

IOU Coaching Certification

Level 2: Competitive

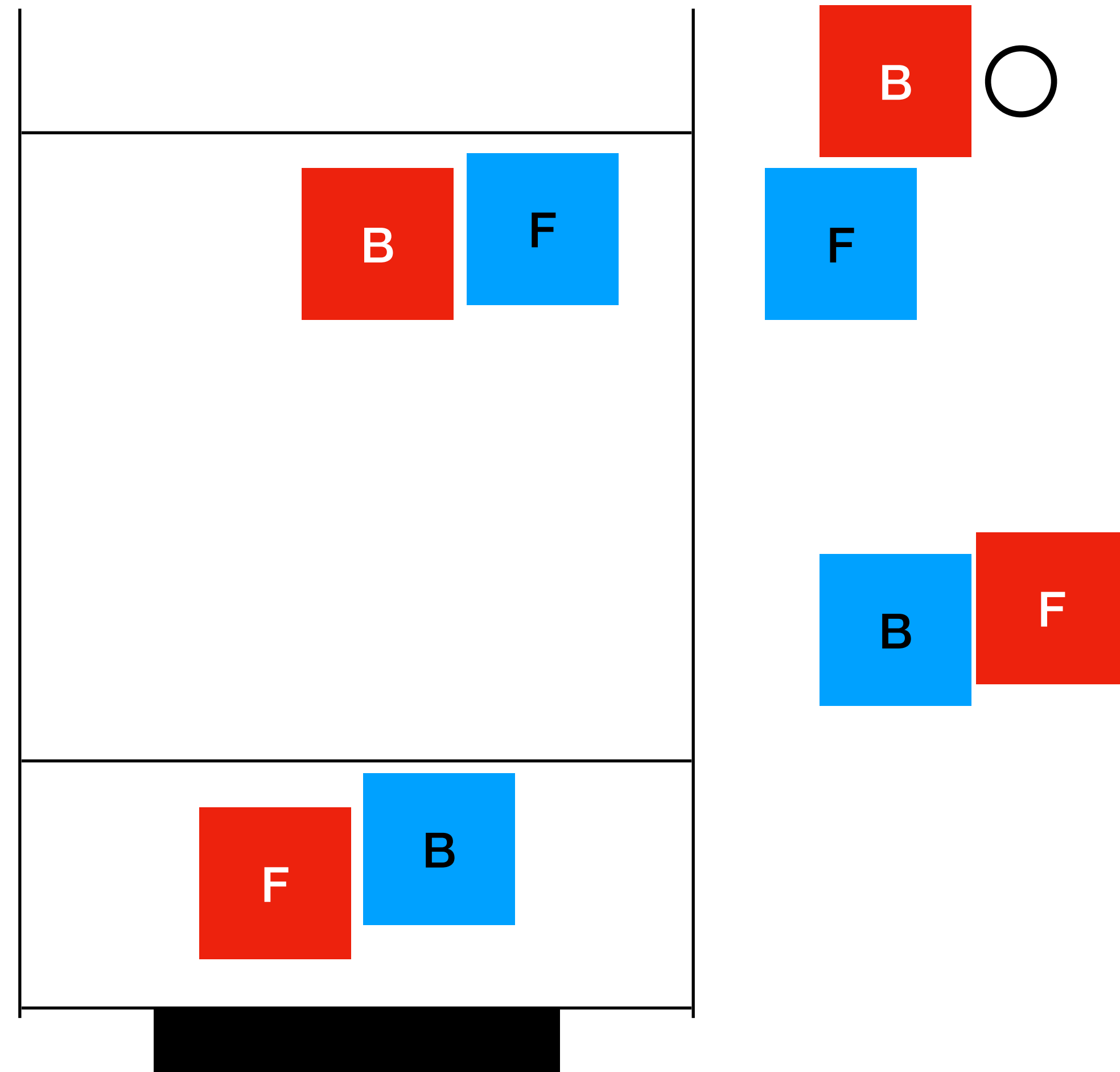
Section 2: Advanced Tactics

Defense

- Man to Man
- Zone
- Collapsed Zone
- Clamshell Zone

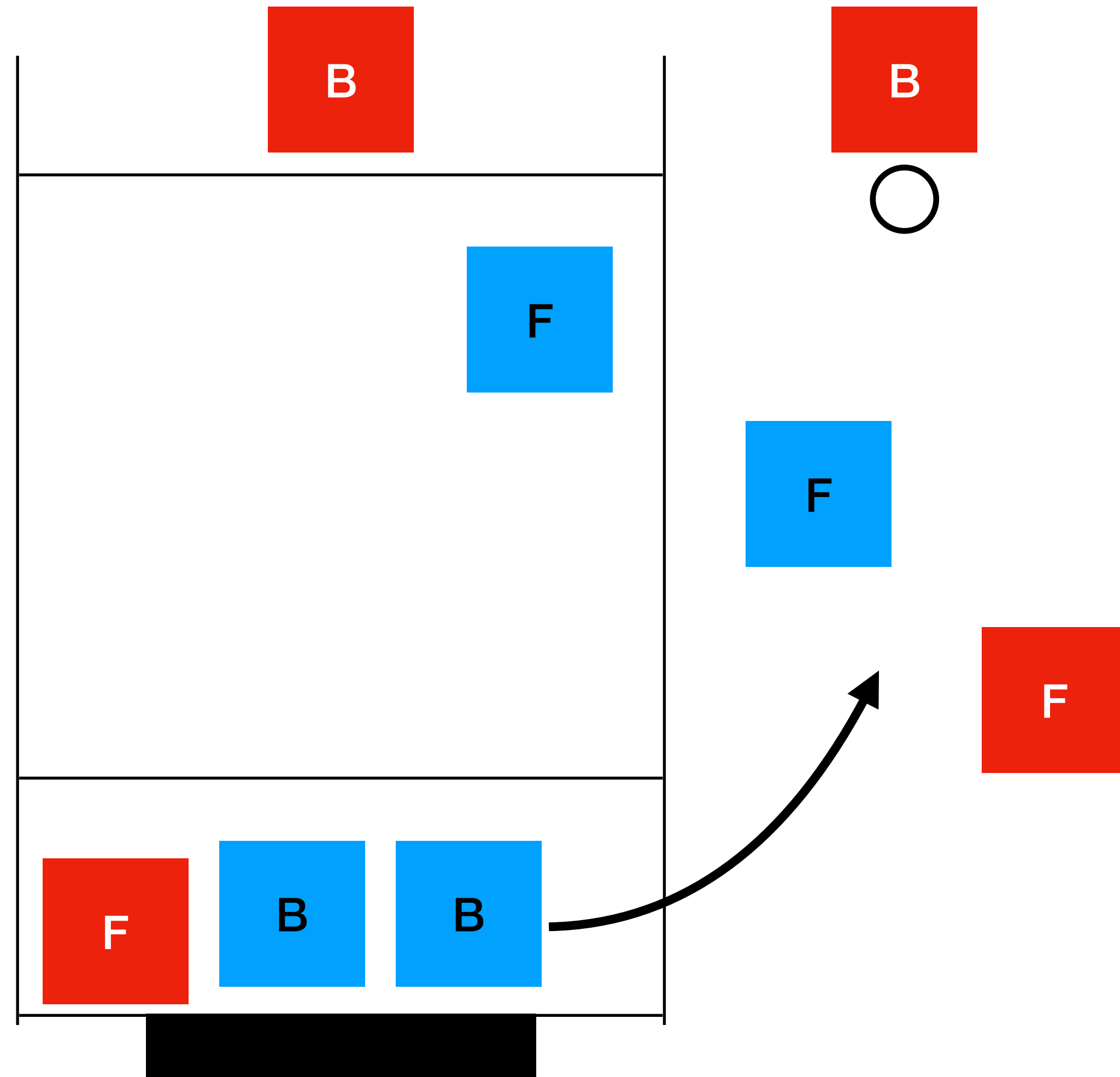
Man to Man Defense

- Each player picks up an assigned attacker
- Backs cover forwards
- Forwards cover backs
- Gives good pressure on the ball
- Good at denying passes to dangerous shooters
- Can lead to a 1v1 in the crease or require both backs to leave the crease



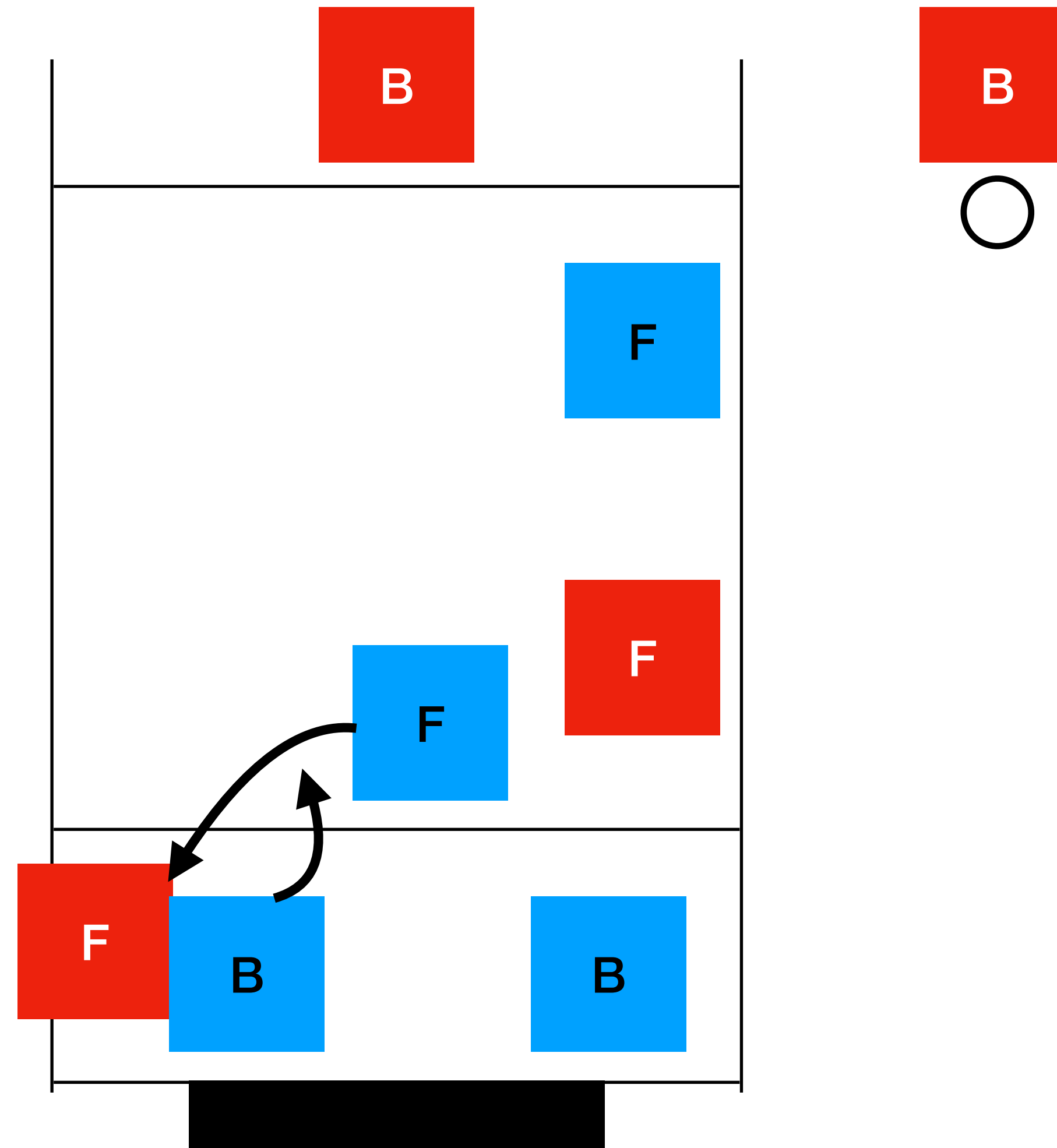
Zone Defense

- Both backs defend the goal crease
- Gives a 2v1 in the crease. One back takes away the man, the other takes the shot
- Forwards defend outside in a 2v3
- If opposing forward leaves the crease, a back follows man to man
- One of the backs can make surprise runs at the ball to win possession
- Highest efficiency rating: most versatile and effective across situations



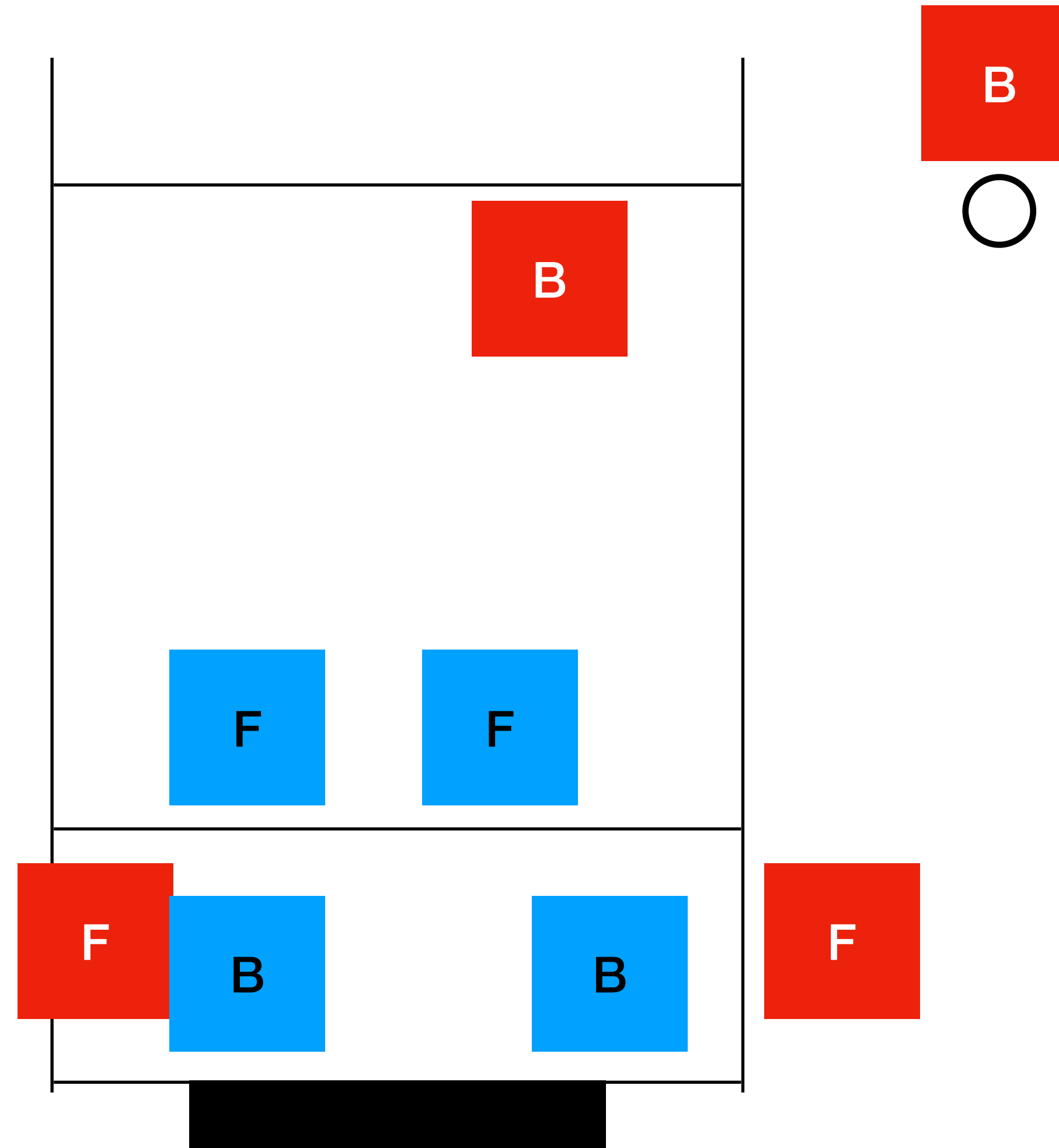
Collapsed Zone Defense

- A forward drops back to defend the crease
- Requires coordination to avoid goal hanging, but forward can help out the crease back by popping in and out to deal with threats from crashing forwards
- Severely clogs the crease area, making shots from outside difficult
- Allows the defense to overpower a crease threat and defend against teams that alternate which forward attacks the crease



Clamshell Zone Defense

- Both forwards drop down ready to play in the crease
- Requires excellent communication to avoid goal hanging
- Effectively concedes possession to offense
- Typically considered a mistake

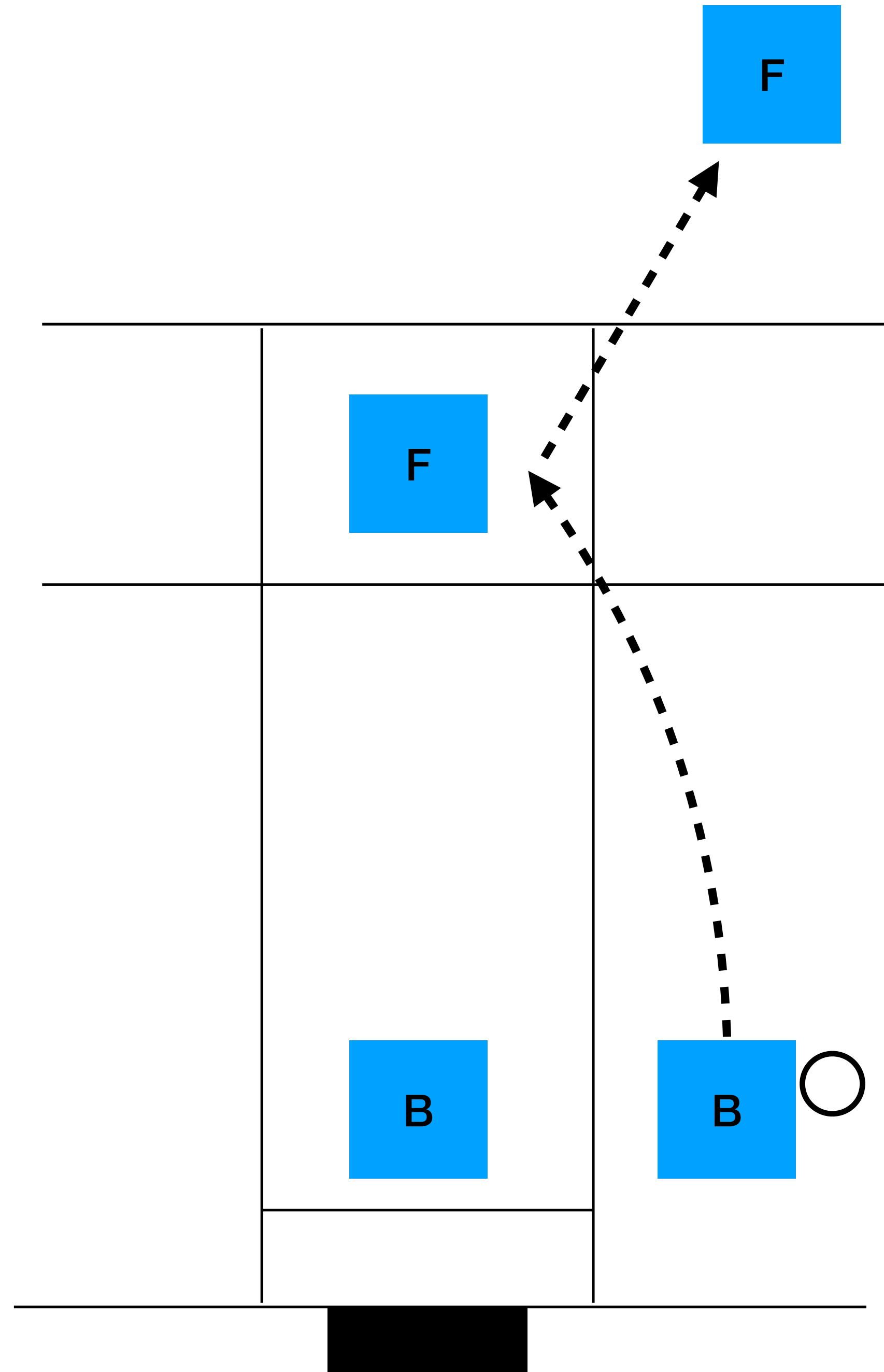


Breakout

- Vertical
- Lateral

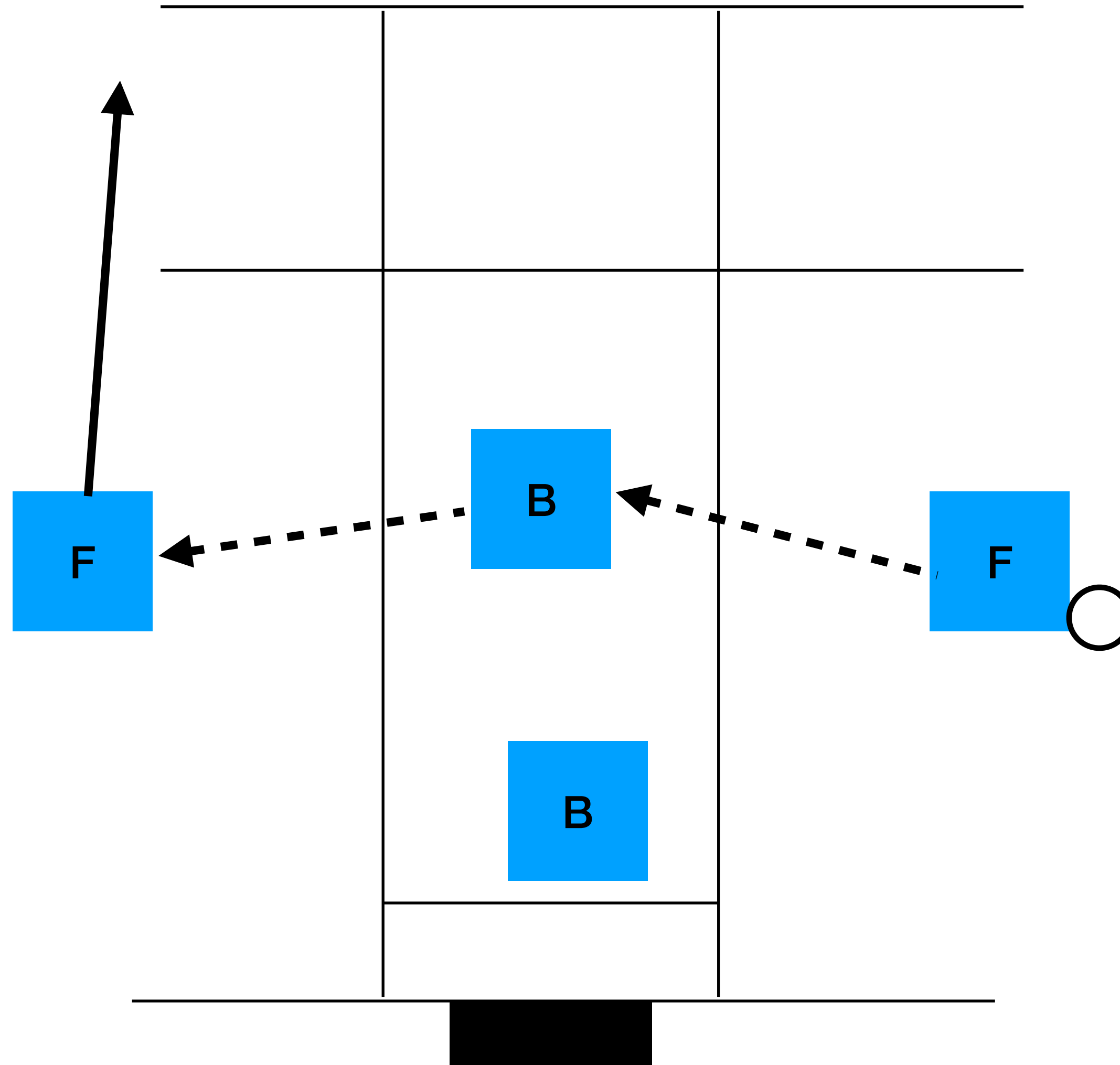
Vertical Breakout

- One forward gets open in offensive zone
- Other forward takes position in neutral zone
- Goal is to play the ball through neutral zone to find open forward on offense, or to relieve pressure by forcing defense to cover cherrypicker



