



Beat the Pressure and Create the Space in the Offensive Zone

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Pressure – Common Tendency



Today's team sports - less and less room and time as a result of more aggressive and tight defense.

Escaping from pressure and Creating space is therefore very important skill in all team games

Video: *Game clips basketball, soccer, hockey*

- Importance of giving **support** to the puck carrier and playing away from the puck,
- **Creating space** (individually or by cooperation of 2 and more players)
- Moving to **opening and decoy**
- Ability, courage and sense of puck carrier to **find the open men or shoot**

Various under pressure situations occur all over the ice:

DZ - Breakouts under pressure

- D-D direct pass, D-D reverse, D-D-W short side, D-D- low support C, D-W- weak side low D-W, etc.

NZ - Support situations

- Quick-up transition plays: D-strong side W- C, D-D-C-W, D- back to low D-far side W („swing“ or „hitch“ play) etc.

But - main topic for todays presentation is:

Beat the Pressure and Create Space in the OZ



A) Entering the OZ

Beating pressure and creating room in such situations as:

- OZ entries („Elias/Sykora“ play), chip-ins, soft dump-ins, individually, etc.
- Rush - driving to the net (decoy) and finding an open man

Video



B) Beating Pressure in OZ

Set plays 5on 5's, Power Play

- Give quick **support** to the puck carrier on strong/weak side (to kill/freeze the pressure),
- Use combination of jamming the net/slot area and freeing-up an exposed area by moving away from the puck - **get open**
- Get into scoring/shooting chance by **creating space**
- Or: Do it yourself – **individual action**
- To confuse the opposition: use **decoy play**

Support



- Use support (help) in order to beat (kill, freeze) the opponent's pressure:
- - immediately after entering OZ
- - and when trying to set-up a play (5-5, PP)

Get Open

Getting open requires skills like:

- **Special skating ability** - changing directions, with and depth of the action, offensive triangle, timing – jumping into opening in the very last second, exchanging positions
- **Puckhandling and receiving skills** – receiving incorrect pass, under pressure, at compressed area
- *Practise in game-like situations* - ask your players to skate into opening, receive puck while skating sideways or backwards, players must read the situation and think. They must screen the other players movement (give them 2-3 options for pass etc)

Creating Space



- When gaining possession in OZ, **quick movement and availability** of support players is needed, so they buy extra time for puck carrier and take advantage of the free space
- Player on the puck should always **have more than one support option** (width and depth)
- Proper **timing** and angle is important
- **Communication** helps to speed up action (talking, yelling, pointing with stick, hand and body gestures)
- Good players can **read situation quickly and decide** for the best option:
They beat the pressure either with help of other players or individually
(later in presentation)

How to Create Space?

- With coordinated movement of 2-3 players
- Basically one player draws attention by moving in different direction and another player moves into the „empty hole“ (timing)
- Progression of this is when 3 or more players are involved (obviously much more difficult to defend)

Video – Support, Get open, Create space



More Tips:

- It is crucial for coach to explain to every player his role in his unit (shooter – support player - decoy)
- What is happening away from the puck? Are your players standing still or moving to keep defending players busy?
- *Some players don't take this part seriously, because they don't have a puck at the moment. But they need to know, that their role is just as important, because they attract attention and keep the defence occupied.*

Do it Yourself – Individual Action

- Inside cut, turnback, spinorama
- ½ bd's fake move, using own body (Jagr Nagano)
- Pass into open area (puck layed-up) – player releases at the very last moment from defenseman
- Drive

Video – Do it yourself

Decoy Play



- Synonymum – attract the attention to a „wrong“ player, confuse, trick, tease, fool sb.
- Decoy – individually / combination
- Decoy player gains time and creates room for an intended goal scorer

Video - Decoy

Using your Top Player as a Decoy



- It is well known, that famous basketball coach of the Chicago Bulls Phil Jackson used Michael Jordan or Scottie Pippen as the decoy for others like Kukoc
- The same strategy can be applied in hockey, when sometimes your „role“ player can be the one, who takes the last and unexpected shot

Everybody , the best
INDIVIDUALS included,
give all this for the
success of the **TEAM**

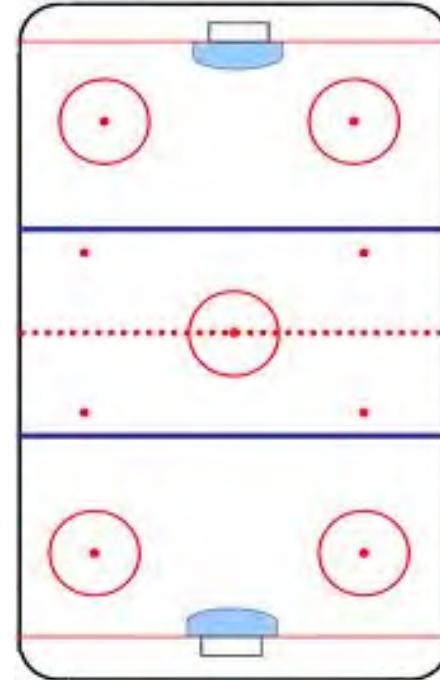


Drills



Small group drills 4-6 players:

- Support
- Get open
- Create Space
- Decoy



Video

Thank you!

