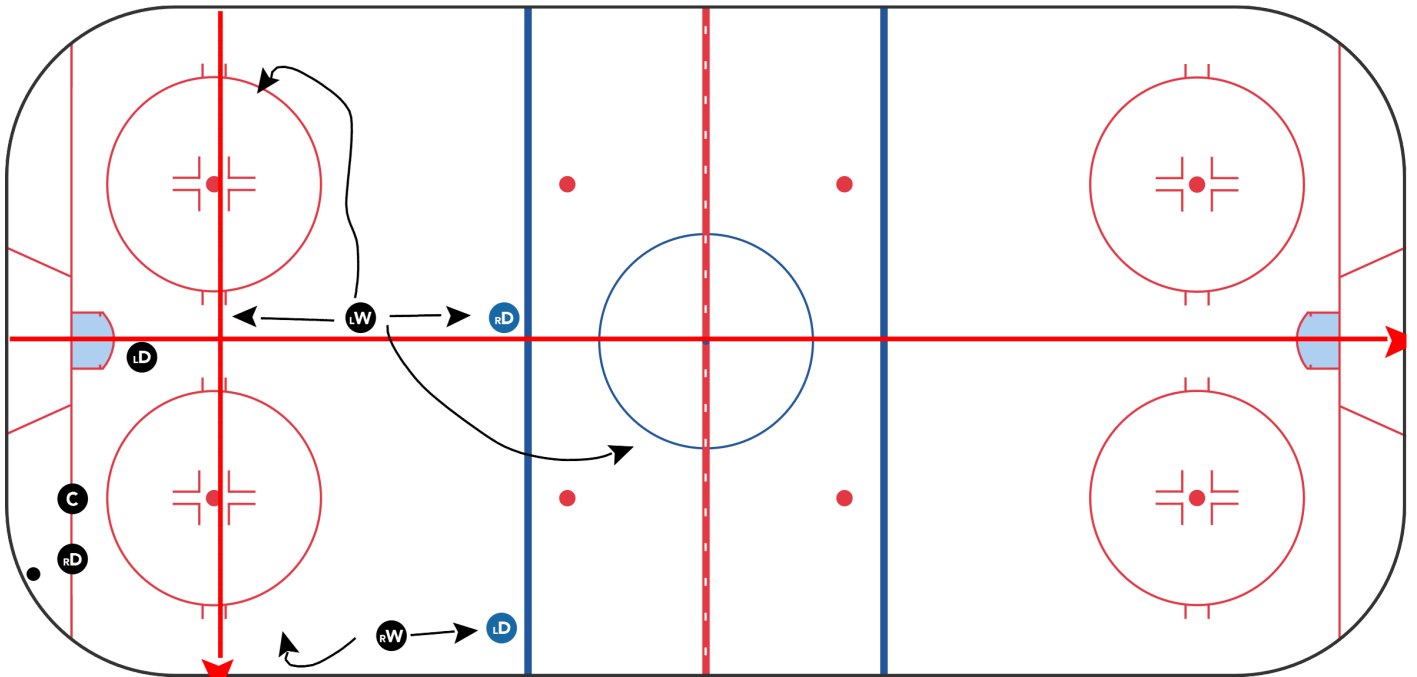


Hespeler Team Packages

Duration: 30 mins

Defensive Responsibilities (Puck in Right Corner)

