



Canadian Interuniversity Sport
Sport interuniversitaire canadien

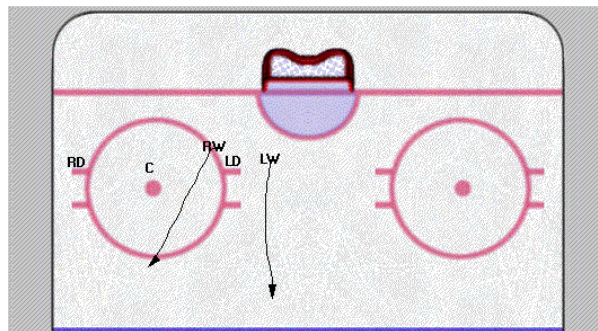
CIS ALL-STAR TEAM

DEFENSIVE ZONE FACE OFF ALIGNMENTS

5 ACROSS

**Defensive Responsibility – Draw to board D
Or C tie up with LW position coming through**

- ☐ LW take RD (x with RW to take LD)
- ☐ LD take RW
- ☐ RW take LD (take LW responsibilities if picked – switch/cross to cover RD)
- ☐ C draw or Centre
- ☐ RD take LW
- ☐ G – know line-up and communicate



Breakout Options

Better breakout options and point coverage

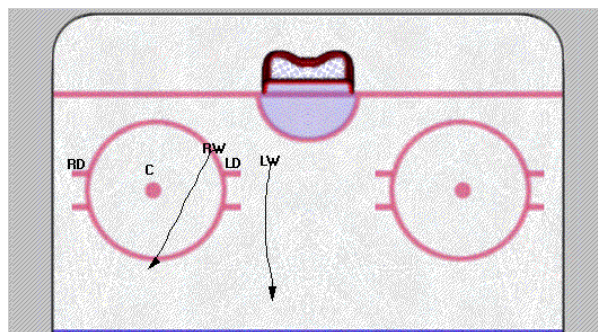
RD tie up man or go to corner for puck if opp.

LW does not line up on wall- RD plays deeper

In DZ

RW- picks up puck behind C on tie up

LW – BO to boards wide, or up ice



NEUTRAL ZONE FACE OFF OPTIONS

REGROUP- SWING AWAY

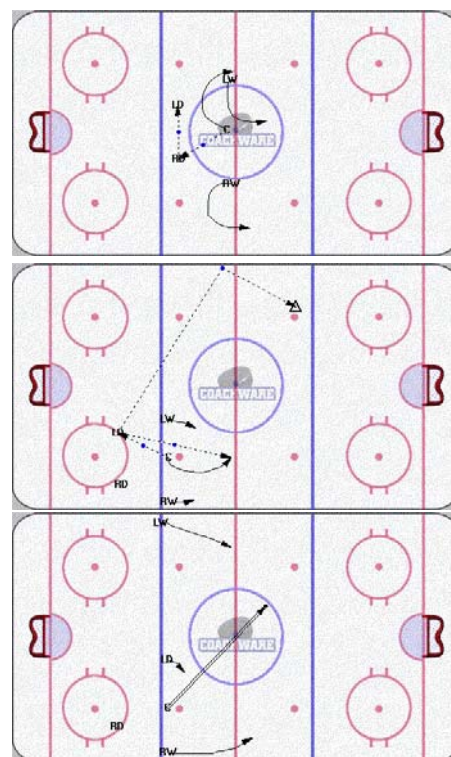
- ☐ C draws puck to RD and crosses with LW
- ☐ LW crosses to middle lane
- ☐ RD to LD who has 2 options
- ☐ RW must hold and spin off
- ☐ Note – if draw to LD shift responsibilities

UP THE MIDDLE

- ☐ C draws puck to LD then breaks up the middle for quick up pass
- ☐ LD makes a direct pass or uses the boards

WIDE SWING STACK

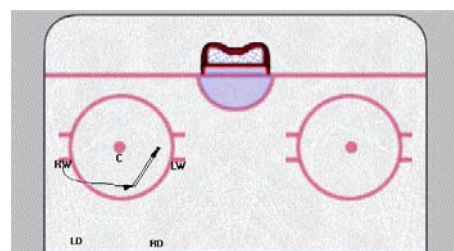
- ☐ C pushes the puck forward to the left side and LW goes for the puck
- ☐ LD must block off RW.