Lateral Breakout

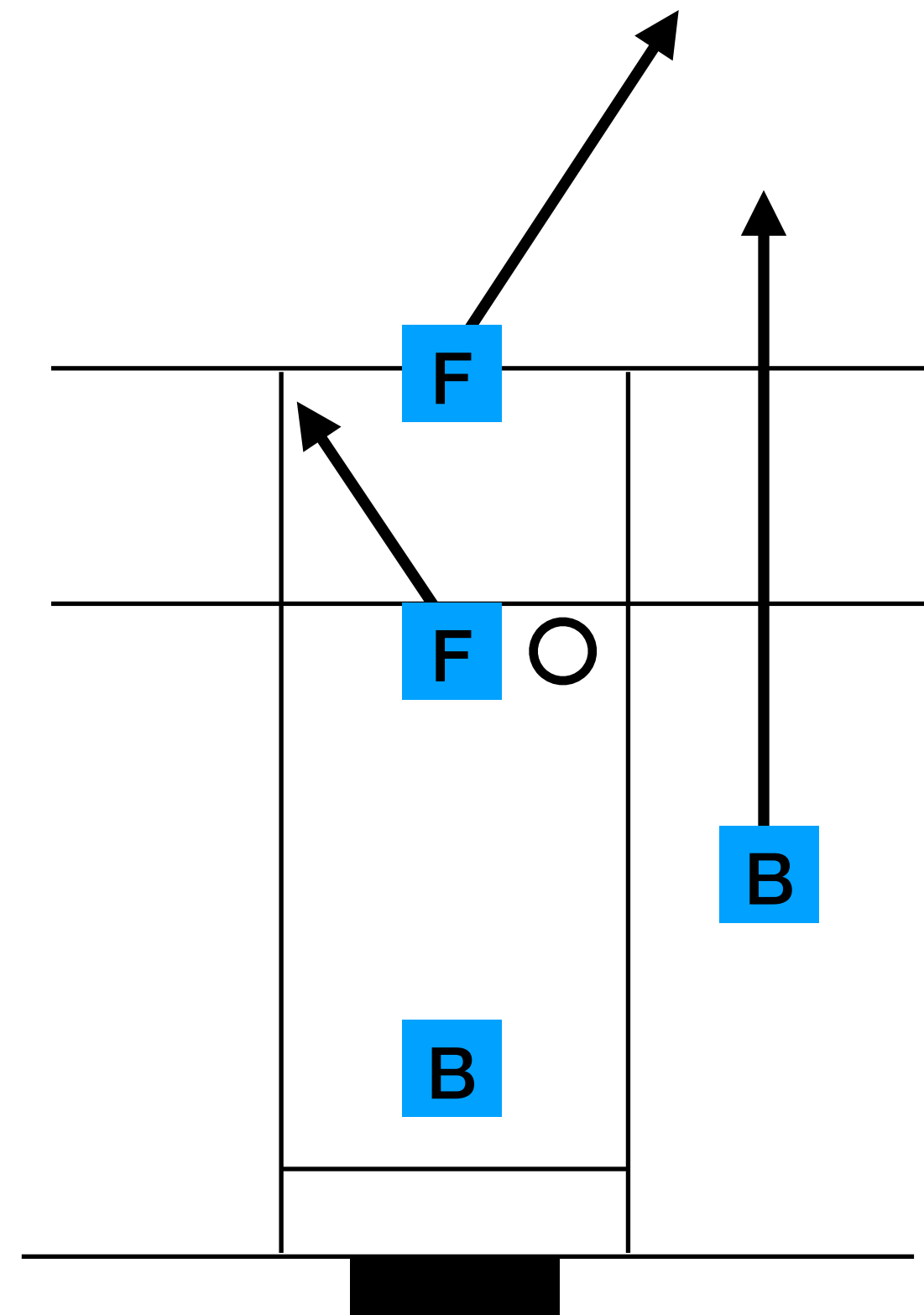
- Forwards spread to both wings
- Backs take position in center channel
- Backs want to get ball across to forward, who will have open field to run with



Breakout Tempo

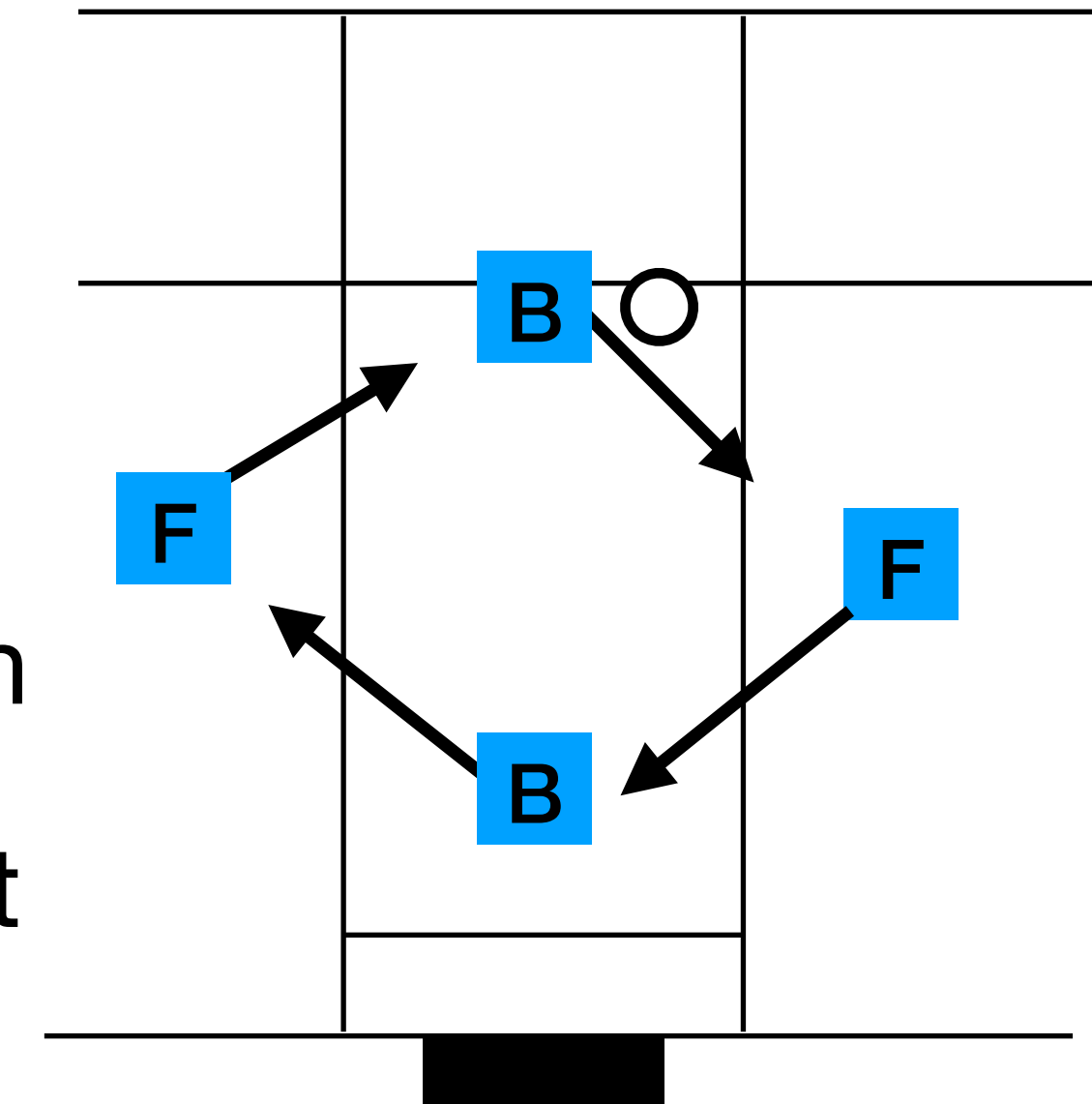
Counterattack

- Fast play, immediately getting upfield with the ball in a race to the other side of the field
- Chance of high-quality scoring chances before defense can recover
- Requires good long passing
- Requires speed



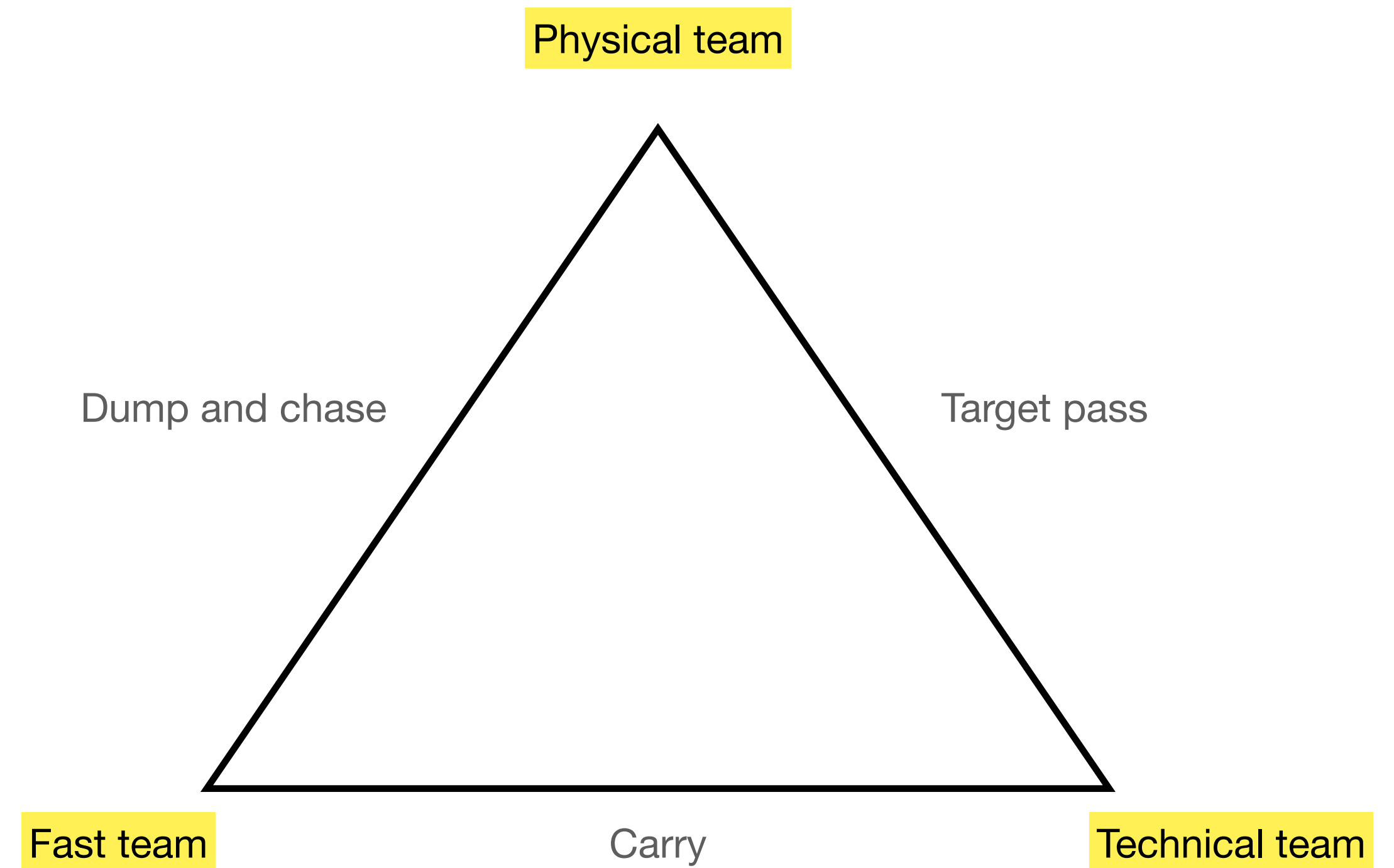
Build Up

- Patient play, often East-West or even backwards, to buy time for the perfect breakout
- Higher chance of retaining possession
- Requires good short passing
- Requires field awareness



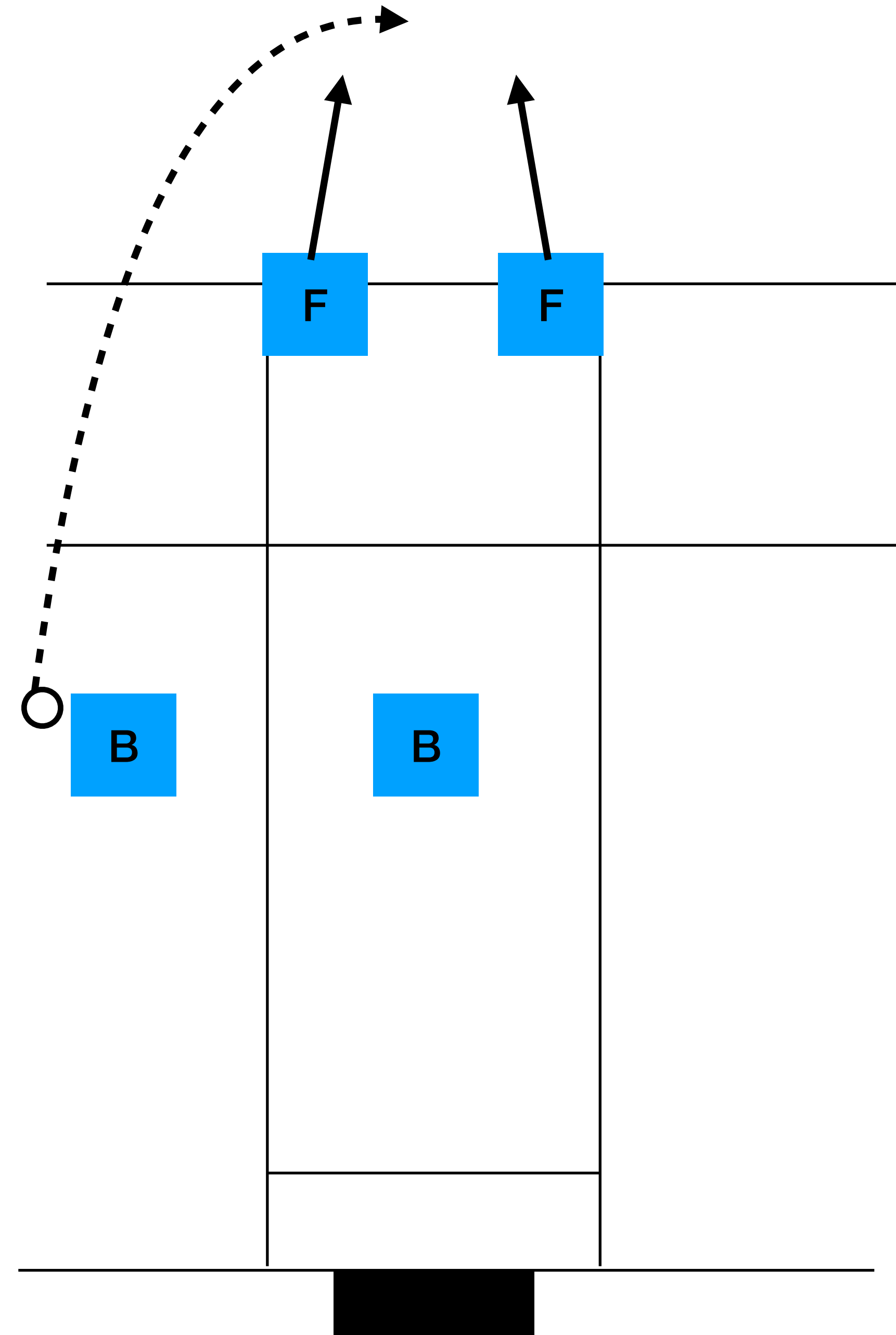
Breakout Method

- Positioning is in service to moving the ball out of the zone
- Because of the two line pass rule, the ball must either be touched in the neutral zone before it goes to the attacking zone, or precede the attackers into the zone
- This is a vital place to establish your team's identity
- Good teams will often have two methods for breaking out, a primary option and a backup plan

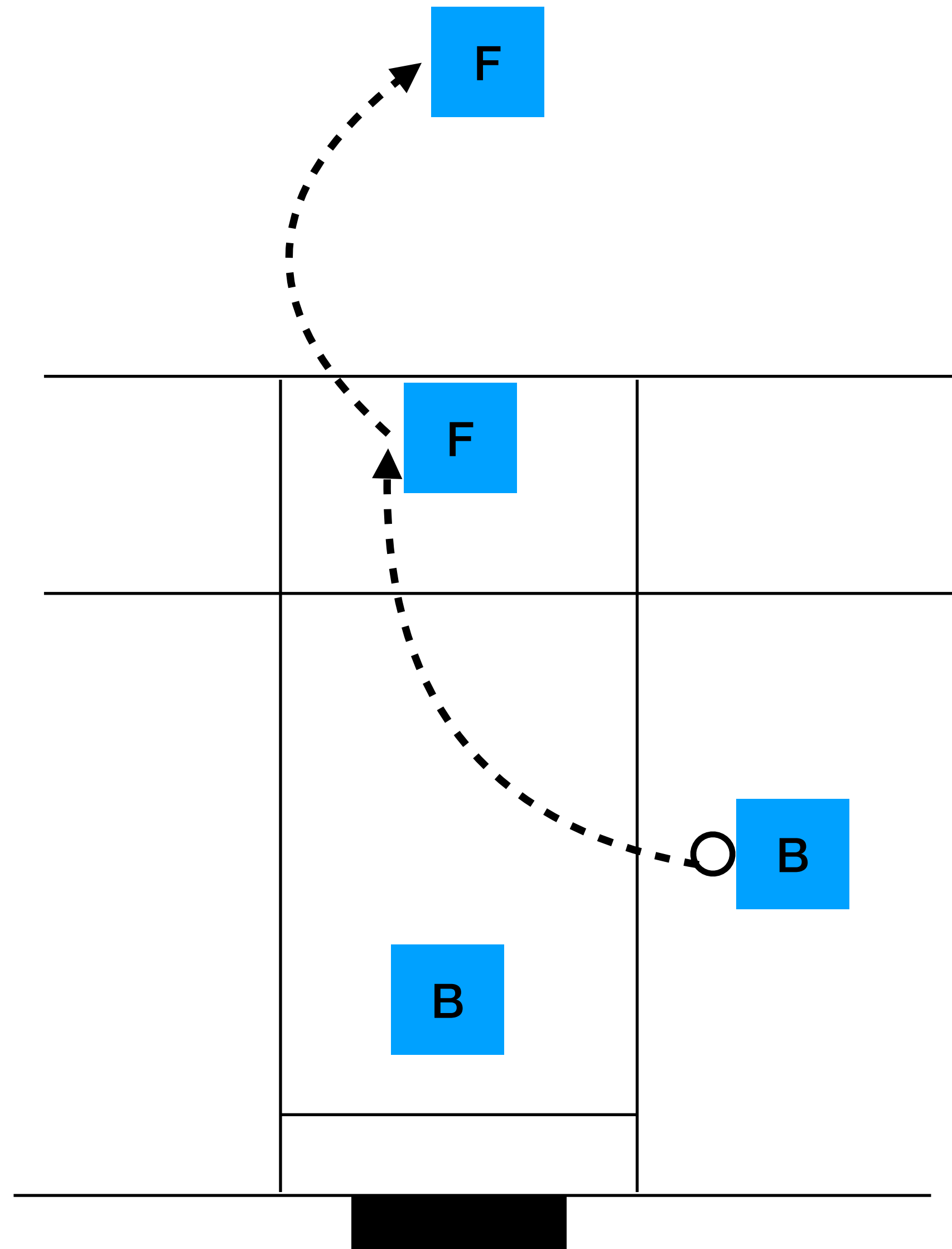


Dump and Chase

- Send the ball into space and chase after it, bypassing defenders and the two line pass rule
- Allows players with good speed or physicality to advance the ball even with poor ball skills
- Wears down opposition and can force them into mistakes
- Requires good timing
- Can easily give away possession for free
- Can be exhausting



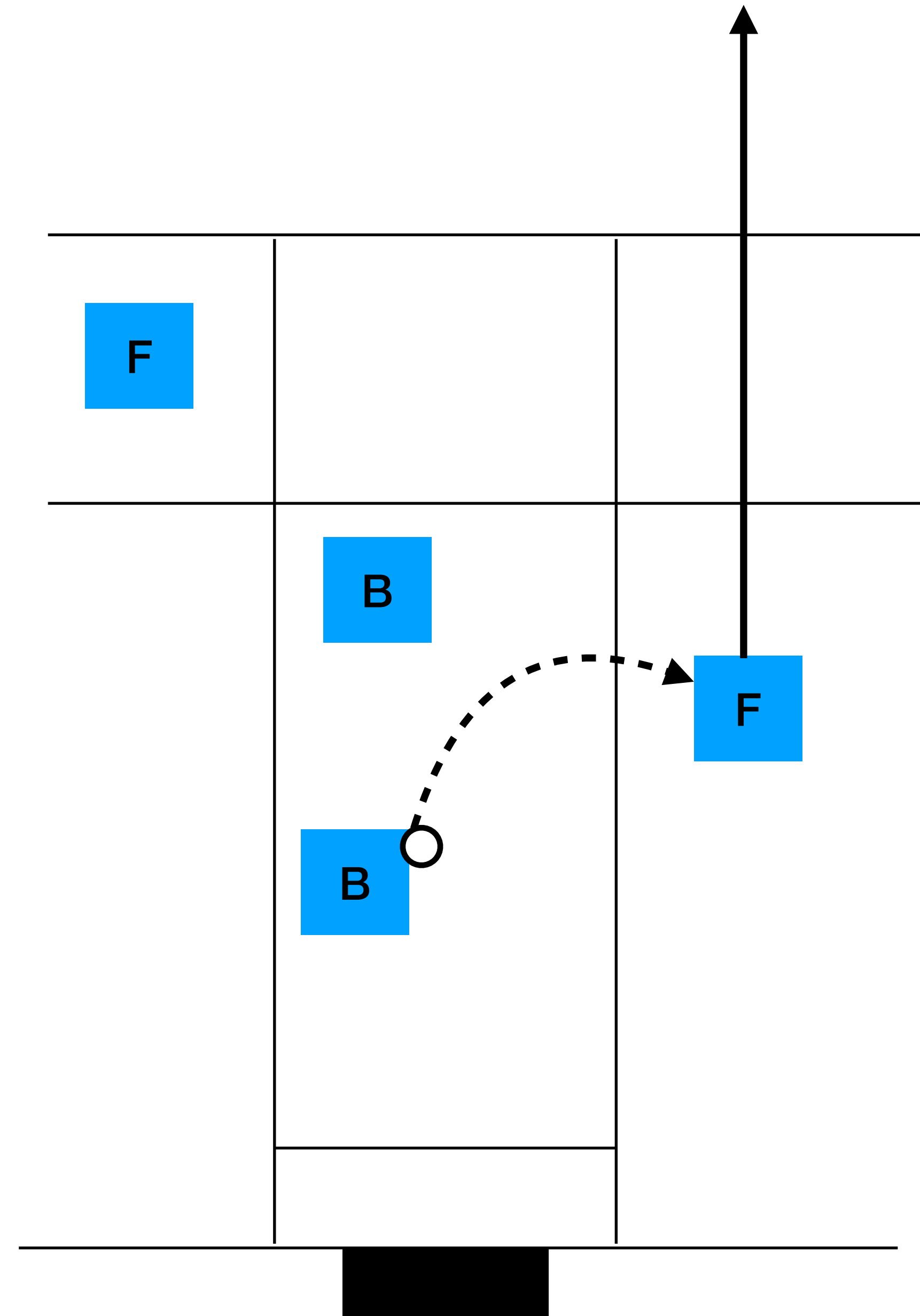
Target Pass



- Send passes to a player in the center square, who then sends it to an open teammate somewhere else on the field
- Requires a forward who can create space and find passes in center
- When successful can create excellent scoring chances
- Forces the forecheck to play more conservatively, which can open up space
- Can become predictable