10 mins



Description

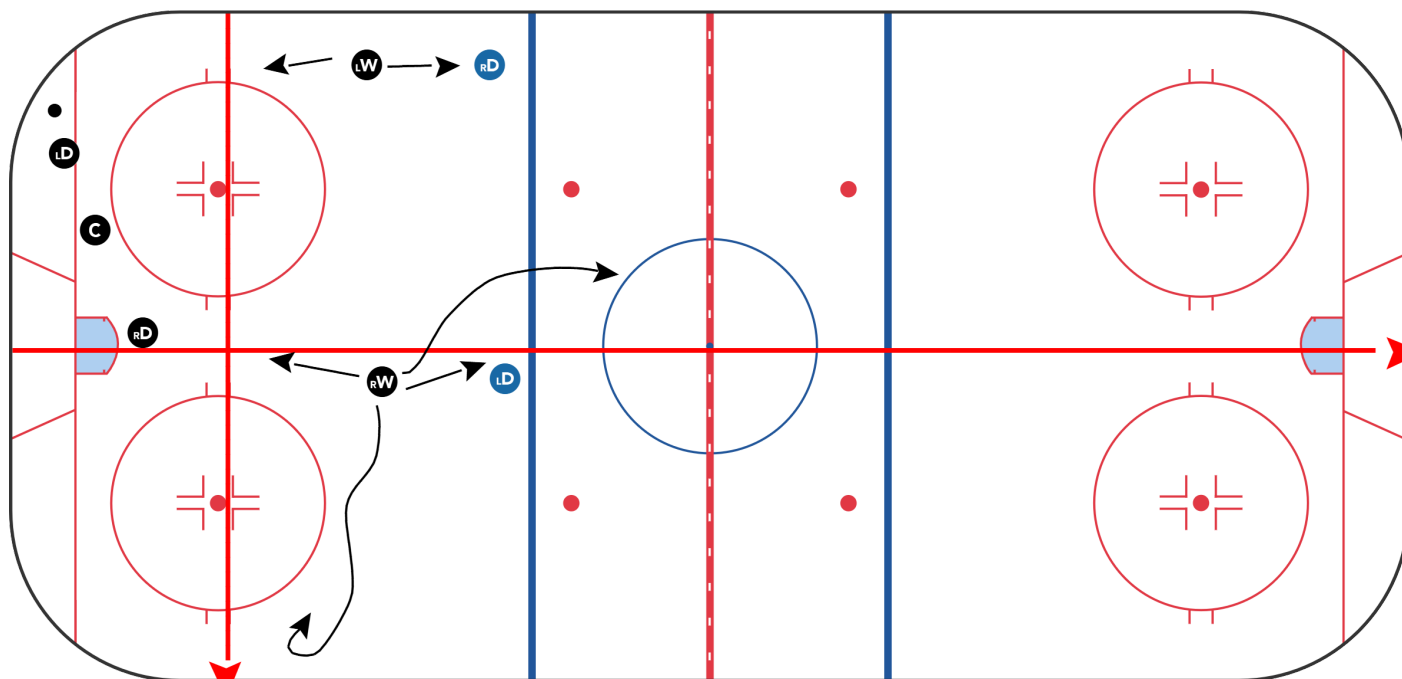
Right Defense (RD): On the puck in the corner, battling to regain possession.

Left Defense (LD): Protect the front of the net. Clear bodies, tie up sticks, and be ready to move into the corner if the puck comes to your side.

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

Right Wing (RW): Stay inside your point and protect the middle. Be ready to jump to the wall if we gain possession. Take away passes back to the point or into the slot.

Left Wing (LW): Stay between the weak-side defenseman and the slot. Collapse toward the front of the net when needed, protect the slot, and monitor the battle in the corner. If we gain possession, be ready to transition through the middle or move to the wall if the puck comes to your side.