OFFENSIVE ZONE FACE OFF ALIGNMENTS

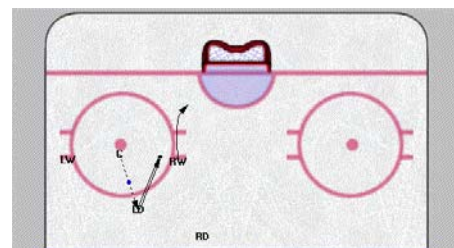
OFF SIDE WINGER OFF-THE-WALL

- ❑ Switch wingers with right shot on left side
- ❑ Centre steps forward into opposition centre leaving puck on dot or ties up centre and kicks puck back
- ❑ C must hold opposition centre
- ❑ RW moves across circle and shoots
- ❑ LW block and screen the goalie



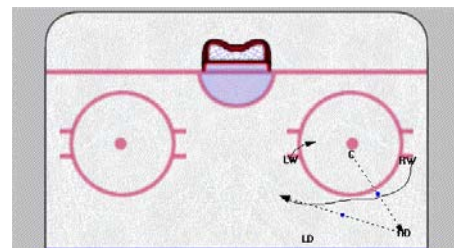
DEFENCEMEN SHOT

- ❑ C draws the puck to LD for shot
- ❑ LW goes for the net
- ❑ RW goes for the backside net post
- ❑ LD shoots, RD supports shot & backs up the play
- ❑ Good against Right handed centre



CLEAN WALL WIN

- ❑ C draws puck to RD who fakes a shot and passes to RW
- ❑ RW pulls (drags) quickly to slot area
- ❑ LW must block, LD must support shot and sag back
- ❑ Works well against a team that uses 5 across with D on boards
- ❑ Use only when we are locking their wingers otherwise we give up a potential breakaway pass

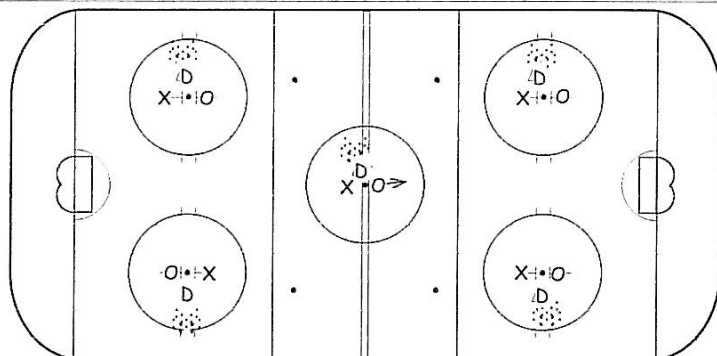




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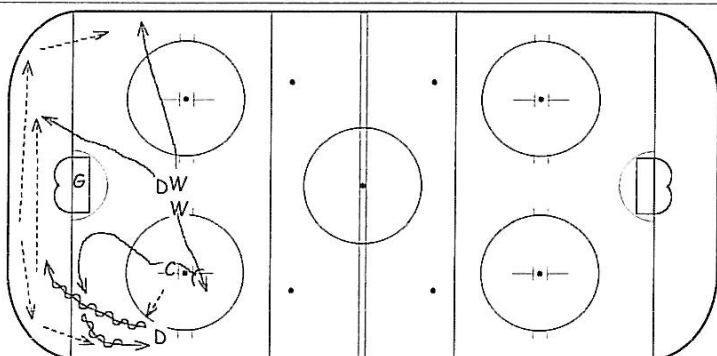
FACE-OFF Practice options