Carry

- Find an open lane on the field, then run with it
- High chance of success getting ball into offensive zone
- Requires good ball skill
- Leaves players at risk of getting hip checked

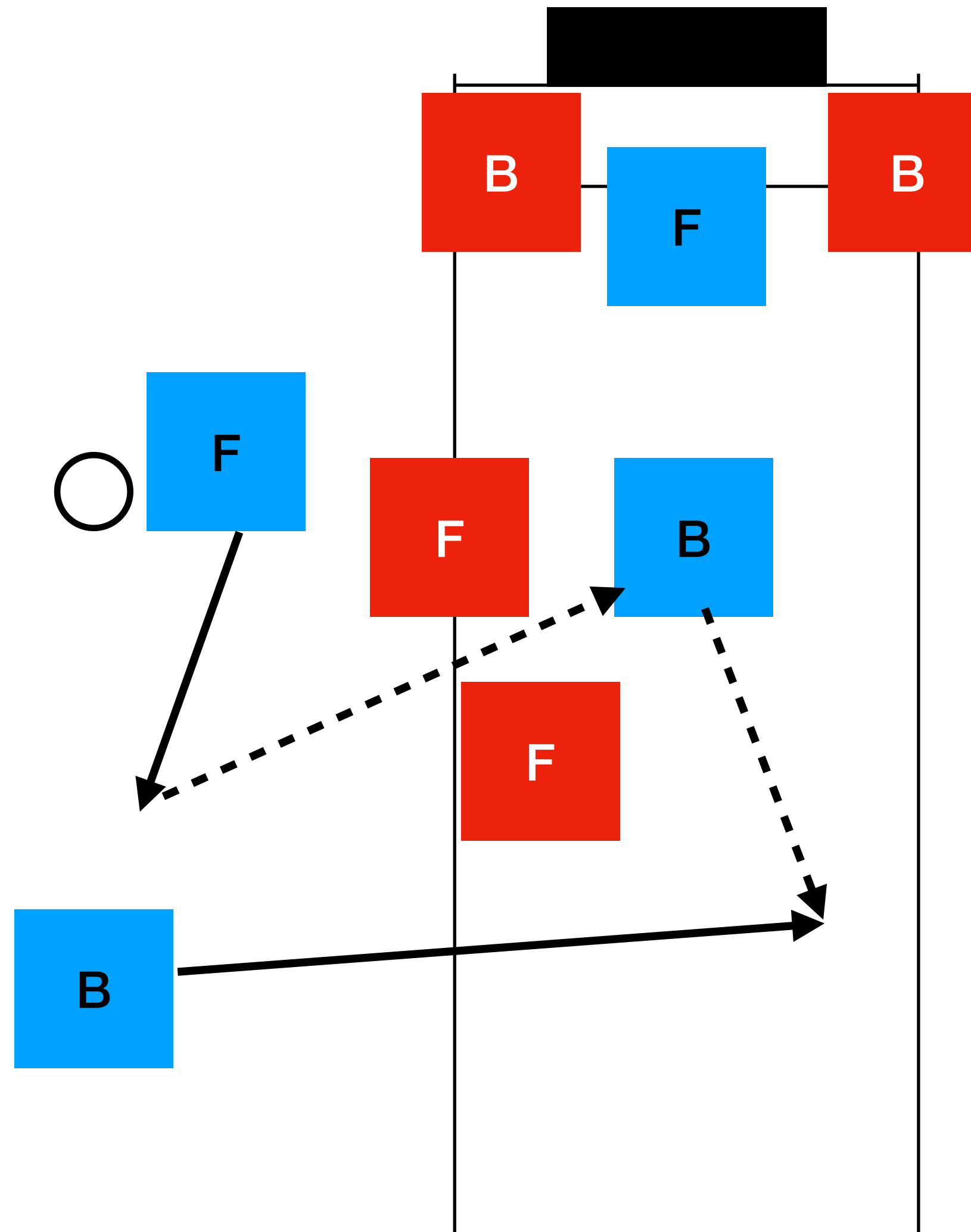


Offensive Formations

- Overload
- Double Crease
- Spread
- Diamond
- Inverted

Overload Offense

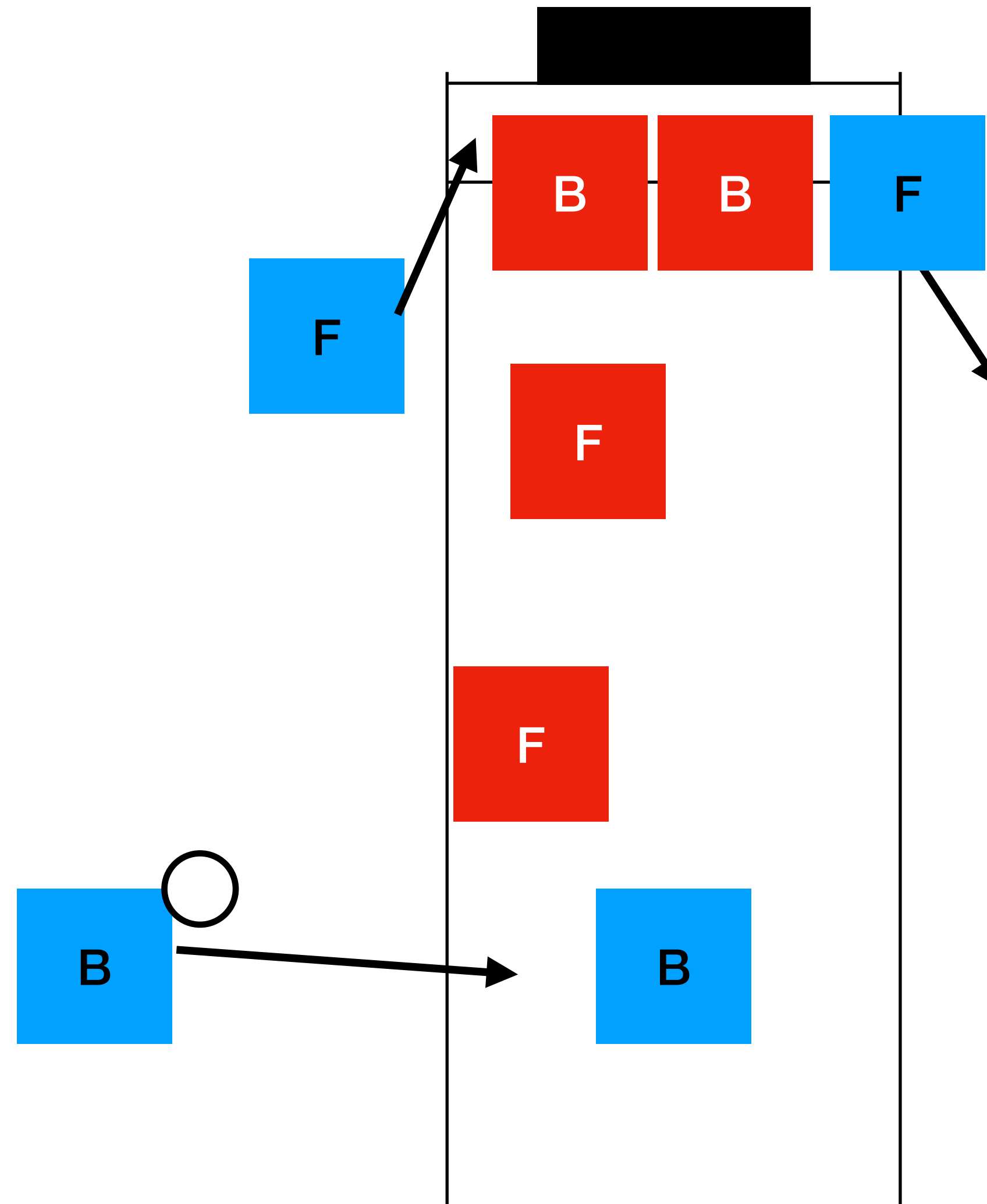
- One forward goes to the crease, inviting the defense to collapse for a 2v1 or risk a tap-in or a clear-out
- Remaining players play 3v2 on one side, using movement to find open space



- Very good for teams with a single physically dominant forward
- Movement makes the offense less predictable
- Can be tiring to run

Double Crease Offense

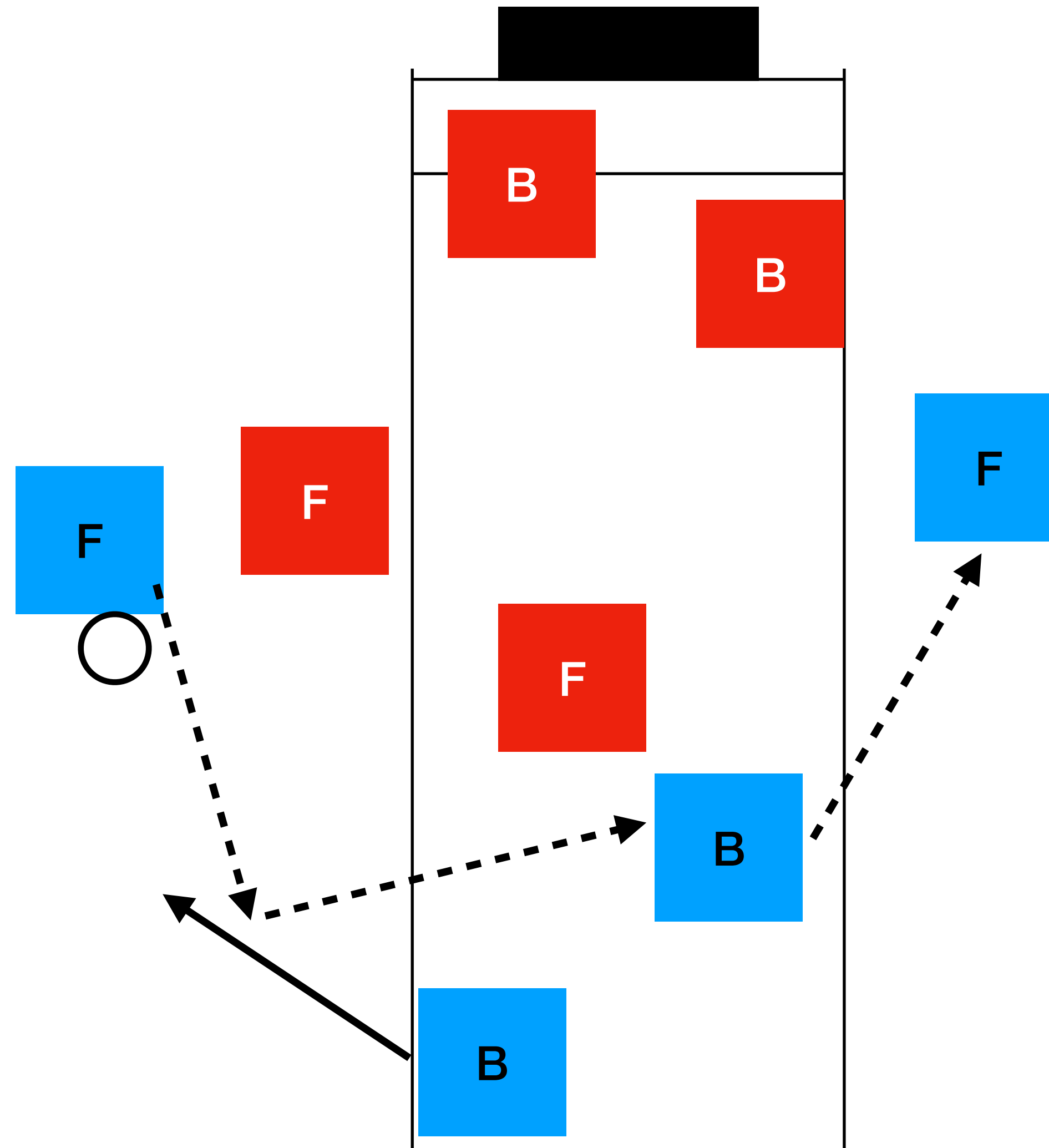
- Both forwards look to go to the crease. They constantly switch who goes loose and who goes to the crease to find an opening or to catch the backs off guard and clear them out
- Ball flows through the backs



- Flexible system that can beat multiple defensive schemes
- Good for teams that want to get the ball to a dominant back
- Can become predictable

Spread Offense

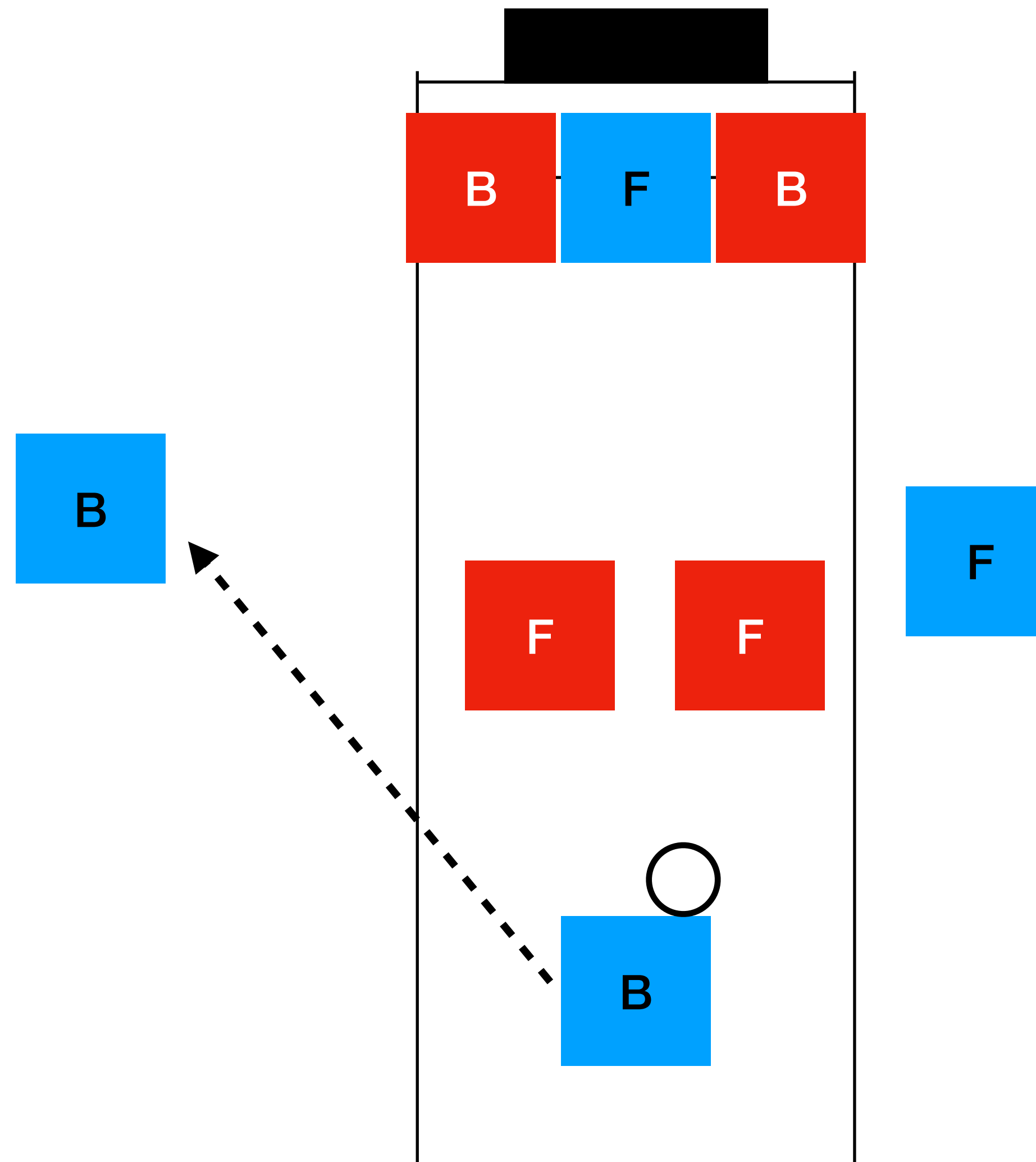
- Instead of going to the crease, the forwards get open on the wings
- The ball can flow through the backs to either side of the field



- Lots of movement can wear down defenders
- Good for teams with forwards who can shoot from outside
- Can have trouble breaking down compact defenses

Diamond Offense

- One forward goes to the crease, one back and one forward split out to the wings
- One back controls the point and decides which side the offense plays on



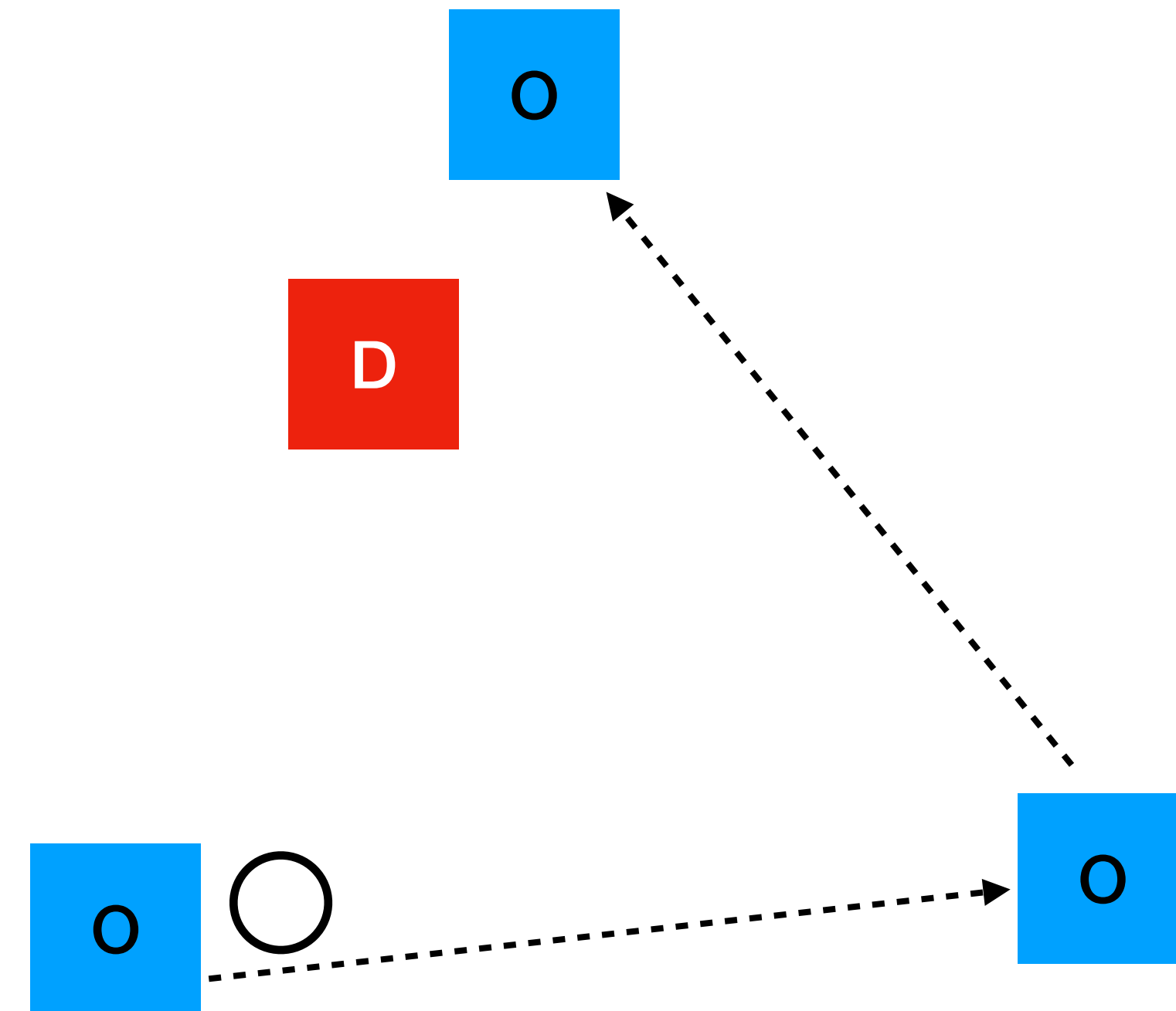
- Good for teams with specialized players
- Combination of East/West movement and net front pressure can poke holes in most defenses
- Pressure on central back can lead to goals against

Offensive Actions

- Concepts to drill into players that they can use to create scoring chances
- Can be used as part of set plays or as miniature on-field play calls