Description

Defensive Responsibilities

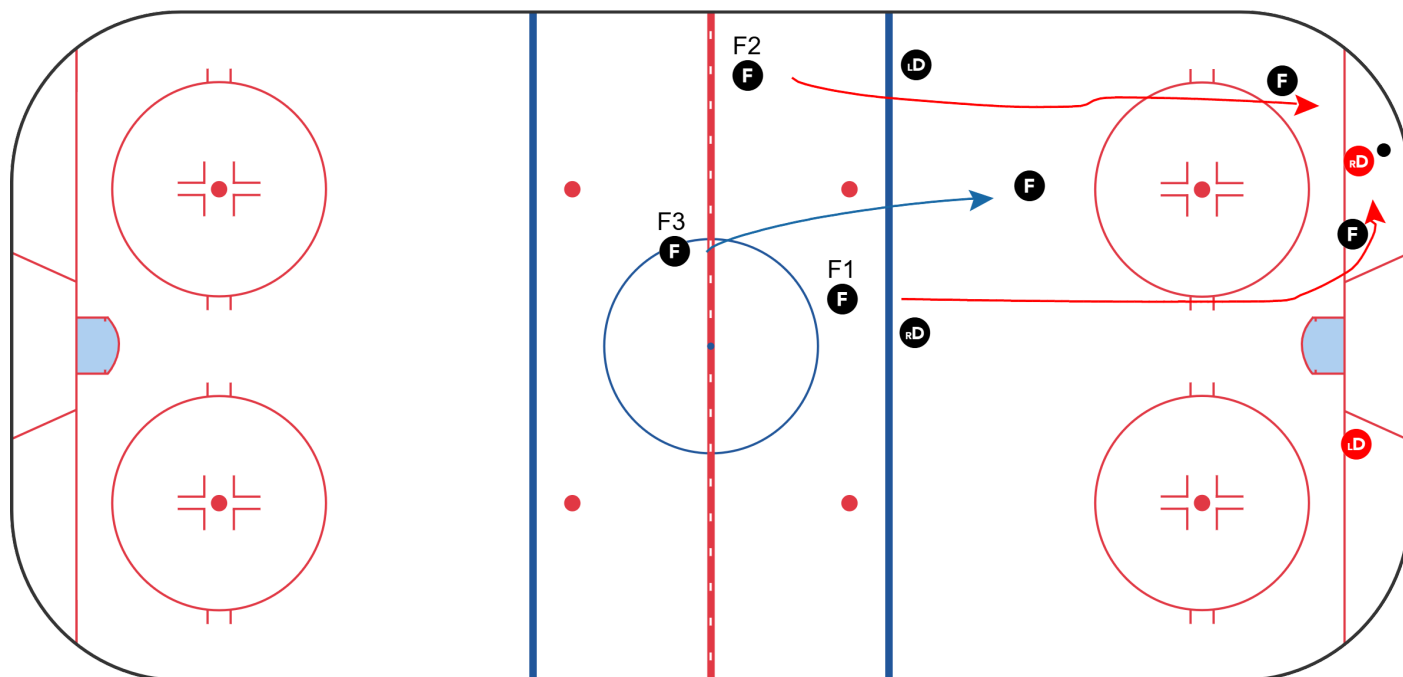
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Description

Forecheck – 2-1-2

F1 (Cheetah):

Attack the puck carrier with speed and urgency. Use your angle to take away one side of the ice and force the puck carrier toward pressure. Your job is to arrive first, disrupt possession, and make the defenseman make a quick decision.

F2 (Alligator):

Attack from the opposite side of F1, but with more control. Read F1's angle and the puck carrier's options, then close the opposite escape route. F1 and F2 should work together to squeeze the puck carrier from both sides.

If the puck becomes loose, be ready to recover it. If F1 is beaten or the puck changes direction, F2 can immediately become the primary pressure player.

F3 (Eagle):

Stay above F1 and F2 and protect the middle of the ice. Take away the middle breakout option and be ready to support either side. If the puck escapes to the weak side, F3 can rotate over and become the next pressure player while the other forwards recover into support.

Key Points

- **F1 and F2 attack from opposite sides.** Do not chase the puck from the same direction.
- **F1 is fast and aggressive; F2 is controlled.** F1 creates pressure. F2 reads that pressure and closes the escape route.
- **Squeeze the puck carrier.** The goal is to surround the puck and take away both sides.
- **F3 protects the middle first.** Do not get pulled too low unless the read is clear.
- **Force turnovers below the tops of the circles.** Keep the puck along the wall or behind the net where we can create numbers.
- **Roles can change.** Cheetah, Alligator and Eagle are responsibilities, not permanent players.
- **Do not get all three forwards caught below the puck.**