FO TECHNIQUE PRACTISE

FACE OFF TECHNIQUE PRACTISE:
STAY -LOW -LOWER BOTTOM HAND ON SHAFT >
STUDY THEIR C

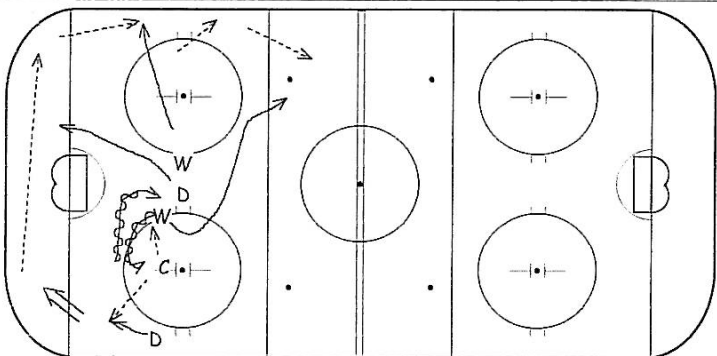
1. WIN TO bh side -reverse / normal grip
 2. Reverse grip - PUSH BY - Normal grip push by
 3. Tap/ psuh their c's stick and win draw.
 4. Turm into C , tie up stick and kick puck back.
 7. Neutralize draw vs superior C.
 8. Hot Potato- Go with their c's draw. Jump out to puck
- MASTER DRAW MECHANICS- Blade position, watch Ref



Defensive Zone face off. Win Draw to wall

Basic draw DZ Break Out:
Off wing D on wall. Inside D behind W's, release for outlet.
Win draw to wall> D 1. Carry 2. Pass to D 3. Far side rim
4. Corner reverse to support fw vs pressure.

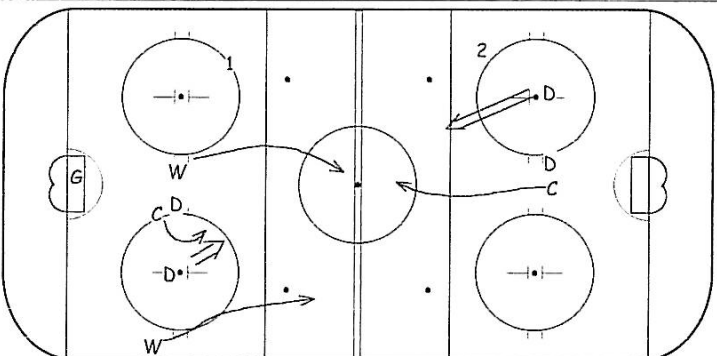
C stay with their C on lost draw. W's react to draw>get free puck>get to points through shooting lane and have stick in passing lane. Know roles when C is tossed.



D zone face off 5 vs 6 or 5 vs 5

5 vs 5 , 5 vs 6 D zone face off

1. Win draw to D
D hard rims puck to far winger.
Inside winger looks for puck and supports the play.
Net D may support D for D to D pass.
2. Win draw to inside fw who reads their set up. Carry read and clear the puck.



HOT POTATO FACE OFF

HOT POTATO FACE OFF
1.D GOES WITH DRAW BACK
HELP THEM WIN THE DRAW (ACCELERATE THE PUCK OUT OF THE ZONE)

WINGERS FLY / C LOOKS FOR FREE PUCK INSIDE AND SHOOTS IT OUT OF ZONE

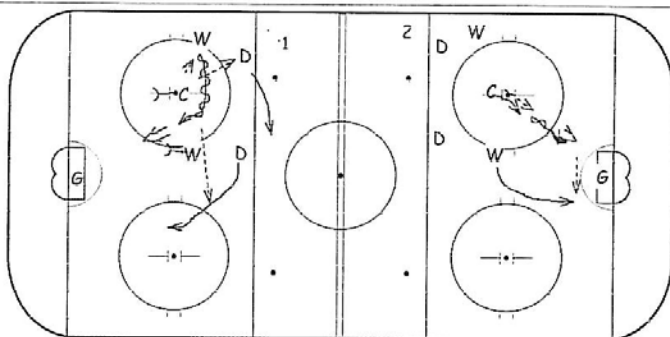
2. CAN DO SAME PLAY 4 VS 5 OR 3 VS 5 IF YOU NEED A GOAL



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FACE-OFF Practice options



FACE OFF - Draw to "Off" winger on Wall

1. OFF THE WALL PLAY .

C wins draw to Off wing Board forward.