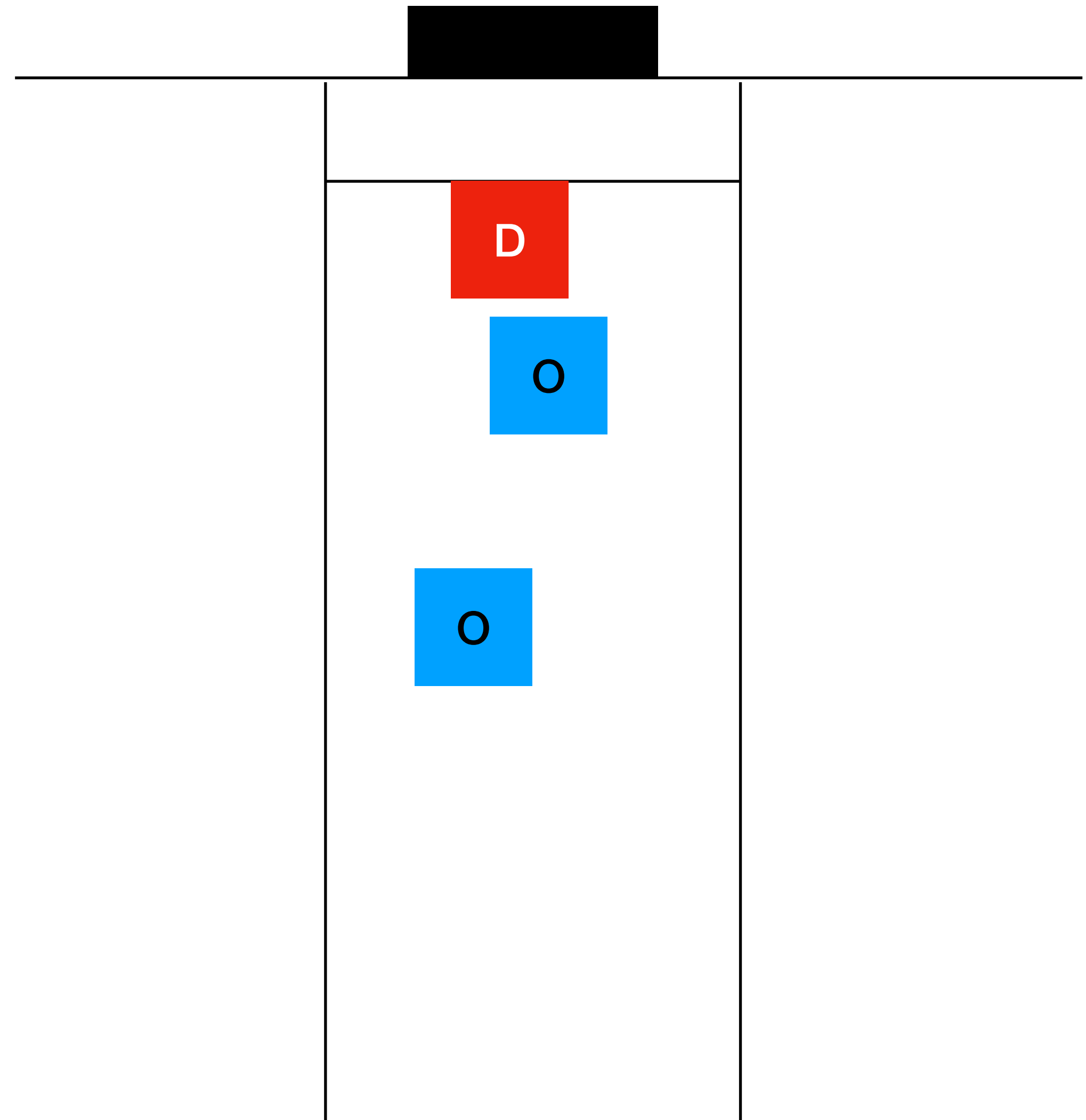
Third Man Pass

- When a teammate is covered and we want to give them the ball, pass to a different player first to draw the defense's attention and change the angle, then pass to the desired player
- Simple once mastered
- Requires quick passing skill



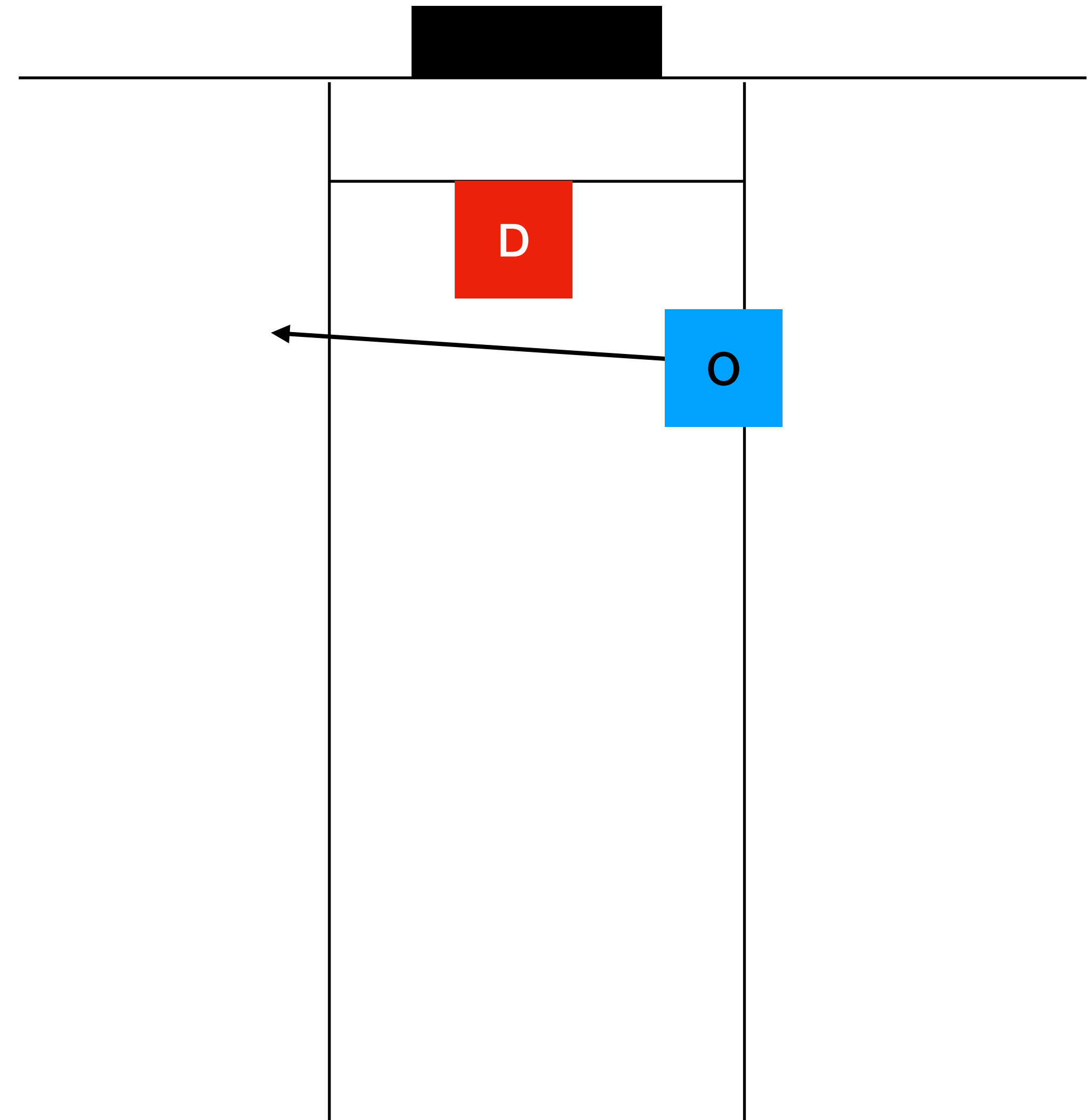
Layered Screen

- Have two players screening the sweeper or a shot blocker, at different distances
- Significantly more difficult for the defender to see incoming shot
- Forces defense to clear out two players instead of one



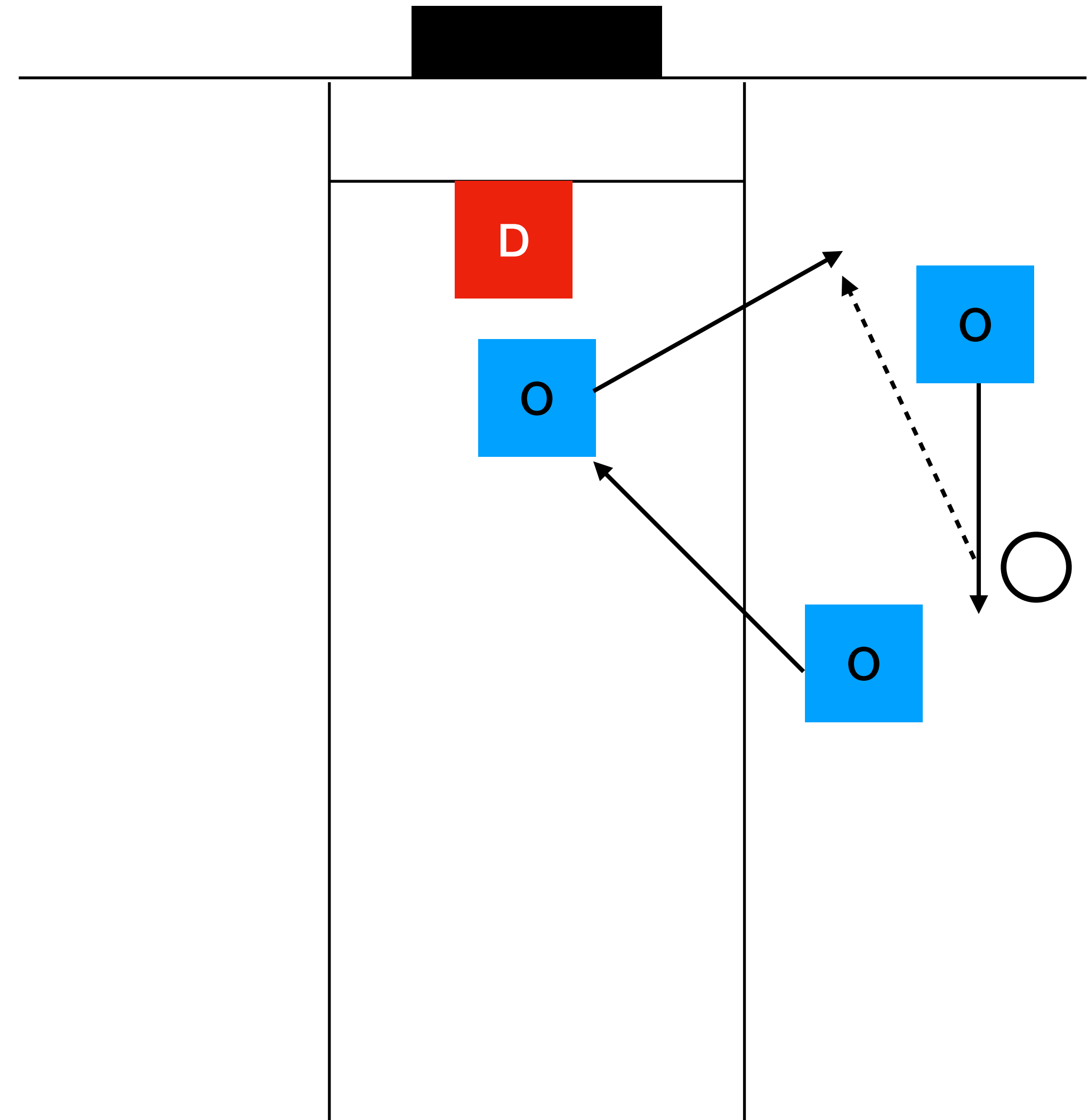
Moving Screen

- Instead of standing directly in front of the sweeper or a shot blocker, a moving screener tries to run across their field of vision as the ball is shot
- Much more difficult for a defender to adjust to
- Doesn't require as much physicality as a stationary screen
- Requires good timing from both shooter and screener
- More difficult to avoid blocking teammate's shot than stationary screen



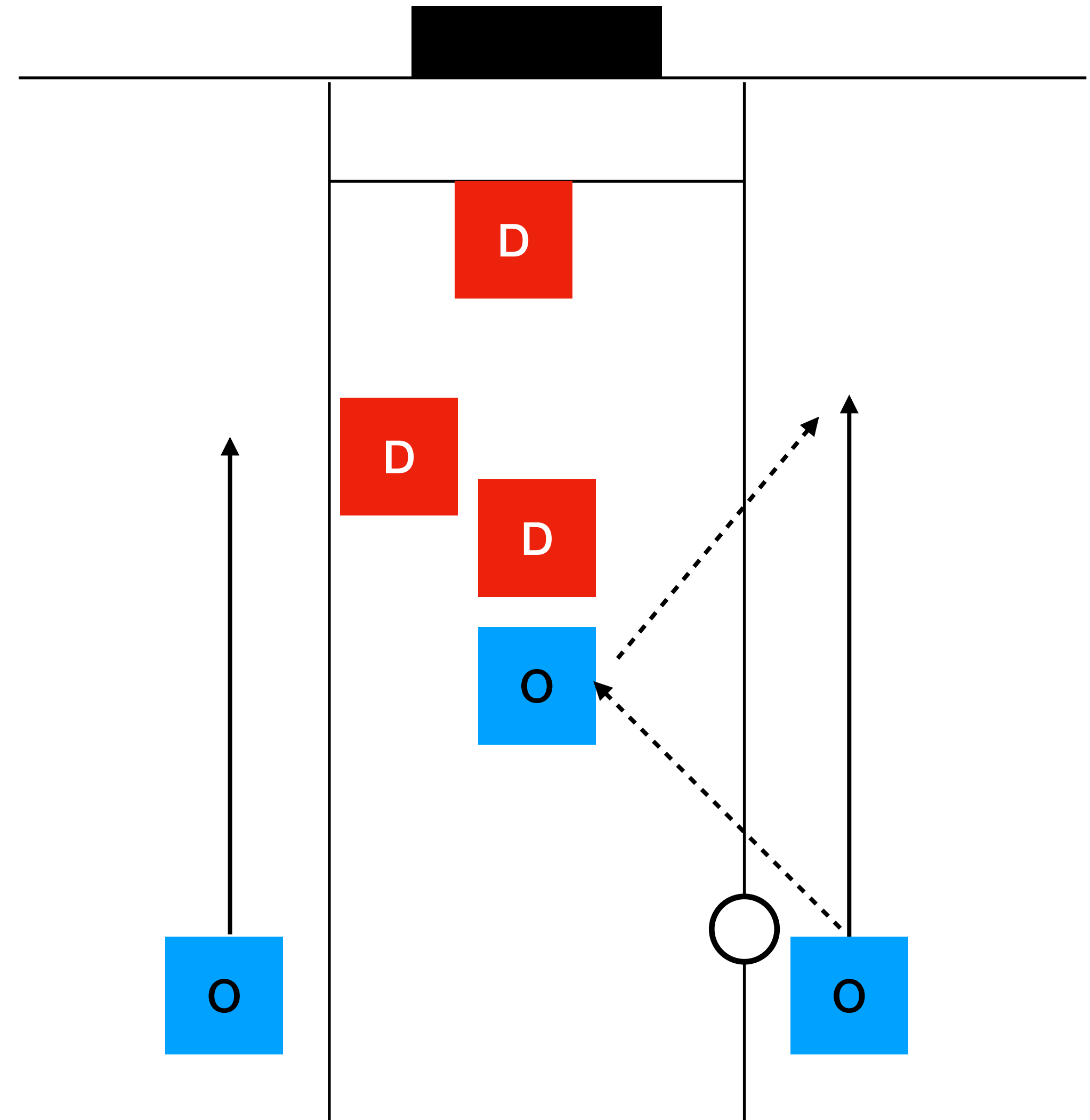
Cycle

- Players rotate positions in order to relieve pressure
- Ball carrier carries high, passes low
- Net front player goes wide, takes the ball
- High player cuts to the goal



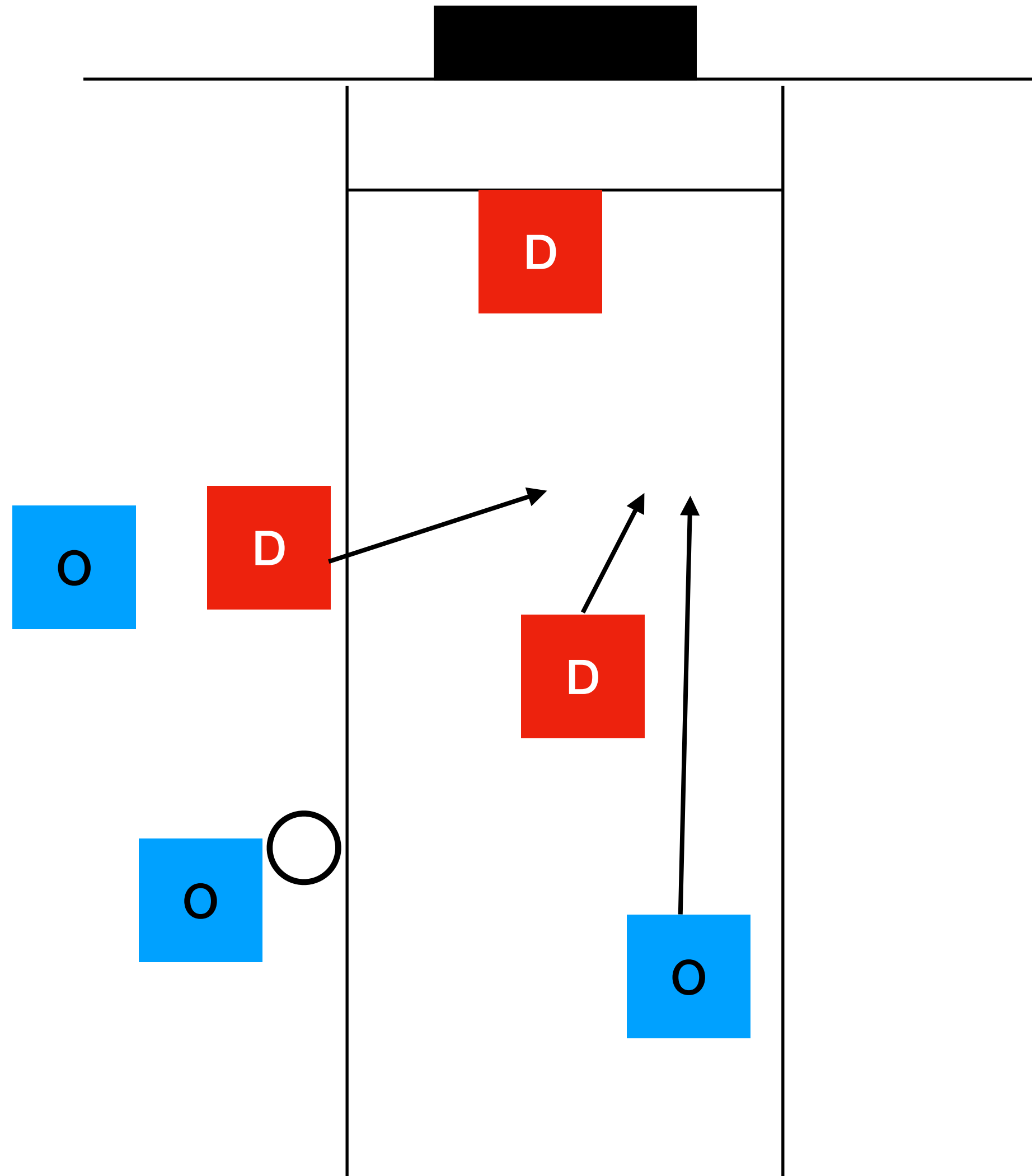
Wishbone

- Passing the ball to a central player, they can then move the ball to runners on either wing
- This can force defenses to choose the wrong player to cover

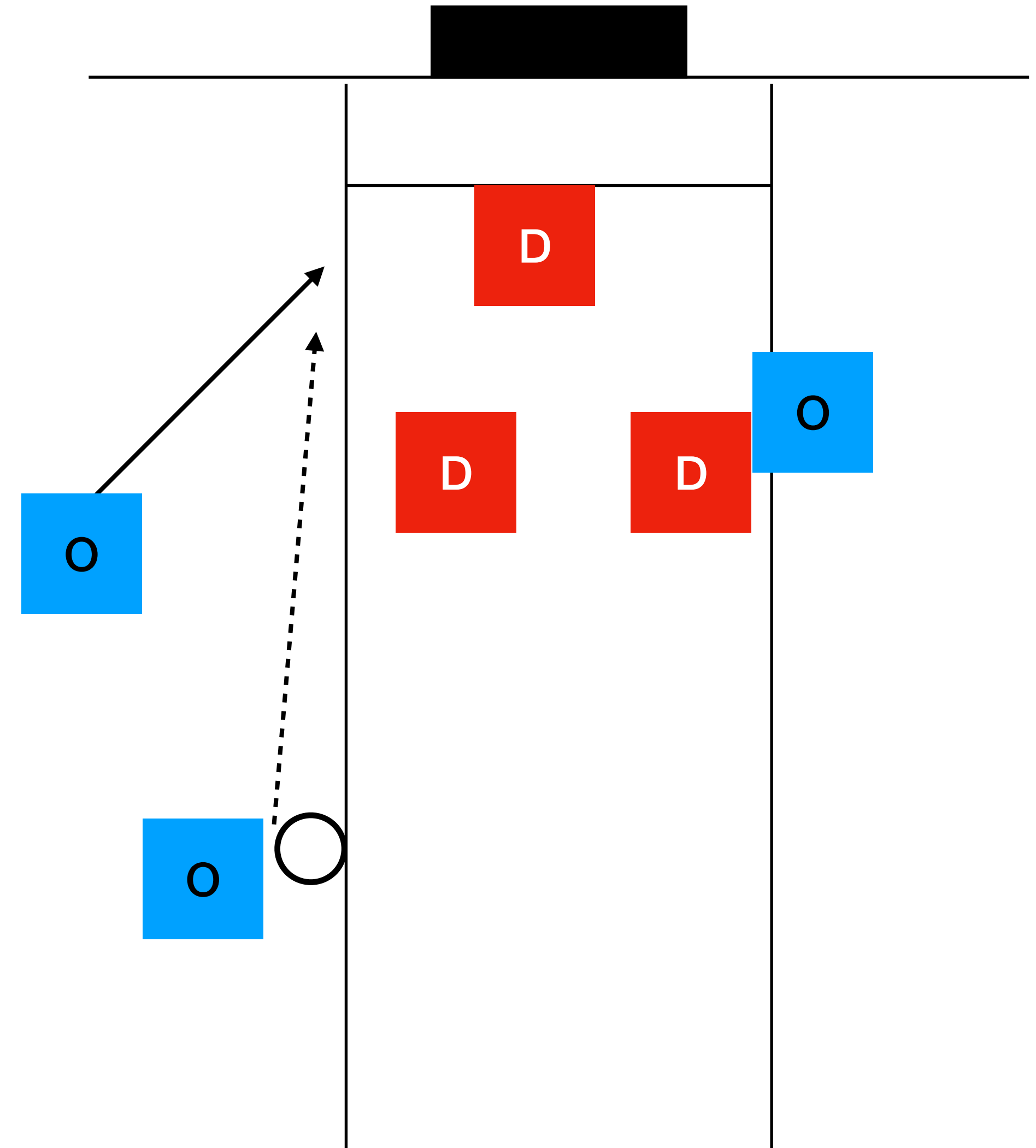


Decoy Run

- 1st player cuts to force defensive attention
- 2nd player cuts elsewhere and is the actual focus of the attack



