

Offense

Figure 1 shows ideal passing locations relative to the player with the puck when on the offensive. The idea is for the offensive player with the puck is to have 4 options, each at a 45 degree angle to themselves. Yes, passing back is a good option to have. Player do not necessarily need to be under water waiting at those locations but they should be able to get there to pick up a pass when the puck get passed in that direction.

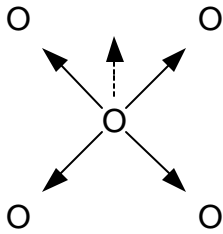


Figure 1

With that in mind, Figure 2 shows how you should be aligned relative to the puck when playing with 6 people. Note that Strong Side is the side with the puck and Weak Side is the side without the puck. Also note that the weak side players should not cross over the mid line of the field and enter the Strong Side. This would put you out of position as the play changes. Some teams have their weak side players cross over the mid line for additional support. If you do this, just make sure you don't over commit and are able to cover that entire area. Otherwise, you could end up too far over in the event of a break away.

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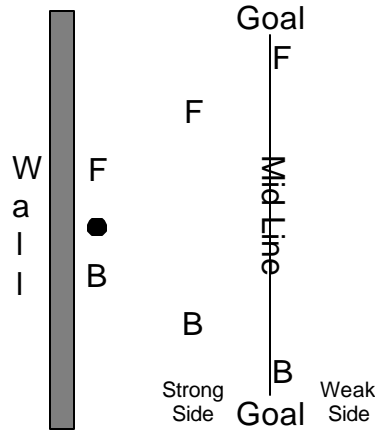


Figure 2

anyone could ever swim as shown in Figure 4.

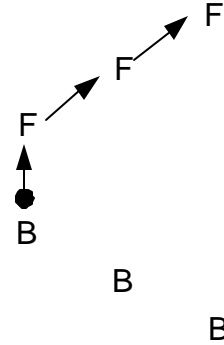


Figure 4

Figure 3 shows how players "swing" as the puck moves from one side to another. Note how the weak side players now become the strong side players and vice-versa. Also note again how the weak side players do not cross over the half mid line. Obviously when the puck moves up or down, the players need to move up or down with the puck in addition to the diagonal changes.

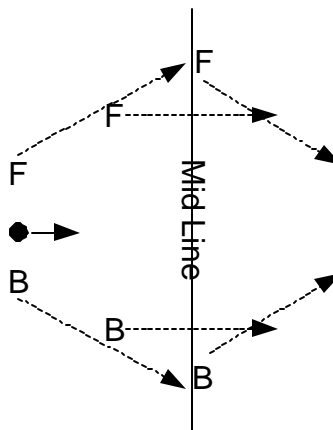


Figure 3

By lining up properly, three quick passes allows you to move faster up the field than

Defense

As shown in Figure 5, the Defense lines up very similar to the offense since possession of the puck can change at any second. Note that the Defensive Back (X_b) and Defensive Front (X_f) closest to the puck are attacking the player with the puck. Also note that the other X_b 's try to play just inside of the puck from the open O_f 's. This puts them in position to intercept a pass. Obviously the O_f 's are trying to prevent this from happening. The same positioning is true behind the puck with the X_f 's and Offensive Backs (O_b). The last thing to note is that the attacking X_f (the one closest to the puck) stays BEHIND the puck to allow the attacking X_b to do their job. The X_f stays out of the way of the X_b and is primarily there to pick from behind. See below.

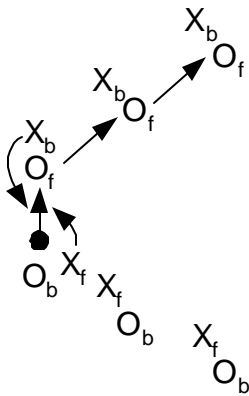


Figure 5

Figure 6 shows Back Picking. When the X_b makes the player with the puck curl, the X_f MUST be there to back pick them. Otherwise they will just curl and sit there and pass it to one of their backs. Even if you are unsuccessful in stealing the puck you have done two very important

things: 1) you are harassing the offensive player and 2) you have blocked off their back pass.

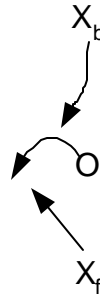


Figure 6

In addition to the team wide moves that occur as the puck moves, there are defensive position strategies that are important on the smaller scale. Figure 7 depicts a 1 vs. 2 situation. The 270 degree shaded area denotes the area that X_1 COULD cover. Obviously he/she cannot cover the entire area.

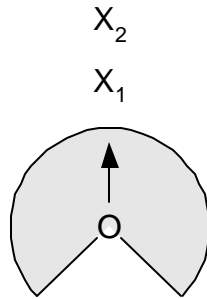


Figure 7

In such a situation, players X_1 and X_2 need to work together. X_1 should cover one side and X_2 , taking X_1 's cue, should cover the other side as shown in Figure 8.

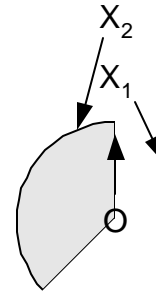


Figure 8

If a wall is nearby, the defensive player should use that to their advantage and drive the offensive player to it as shown in Figure 9. This reduces the offensive player's options without requiring a second defensive player. In effect, this makes the wall the 7th defensive player. Keep in mind however that if used successfully, and the puck changes possession, the wall benefits the other team.

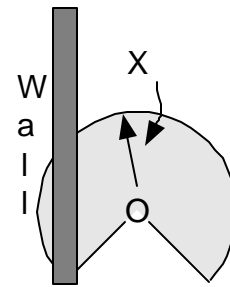


Figure 9

Miscellaneous Strategy

Figure 10 indicates what could be called the "Hot Zone."

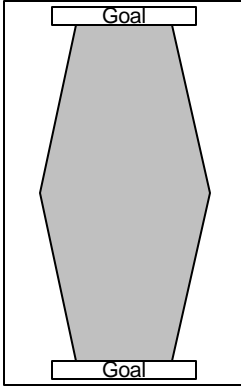


Figure 10.

The Hot Zone is where things can happen very fast and goals could be scored. Outside the Hot Zone, play tends to slow down, as walls become obstacles. As a defensive player, it is important to keep the puck

OUT of the Hot Zone in front of YOUR goal. If necessary, dump the puck in the corner. Make the opponent get the puck out of the corner as you regroup your defense.

As an offensive player, you want to get the puck into the opponents Hot Zone- especially in front of their goal. This is the equivalent of centering the ball in soccer. New players will try to drive the puck into the goal from the side (where it is very narrow). Experienced players will pass the puck into the center where a teammate will have the entire width of the goal to choose from.

Advantage Puck

Figure 11 shows how a team could line up for an advantage puck.

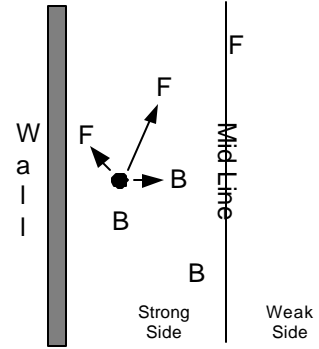


Figure 11.

In this case the strong side back will initiate the advantage puck. This person has 3 potential passing routes. While the middle forward is the ideal player to pass the puck, the strong side forward is usually the passing avenue available. The middle back lines up to the side to provide an outlet in case all the forwards are covered. The weak side back becomes a stopper to prevent a goal in case the opponent intercepts a pass.