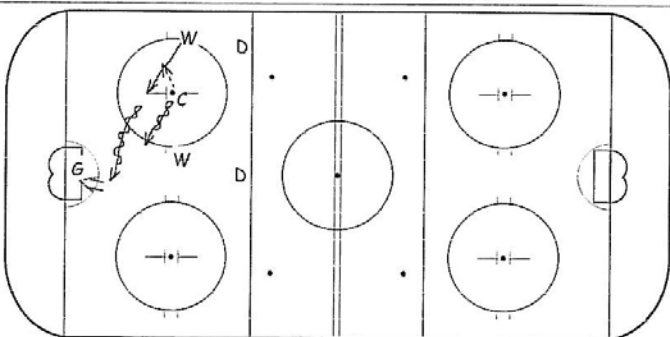
Winger walks in and shoots:

Options-

Tap it back to Board D or pass across to far D coming down

ON A PP FACE OFF THE D GOING WIDE IS A GOOD OPTION

2. C PUSH BY PLAY IS SET UP AFTER WINNING THE DRAW BACK A FEW TIMES.

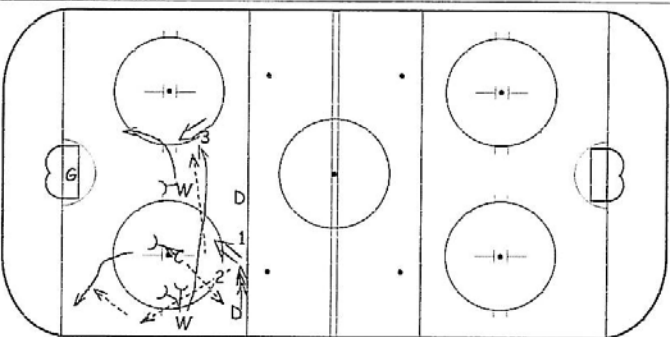


OZFO - PASS TO WALL WINGER or C Push

Push puck to wall Fw Jumping inside. Try when D is lower.

C forehand pushes by C and goes to the net.

Trick idea - Show reverse grip to draw back and push puck by forward.



Board D shot pass options

Offensive face off- board d plays. Best option. Get puck to net. Use other options

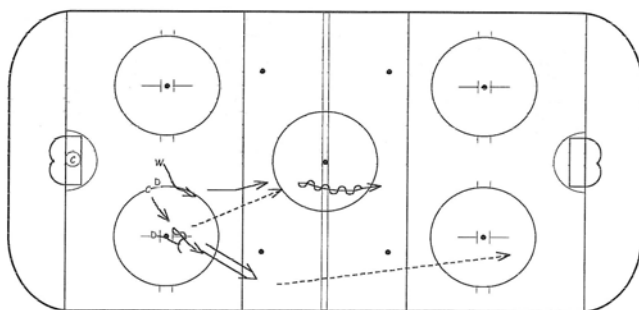
1. win to board d - read , move in and shoot

2. vs pressure _ Pass _ to C in corner.

C may walk out >pass to open winger

3. Bossy

PK Face off Using the D



PK D Zone Face offs vs superior C or when C gets tossed:

Best FO Strongest D scrambles draw. Ties up stick C / W look for puck and jump to lanes of coverage.

Body in shot lane >stick in passing lane.

On last draw PK box is easily established.

Good idea to have the D scramble 5 on 5 - Usefull play if C gets tossed.

Need a goal D may try "Hot Potato". Go with the Draw