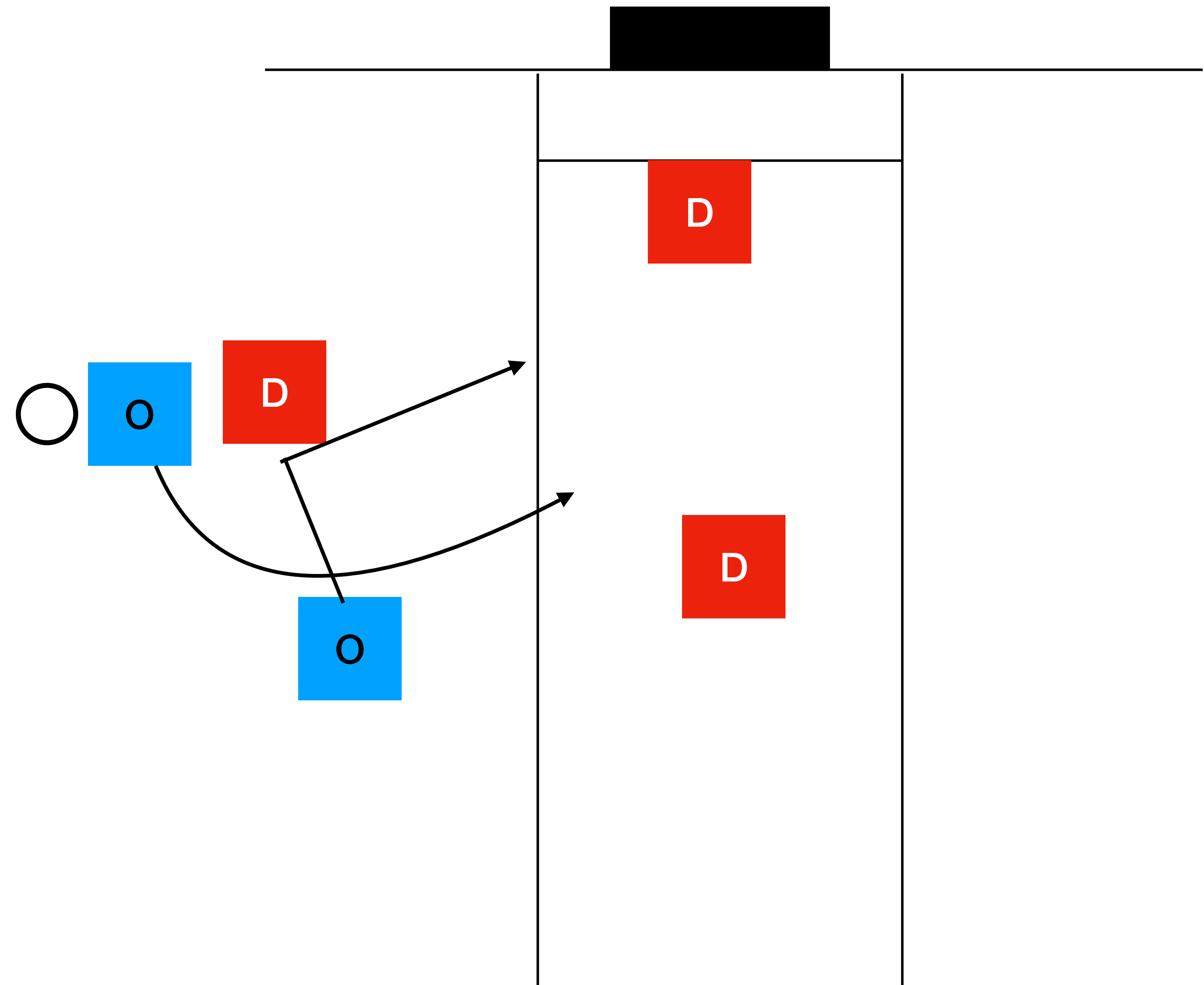
Decoy run: attacker cuts to suck in defenders



This frees up space for a second cut

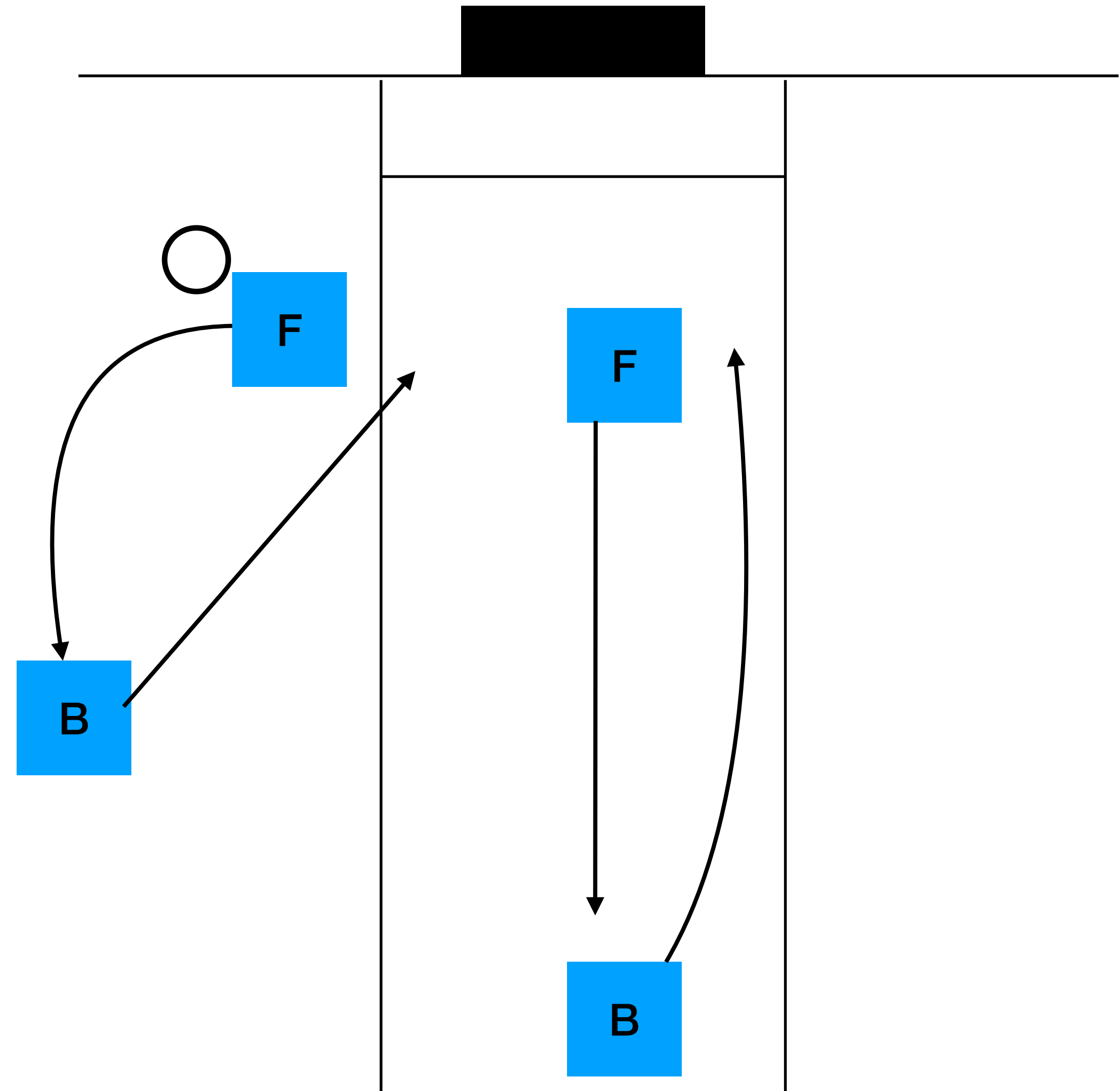
Post and Pick

- If the ball carrier posts up their defender, the defender must move at walking speed and is allowed to be pushed
- Off-ball attacker walks up, shoves away the defender, then “rolls” to the goal
- Chance to create 2v1s with the off-ball defender



Invert

- Against a man to man defense, the offense “flips.” The forwards attack from the neutral zone and the backs attack from low. This f
- If defenders stay with their mark, the defense sacrifices its ability to counterattack because players are out of position
- If defenders switch, there is an opportunity to exploit the defense while they are switching or to create a mismatch
- If the defense moves from a man to man coverage into a zone coverage, the offense can take advantage of a preferred look (if that was the goal) or un-invert



Forecheck

Man Concepts

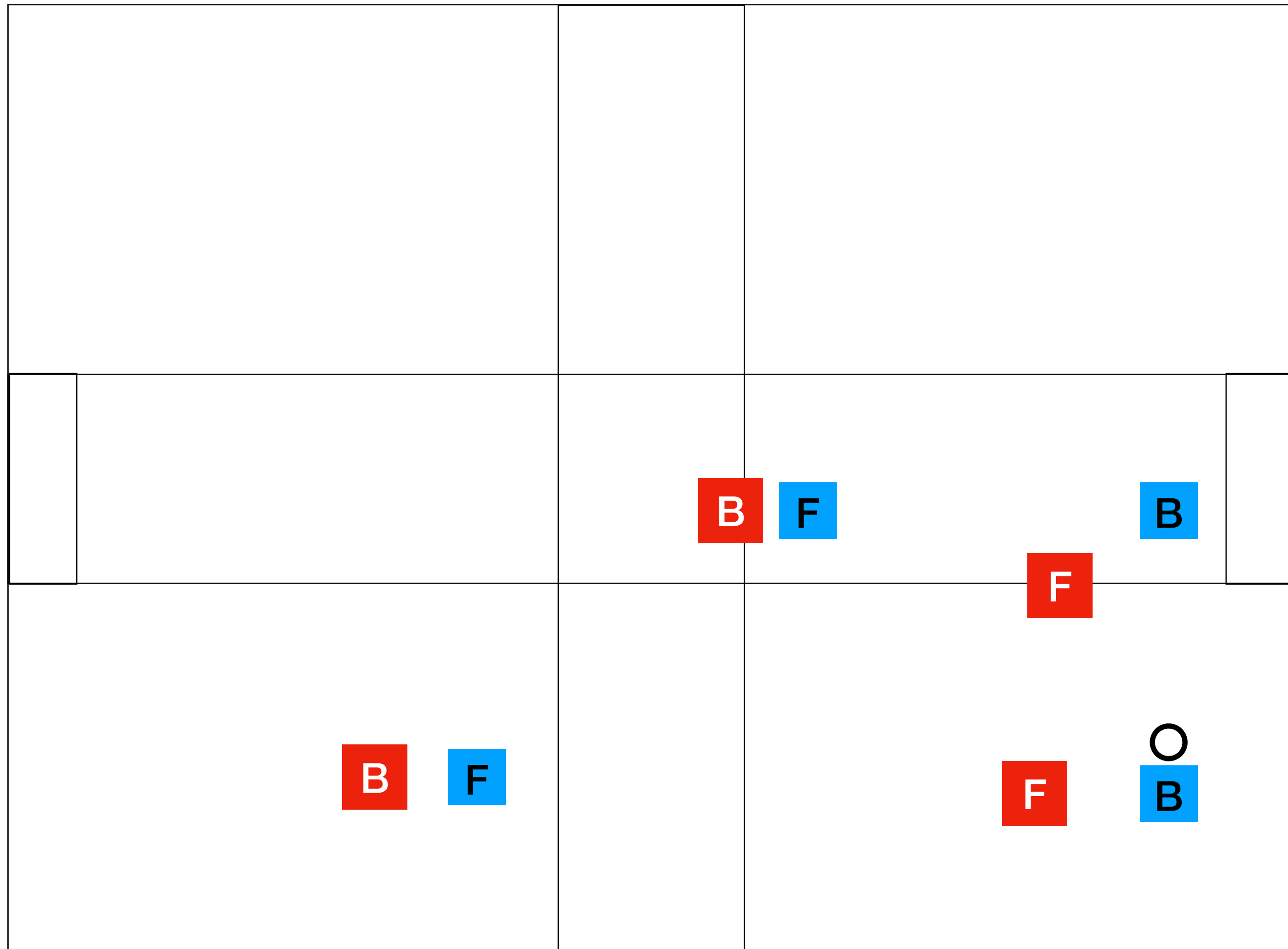
- True Man to Man
- Half Man to Man
- Quarter Man to Man

Zone Concepts

- High Box
- Low Box
- Hammer

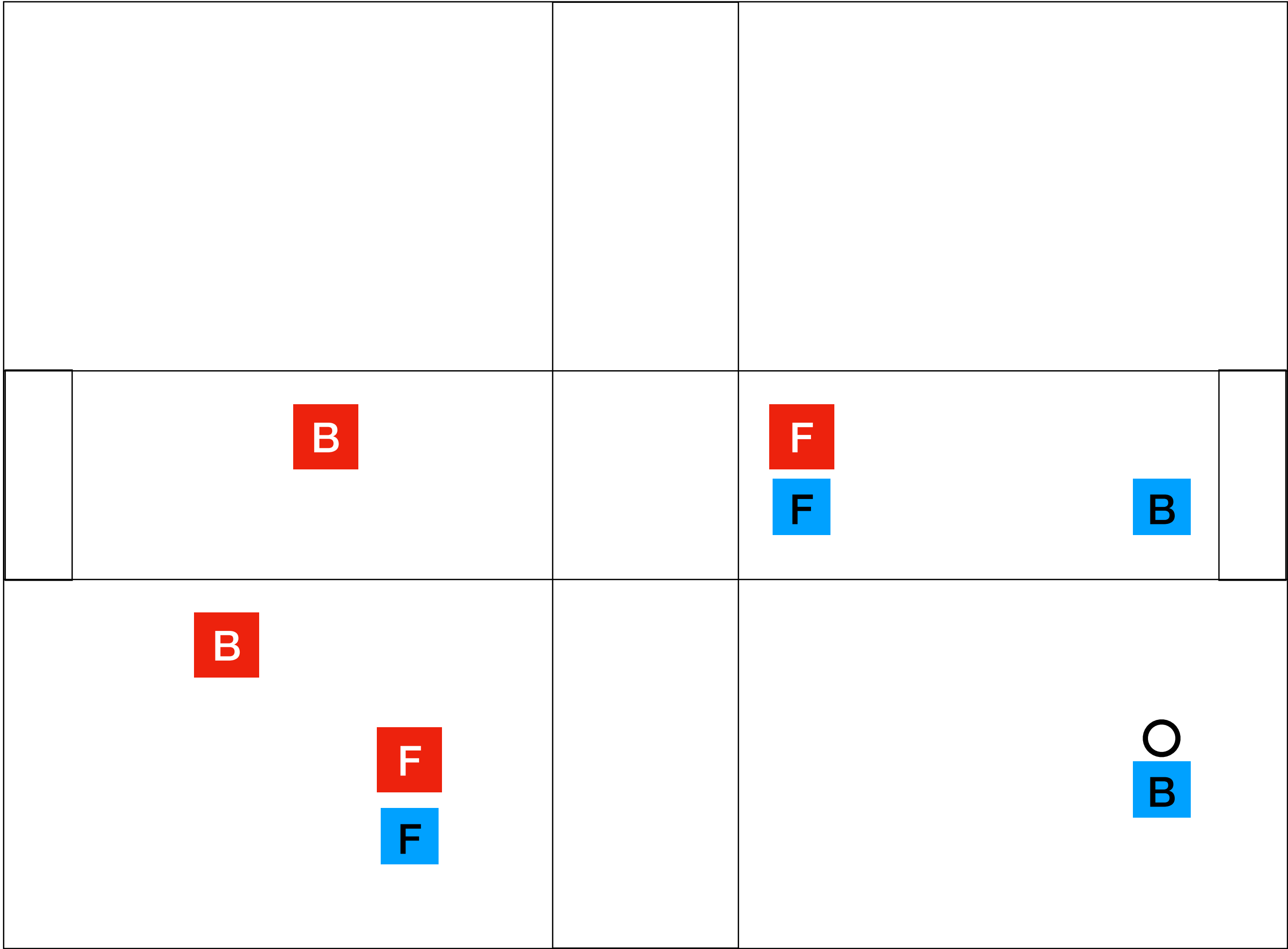
True Man to Man

- Forwards pick up opposing backs
- Backs pick up opposing forwards
- Good at denying passes



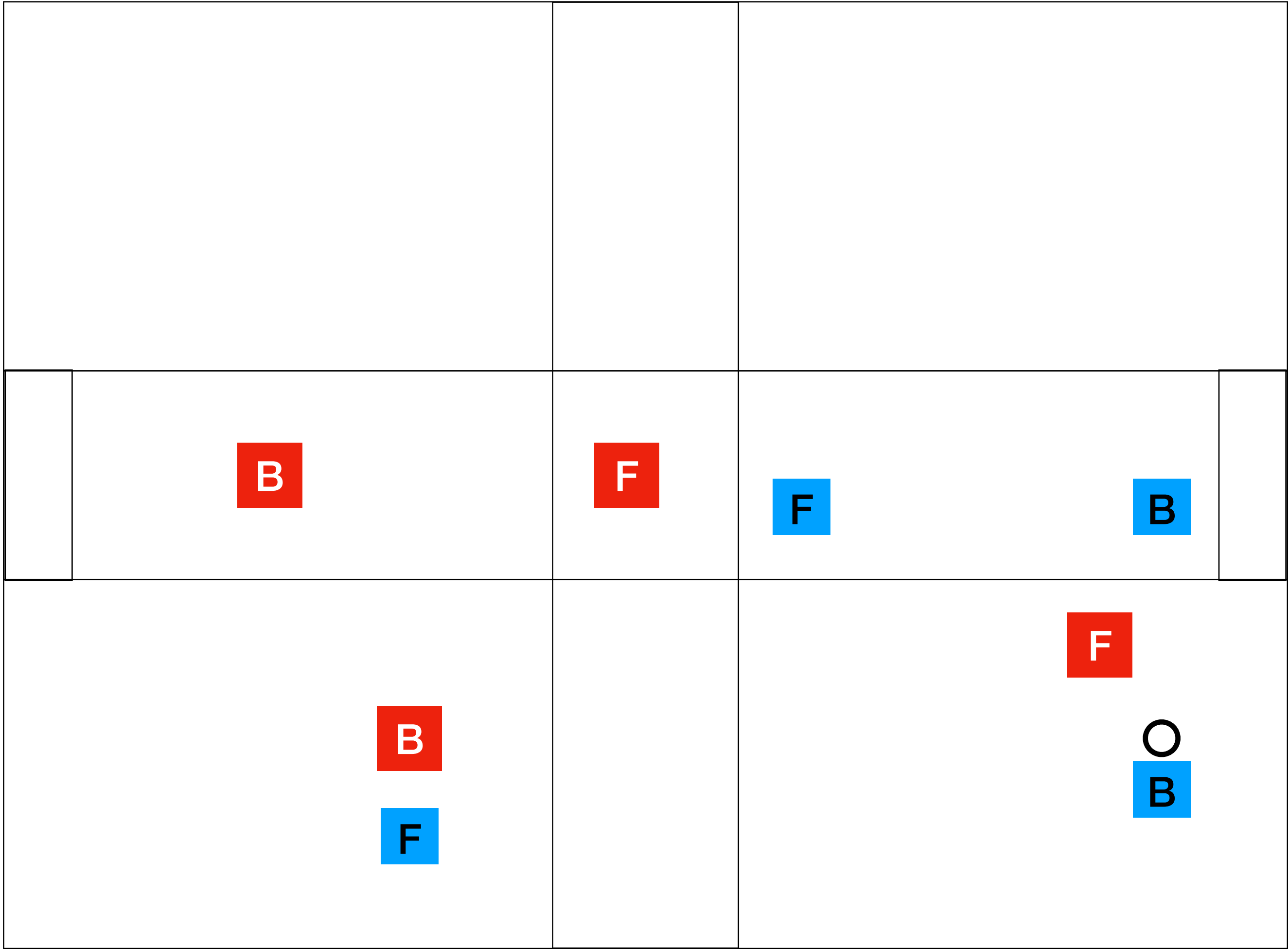
Half Man to Man

- Forwards pick up opposing forwards
- Backs defend deep
- Forces opposing backs to carry the ball up



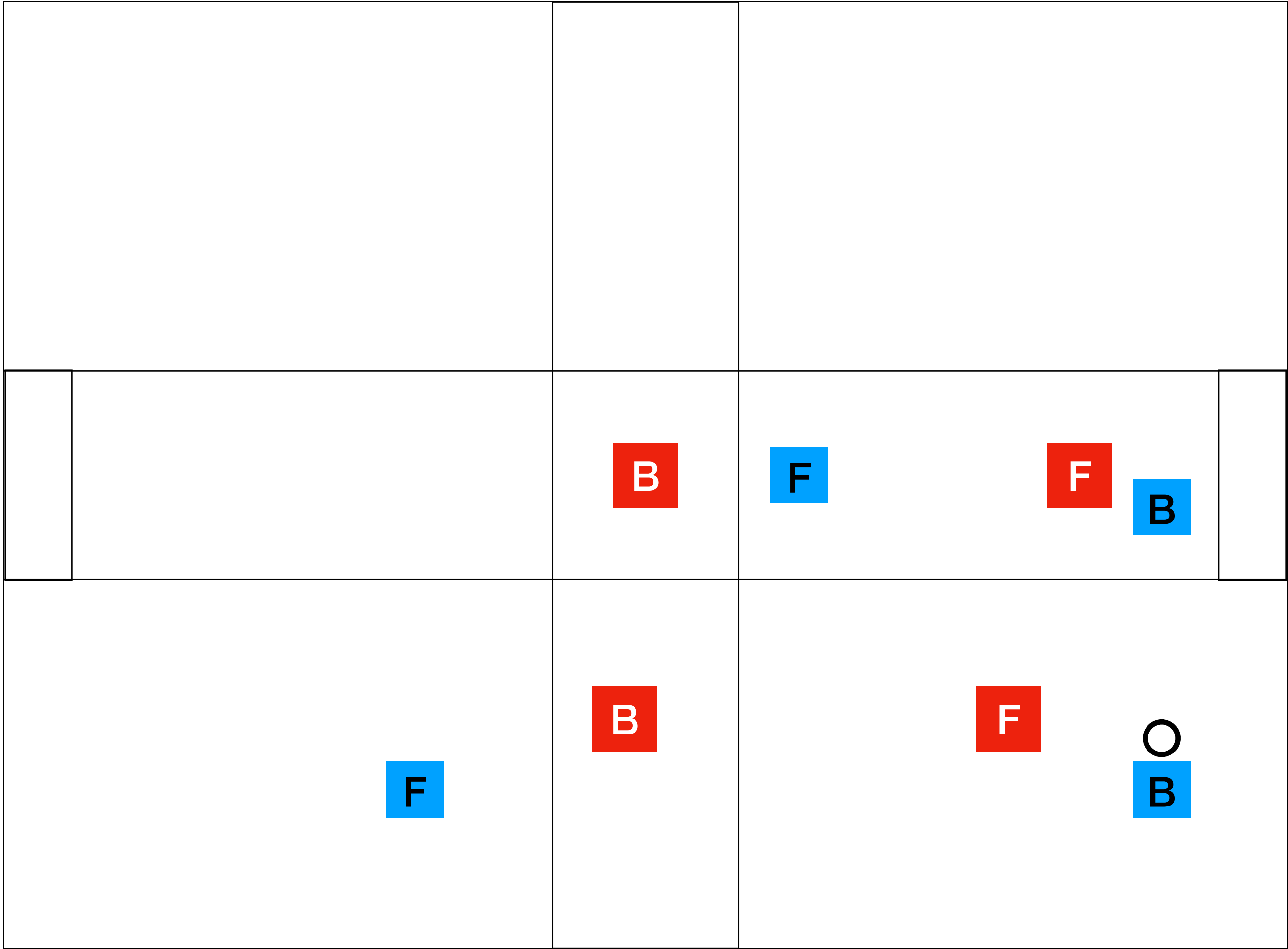
Quarter Man to Man

- One forward attacks the ball, the other defends midfield
- One back defends deep, the other defends man to man
- Jack of all trades, master of none



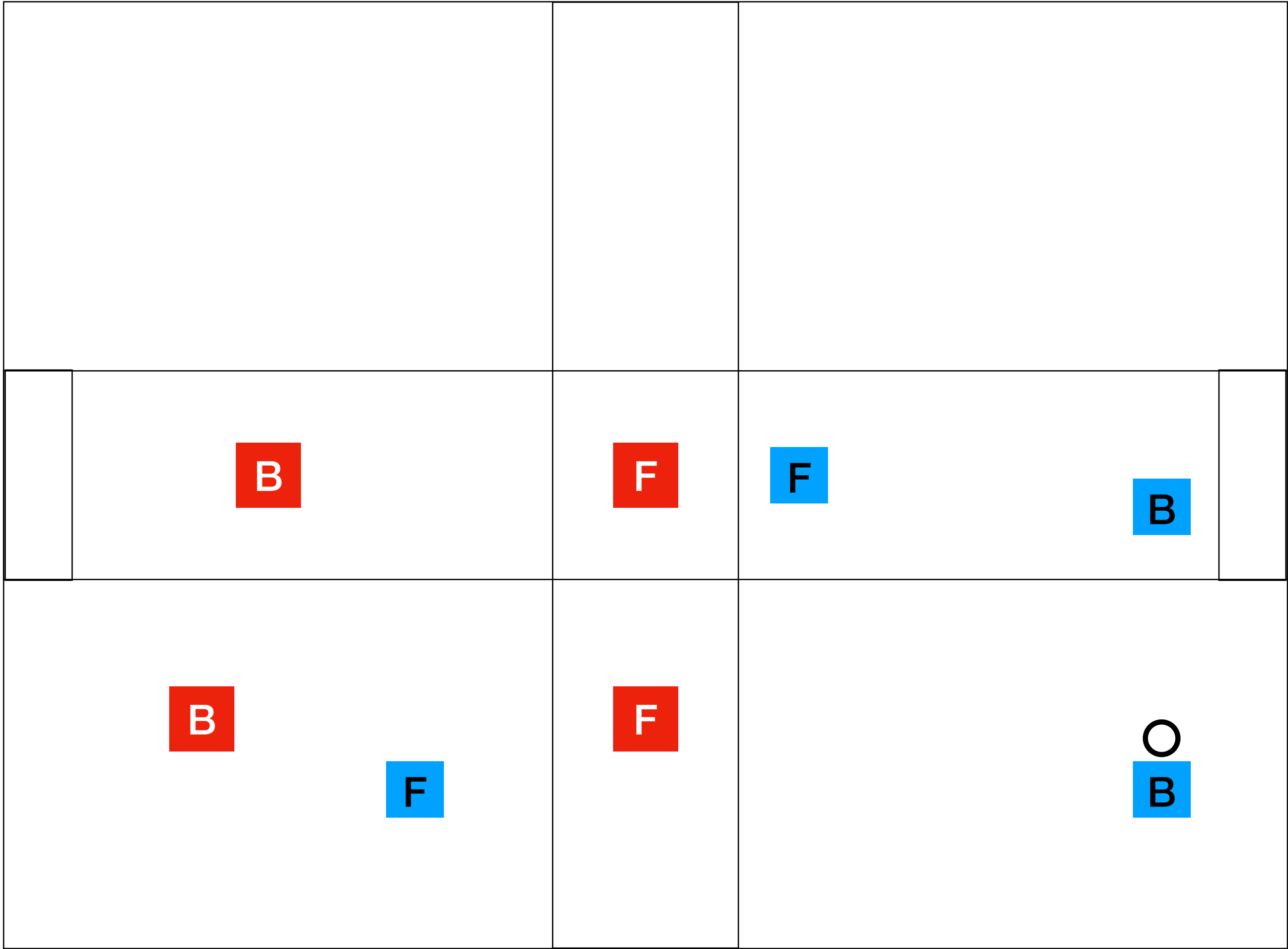
High Box

- Forwards pressure the ball
- Backs defend midfield
- Good pressure, but once beaten, can go very poorly



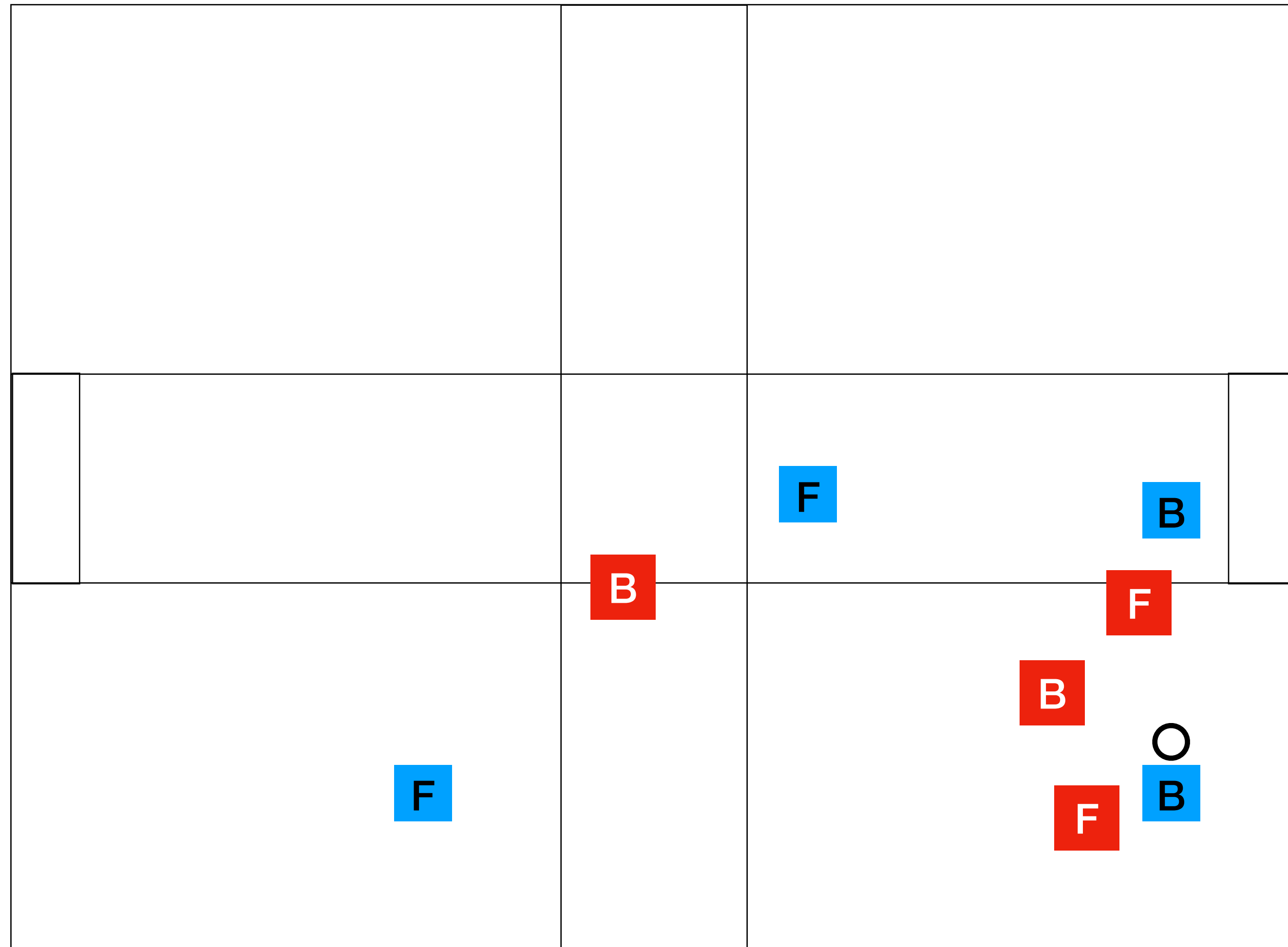
Low Box

- Forwards defend midfield
- Backs defend deep
- Good at preventing fast transitions, but can concede possession to patient teams



Hammer

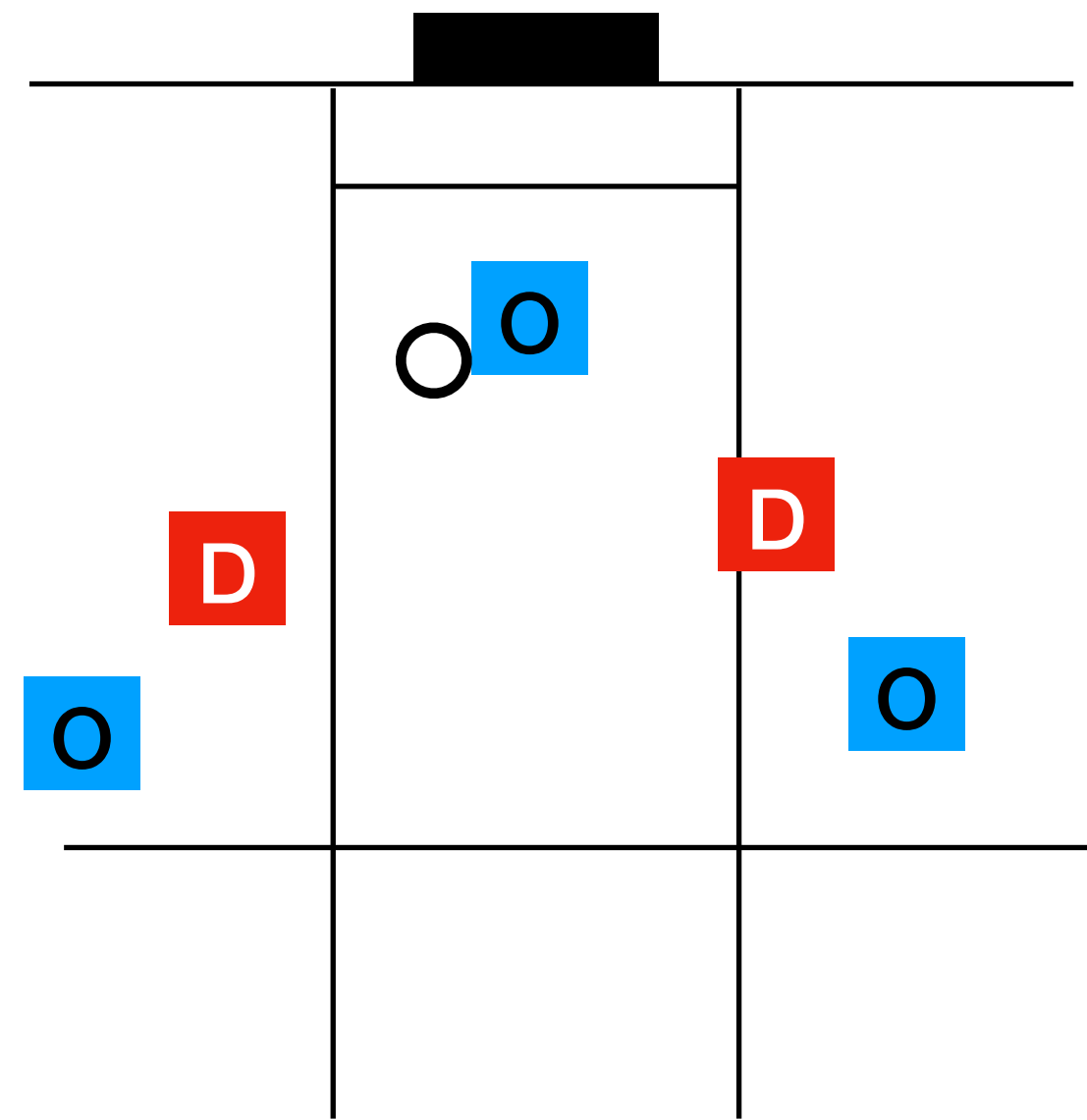
- Forwards and one back attack the ball
- One back defends midfield
- Good at winning the ball, but can easily lead to scoring chances against



Forechecking Ball Pressure

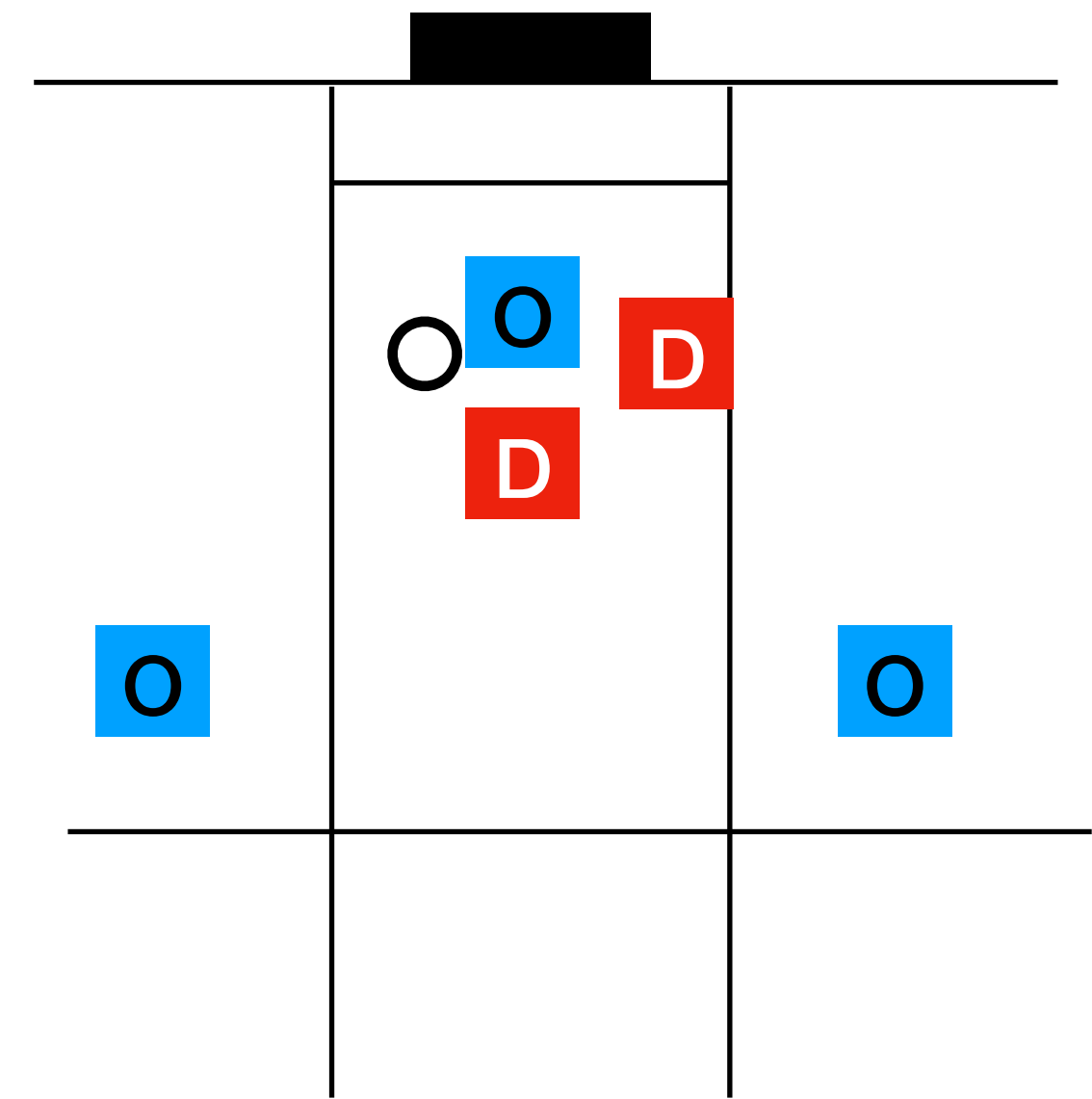
Lane Control

- Forecheckers attempt to take away passing lanes first, and attack the ball second
- Allows players with big wingspan to make a bigger impact
- More likely to be beaten off the run



Double Team

- Forecheckers try to funnel the ball into a situation where they can both attack the ball carrier
- Allows physical players to make bigger impact
- More likely to be beaten with a single pass

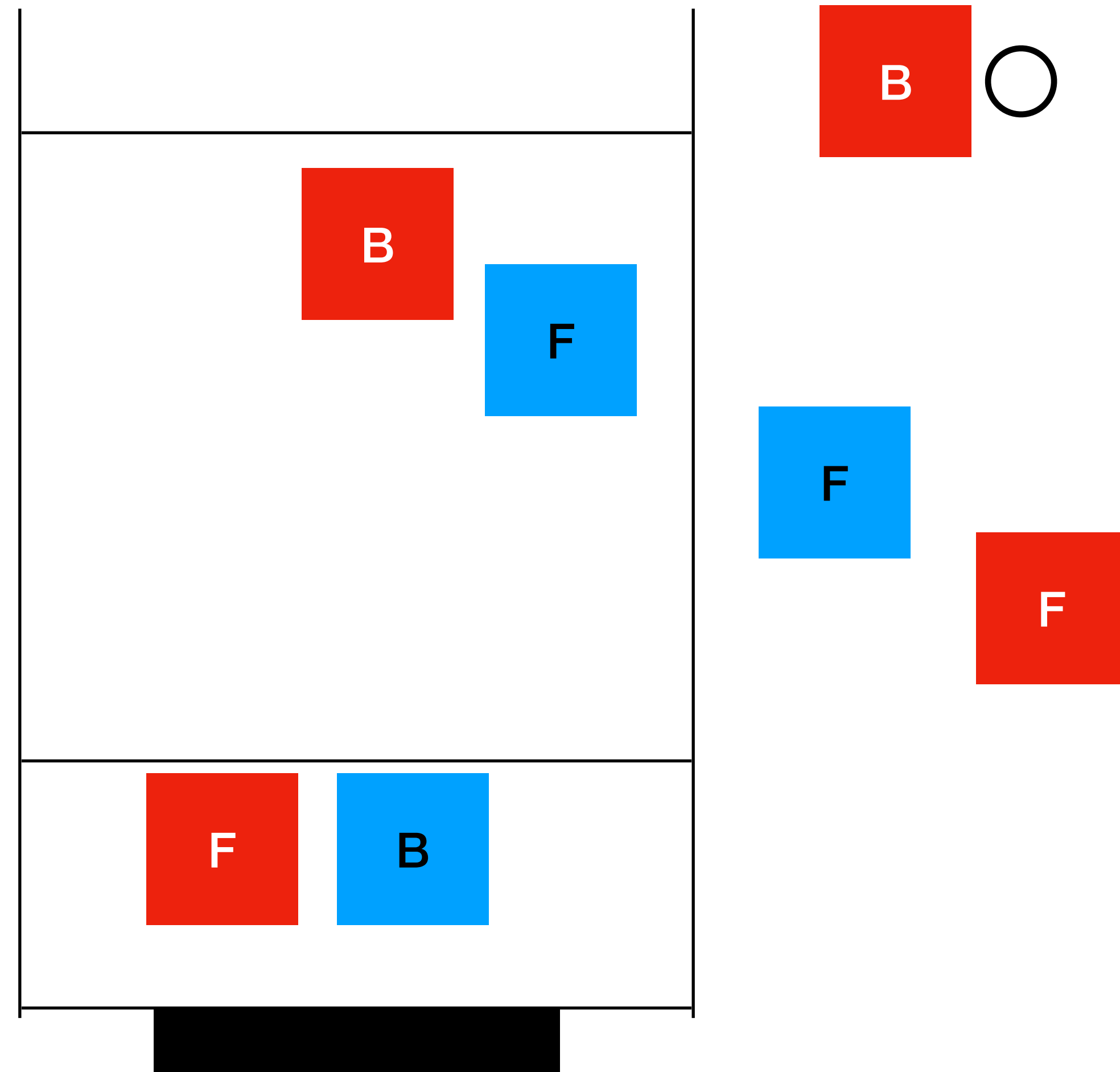


Penalty Kill Systems

- One Back
- Two Back

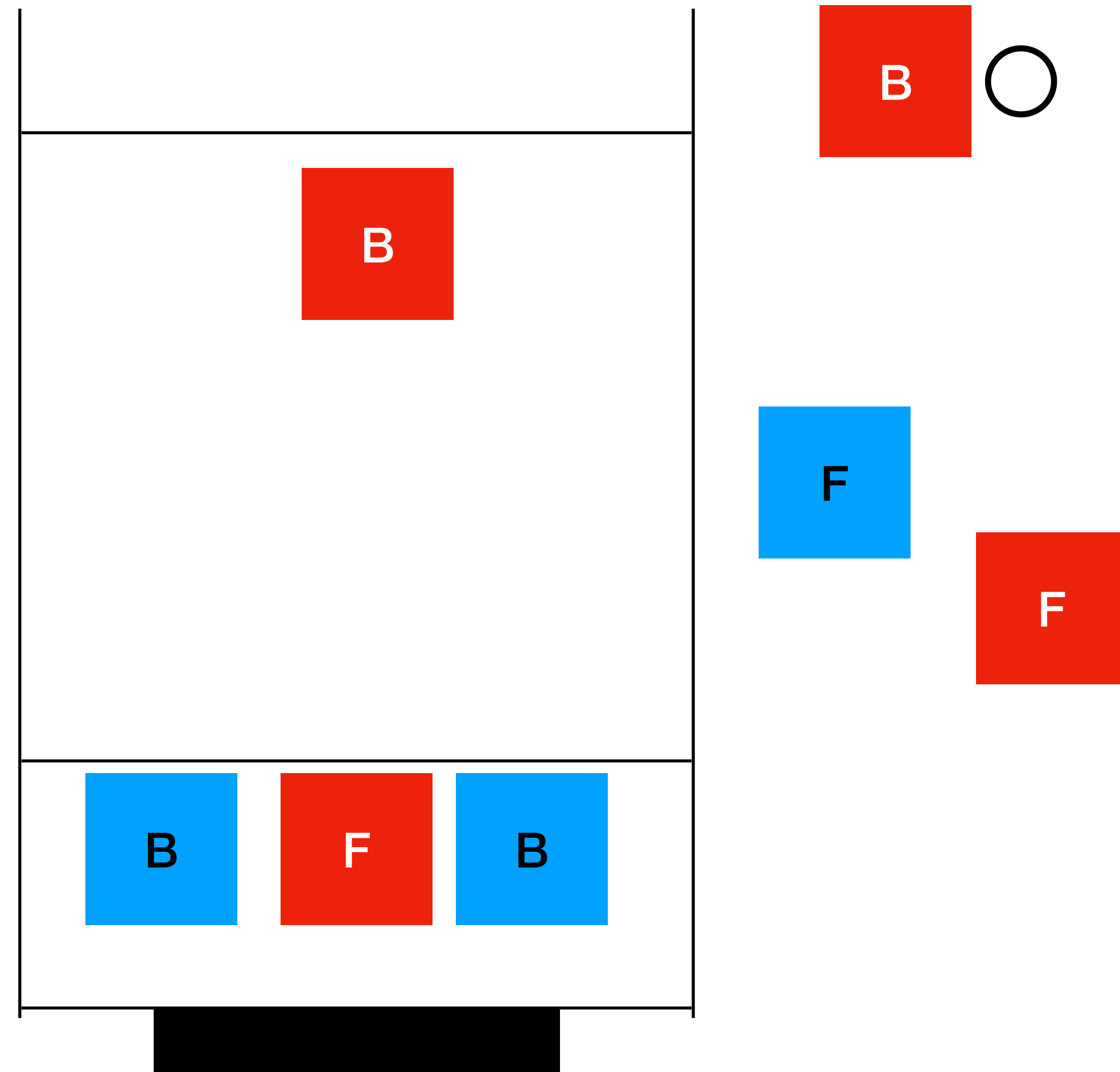
One Back Penalty Kill

- One back plays 1v1 in goal
- Forwards play 2v3 outside
- Mostly the same as a classic zone at even strength, but relies heavily on the back to handle physical pressure



Two Back Penalty Kill

- Two backs defend crease
- One forward defends 1v3 outside
- Better chance of stopping shots, but much higher chance of allowing shots too



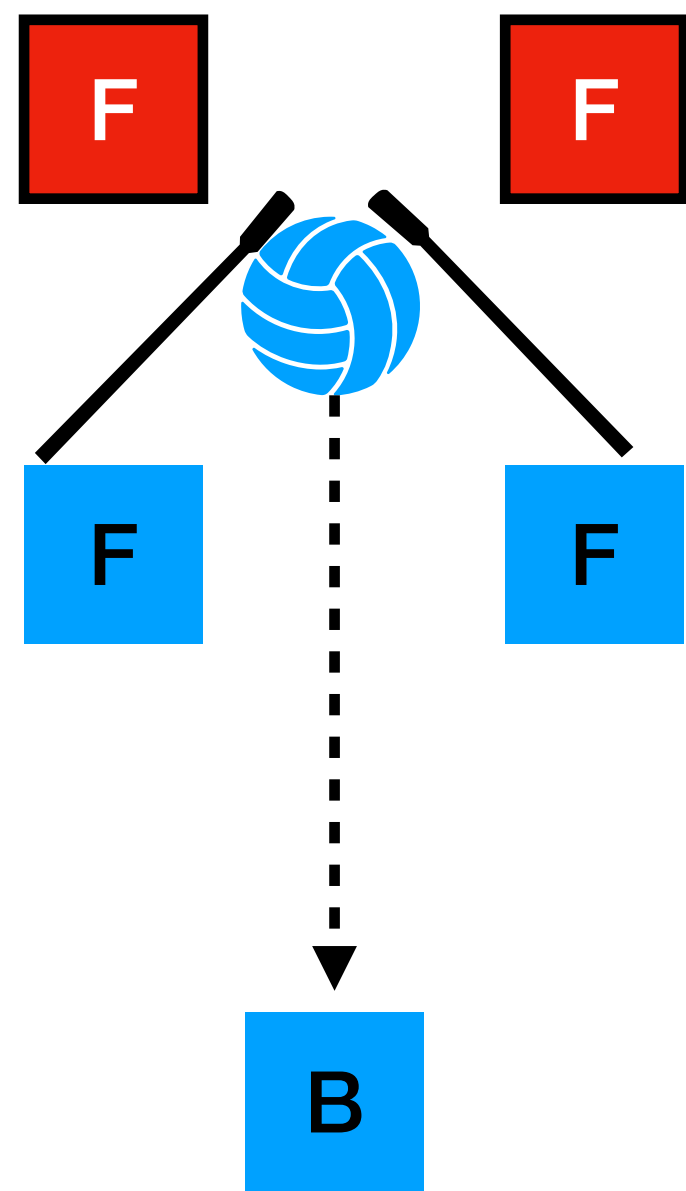
Square-Off Concepts

- South All-Ball
- South Man-Ball
- South Split
- East/West All-Ball
- East/West Man-Ball
- East/West Split
- North All-Ball
- North Split
- All-Man
- Intentional Loss

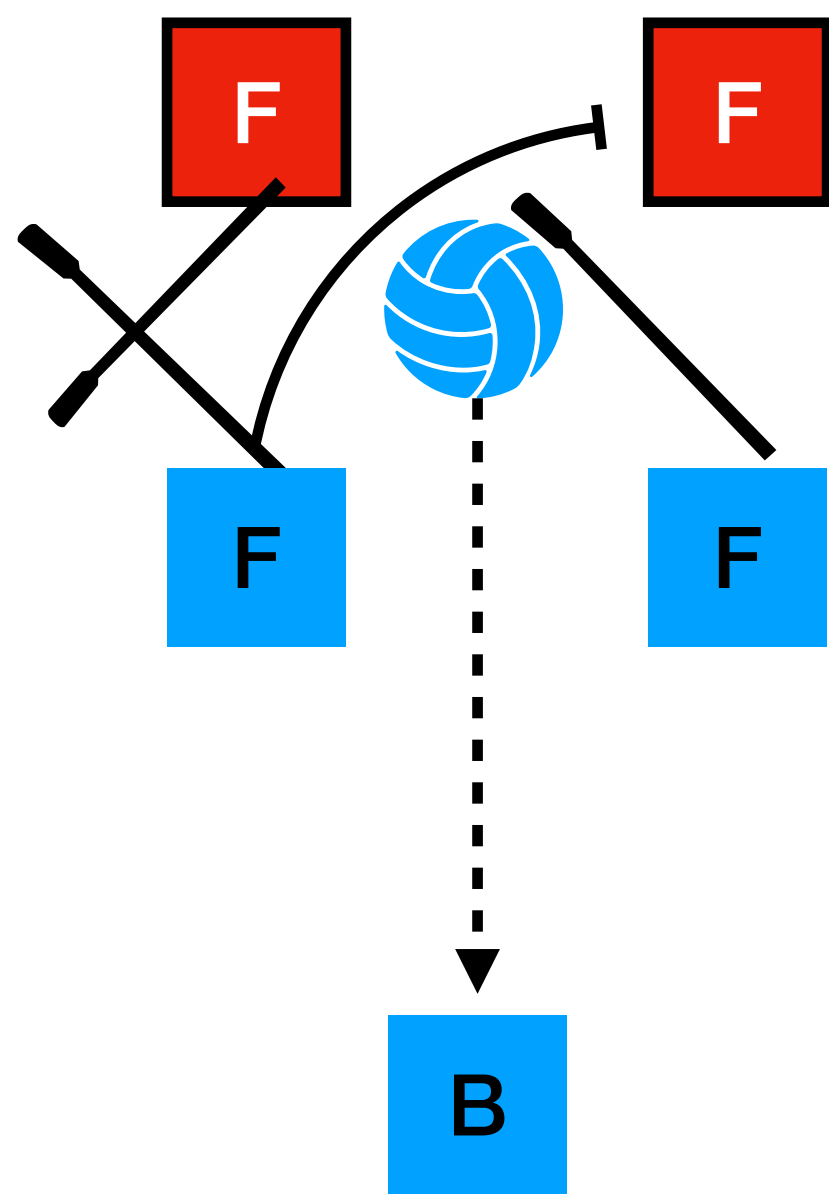
At the square-off, make sure your forwards know what their plan is.
Miscommunication leads to teammates stepping on each others' toes and the other team getting the ball.
There are many ways to approach the square-off, but most revolve around three core ideas:

All-Ball: both players try to push the ball in a given direction
Man-Ball: one player tries to win the ball, the other tries to negate the opponents
Split: one player tries to win the ball, the other “splits” away from the square-off to receive it

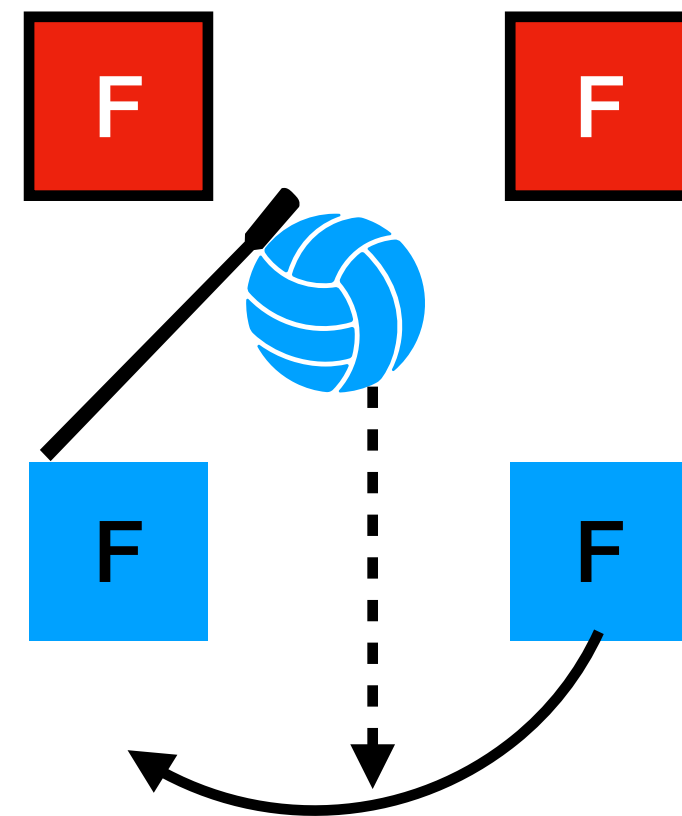
South All-Ball



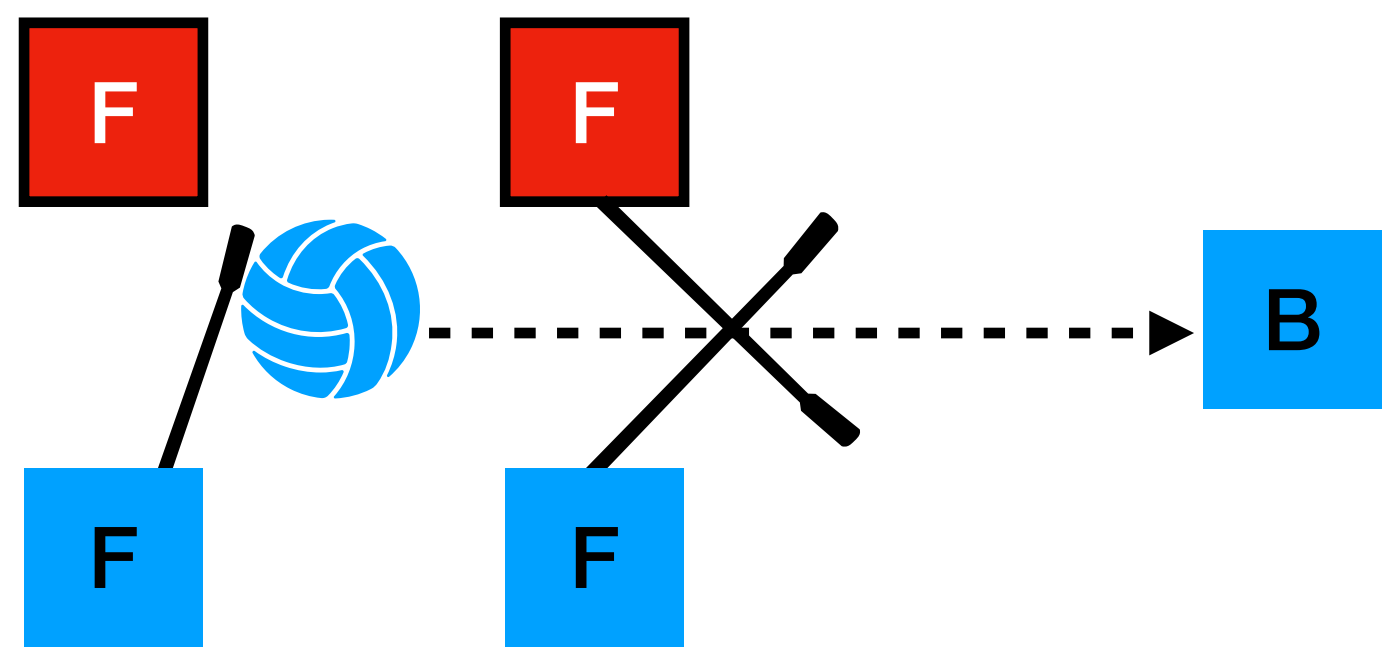
South Man-Ball



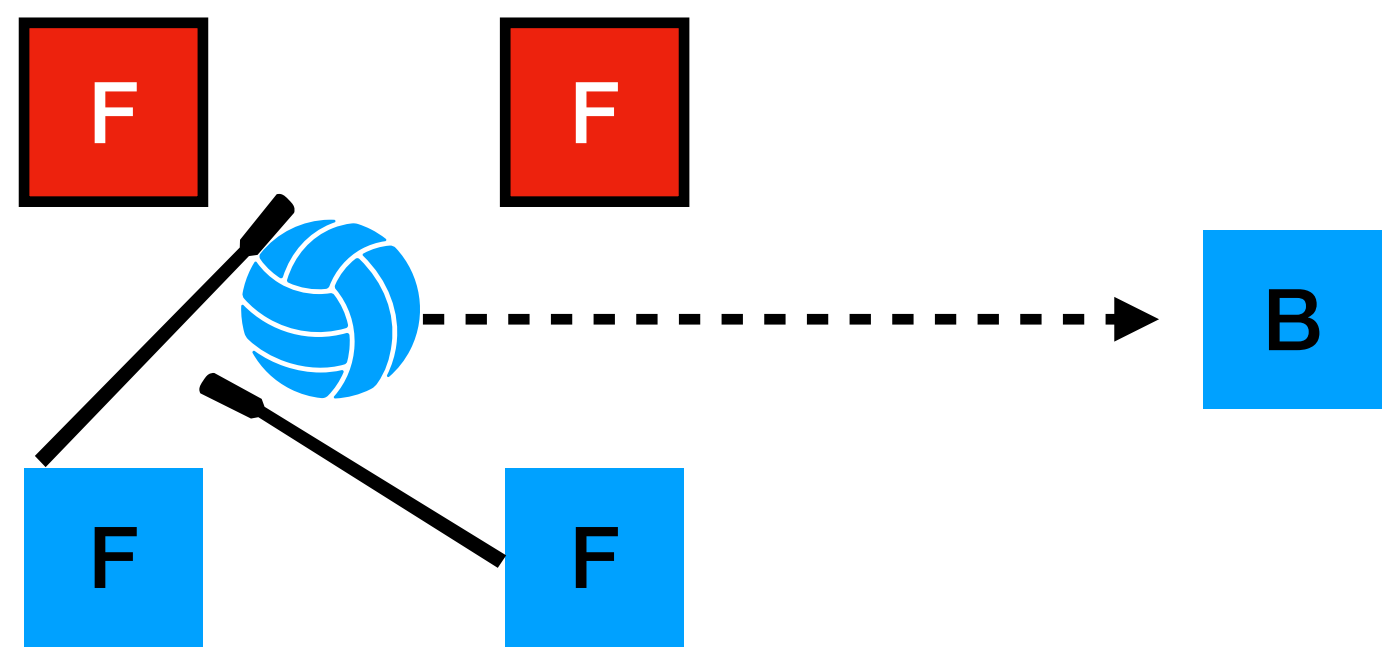
South Split



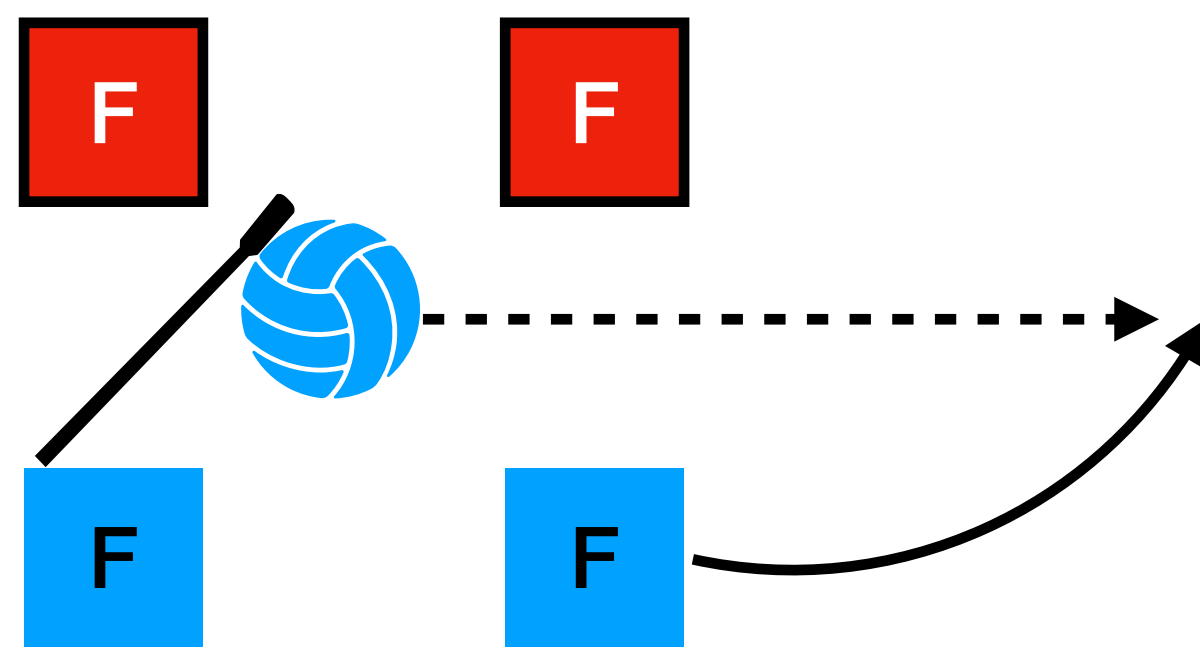
East/West Man-Ball



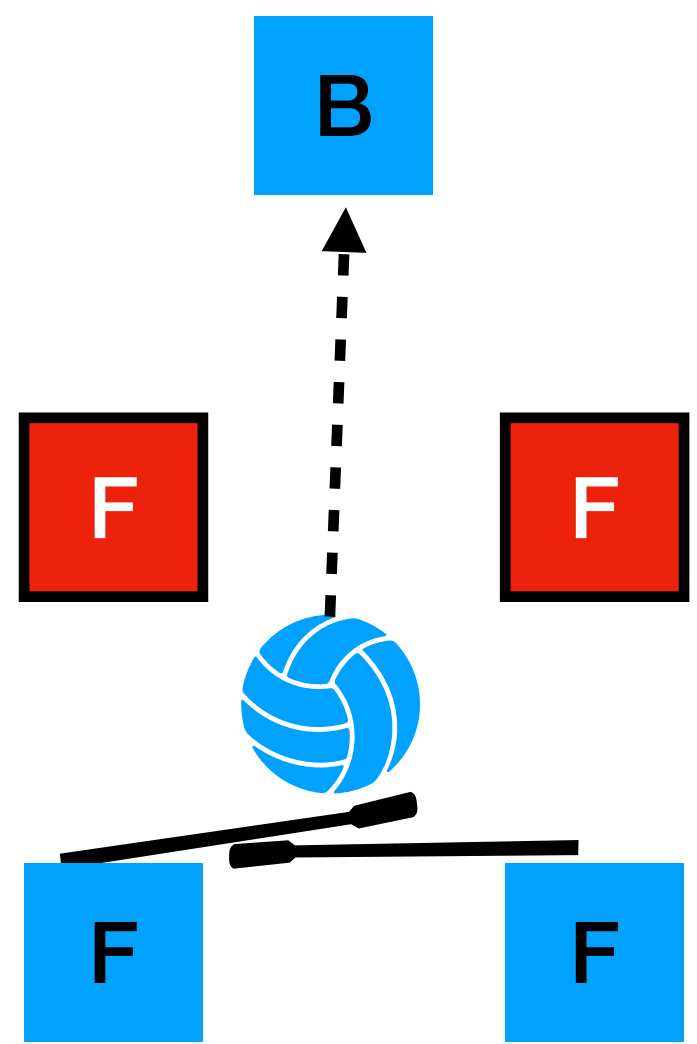
East/West All Ball



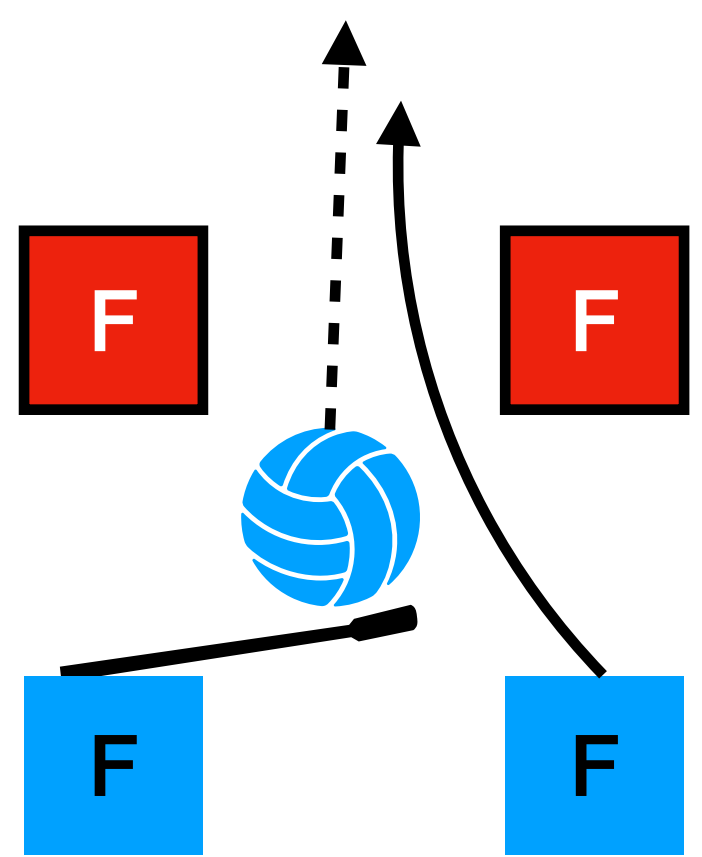
East/West Split



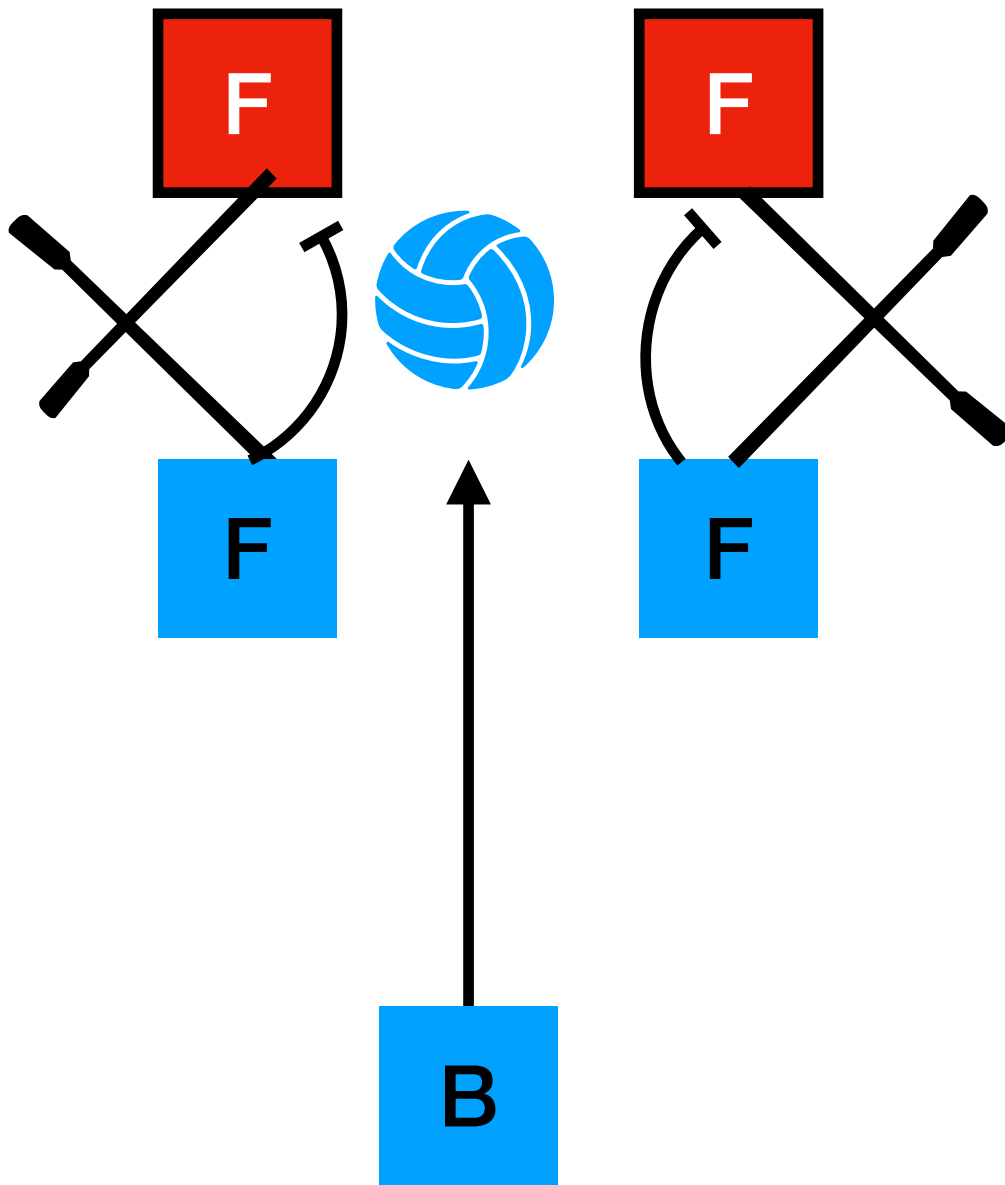
North All-Ball



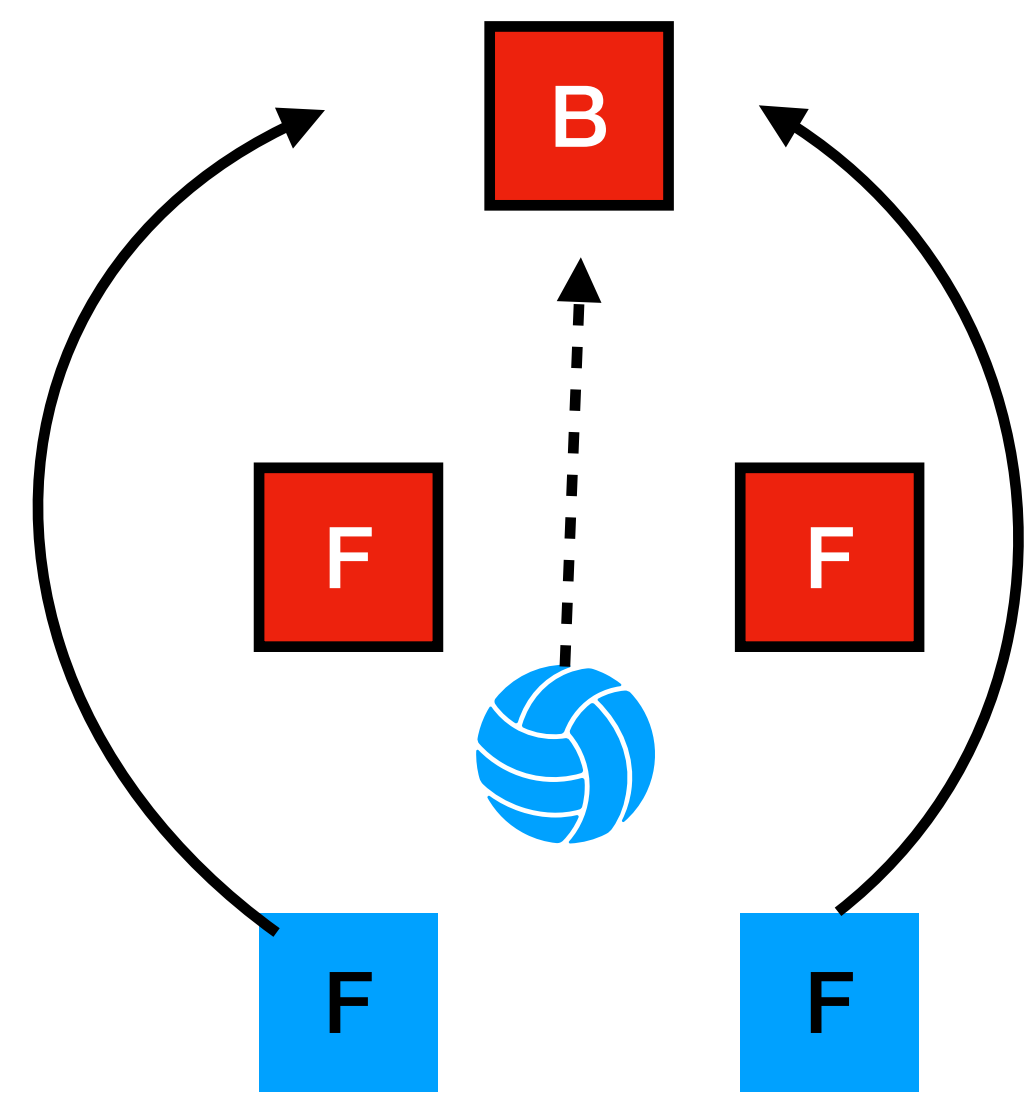
North Split



All-Man



Intentional Loss



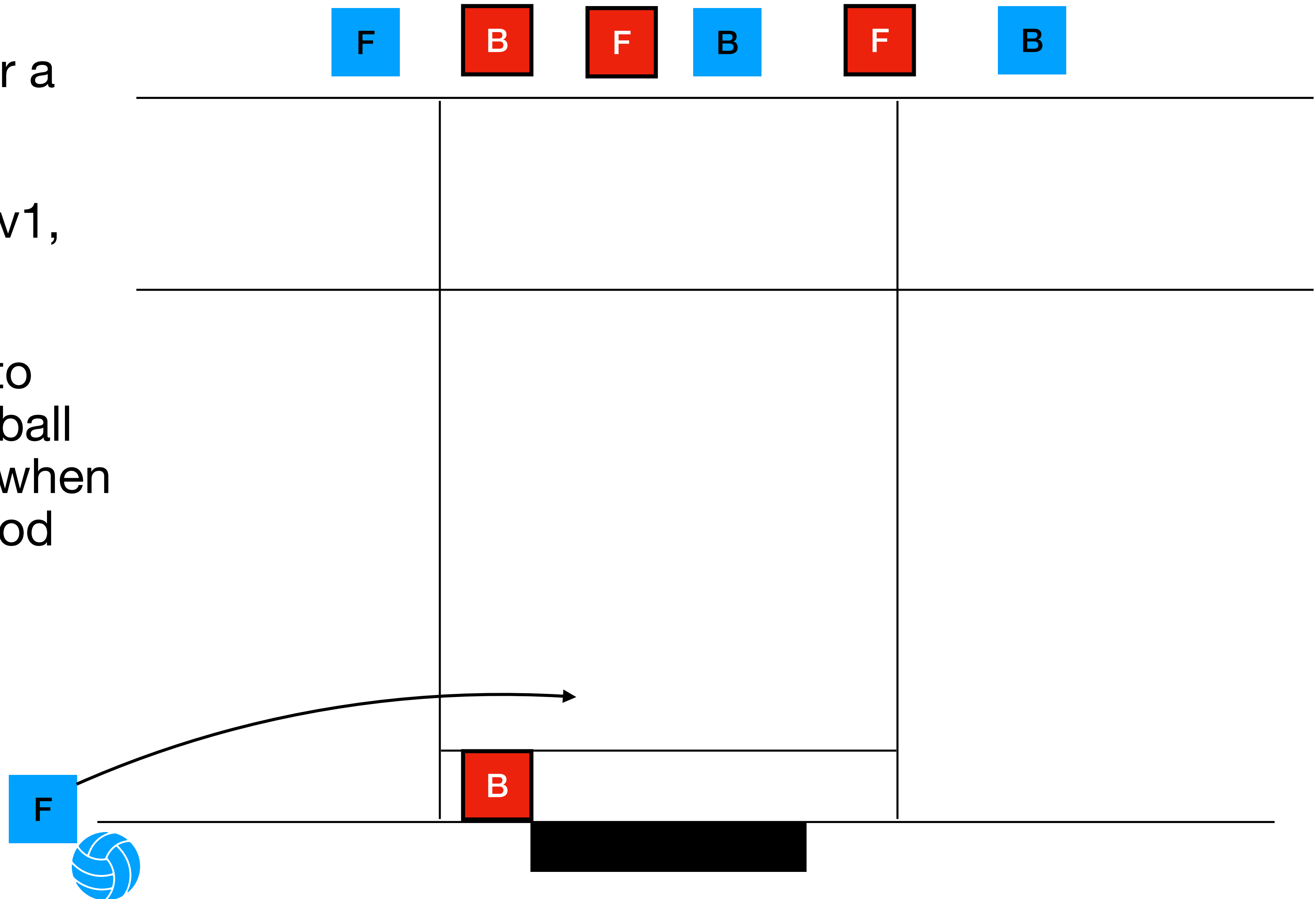
Penalty Shot Set Play Concepts

- Solo
- Boot
- Deflection
- Give and Go
- Clearout
- Weave
- Decoy
- Tiki Taka

The penalty shot can seem frantic, but as teams practice together and play together more, it can become an opportunity for elegant rehearsed plays, where perfect timing, skill, and physicality makes it impossible for the opposition to stop a goal. These ideas range in complexity from “the player with the ball goes towards the goal and tries to score” to complex passing arrangements. You must understand your players’ strengths and weaknesses and be conscious of the level and intensity of competition when designing plays.

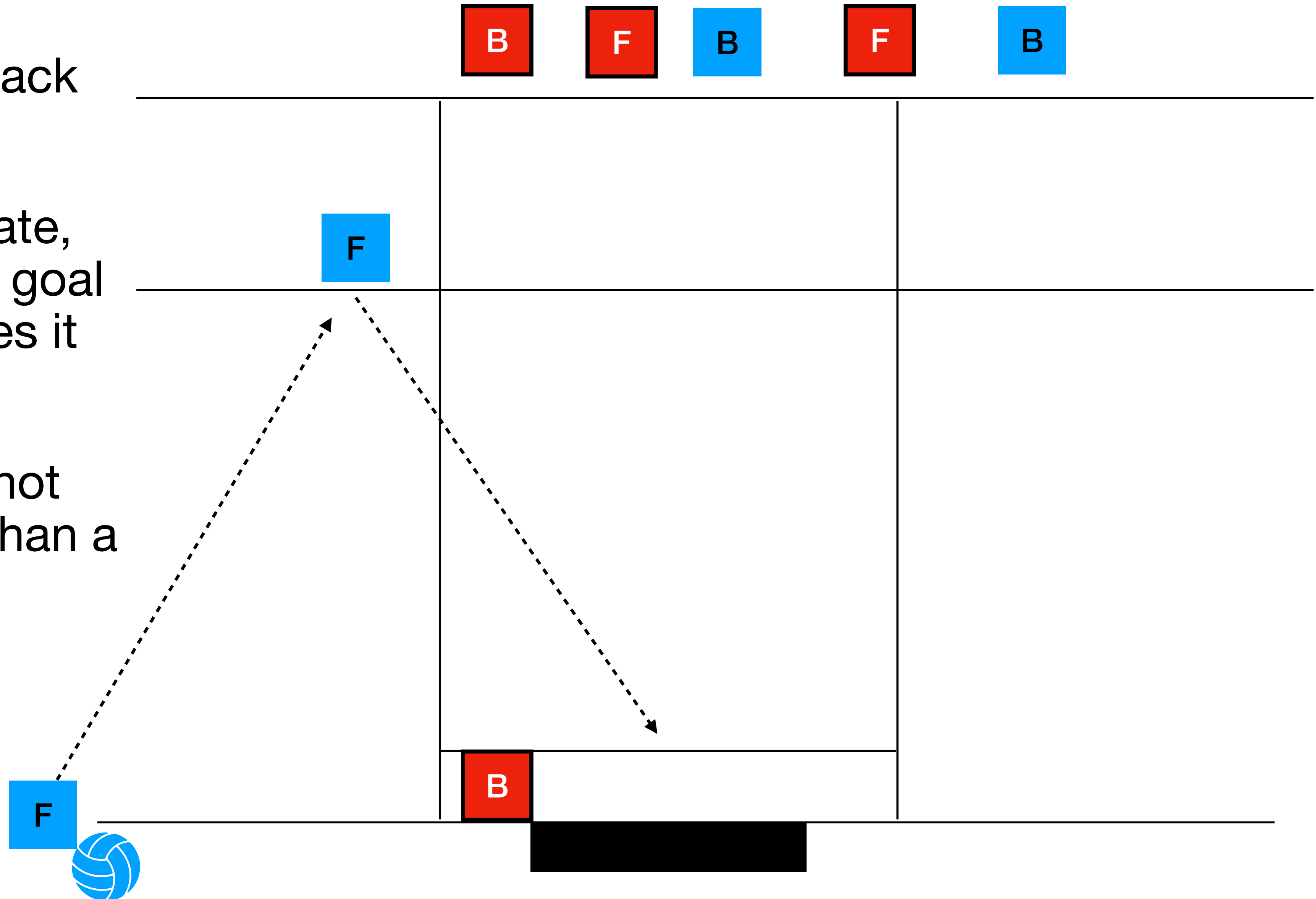
Solo Concepts

- Easiest way to attack for a 1v1
- Still common even for 2v1, 3v1, and 4v1
- Penalty shot taker rolls to themselves, carries the ball at the goal, and shoots when they feel they have a good opportunity



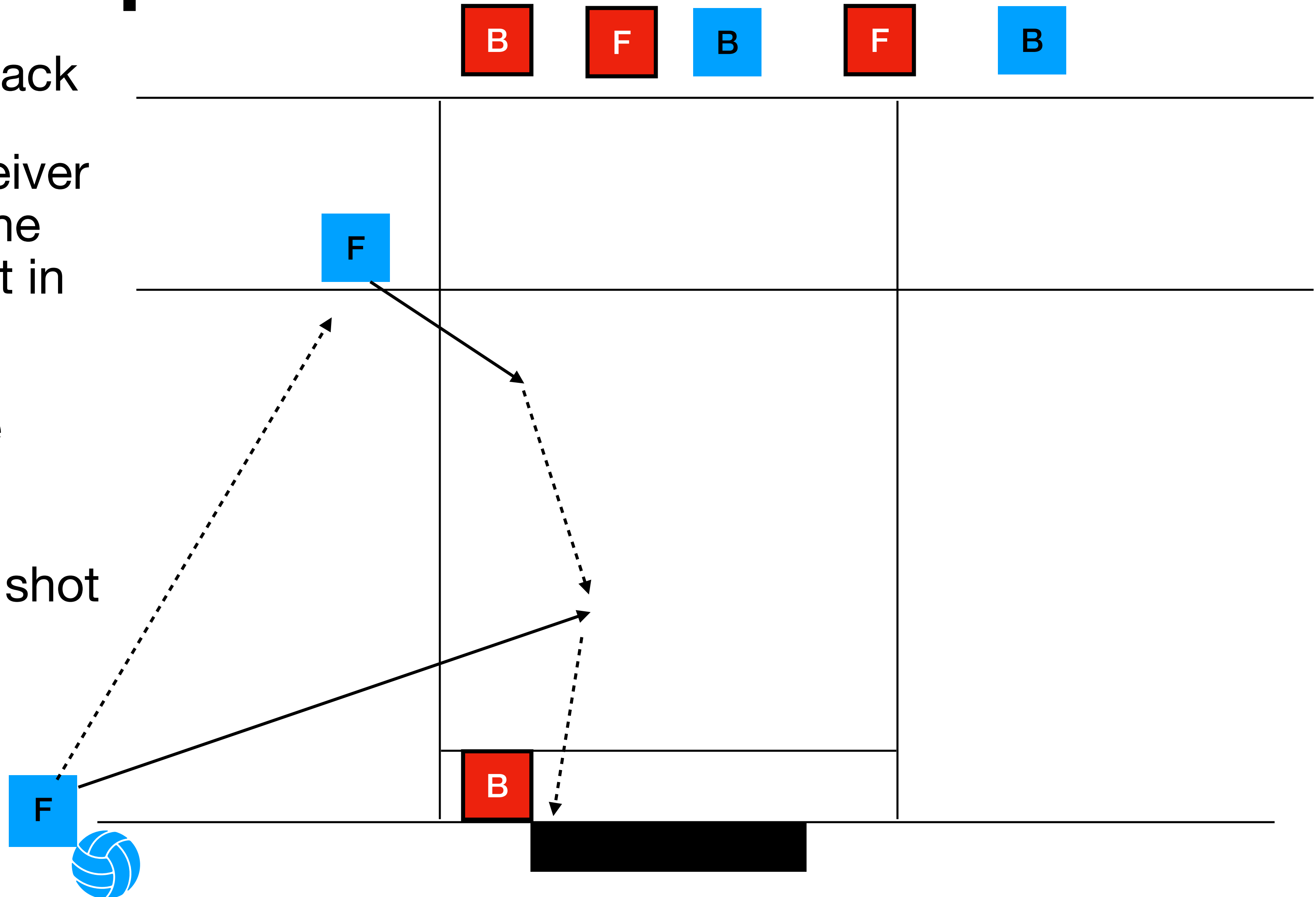
Boot Concepts

- Simple 2v1 (or more) attack
- Penalty shot taker rolls directly towards teammate, who then either kicks at goal or lifts the ball and strikes it at goal
- Gives a fast, powerful shot that has a better angle than a solo



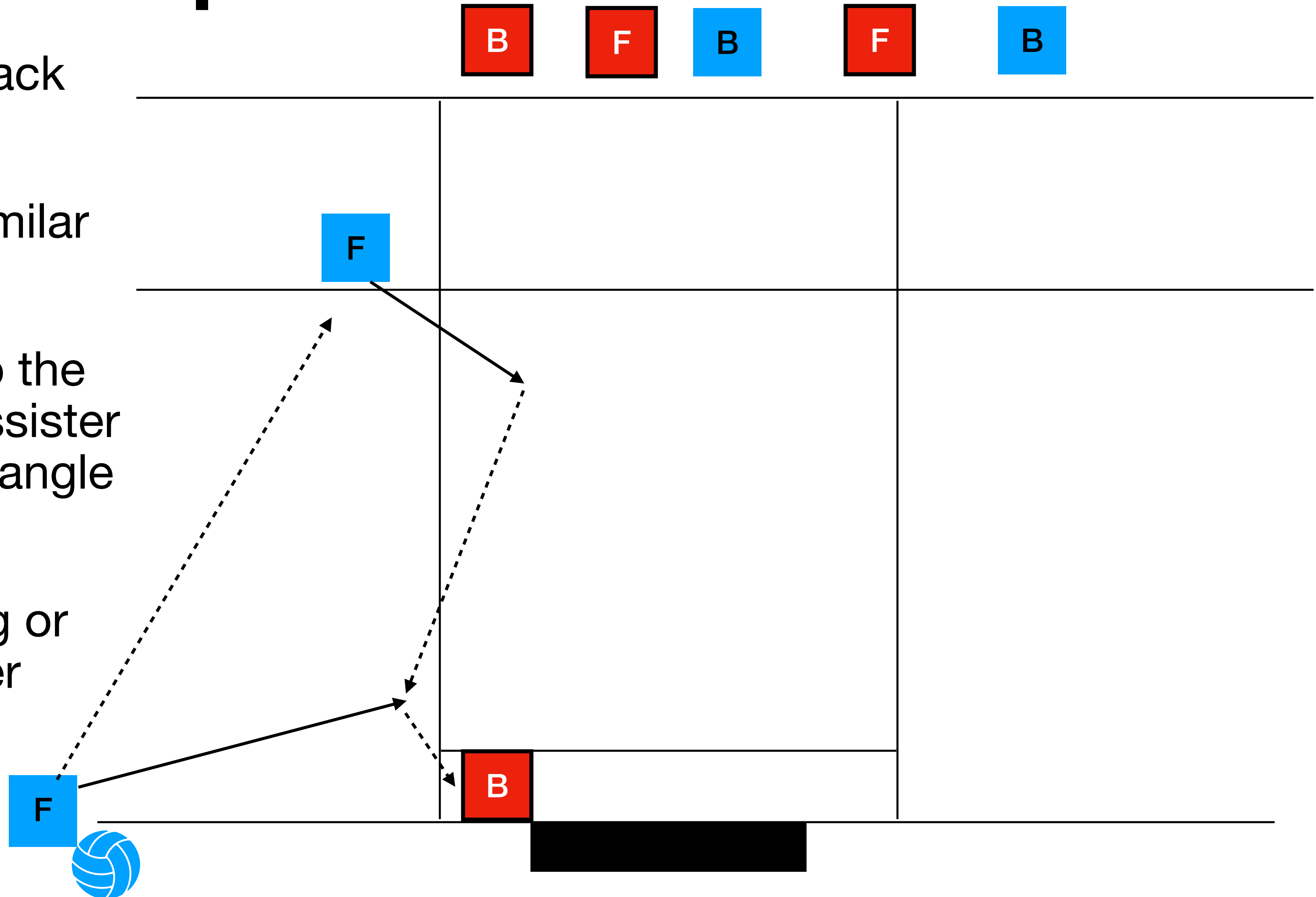
Deflection Concepts

- Simple 2v1 (or more) attack
- Like a boot, but the receiver carries the ball to give the taker long enough to get in front
- A hard shot can then be deflected out of the air, changing the angle and making an unstoppable shot



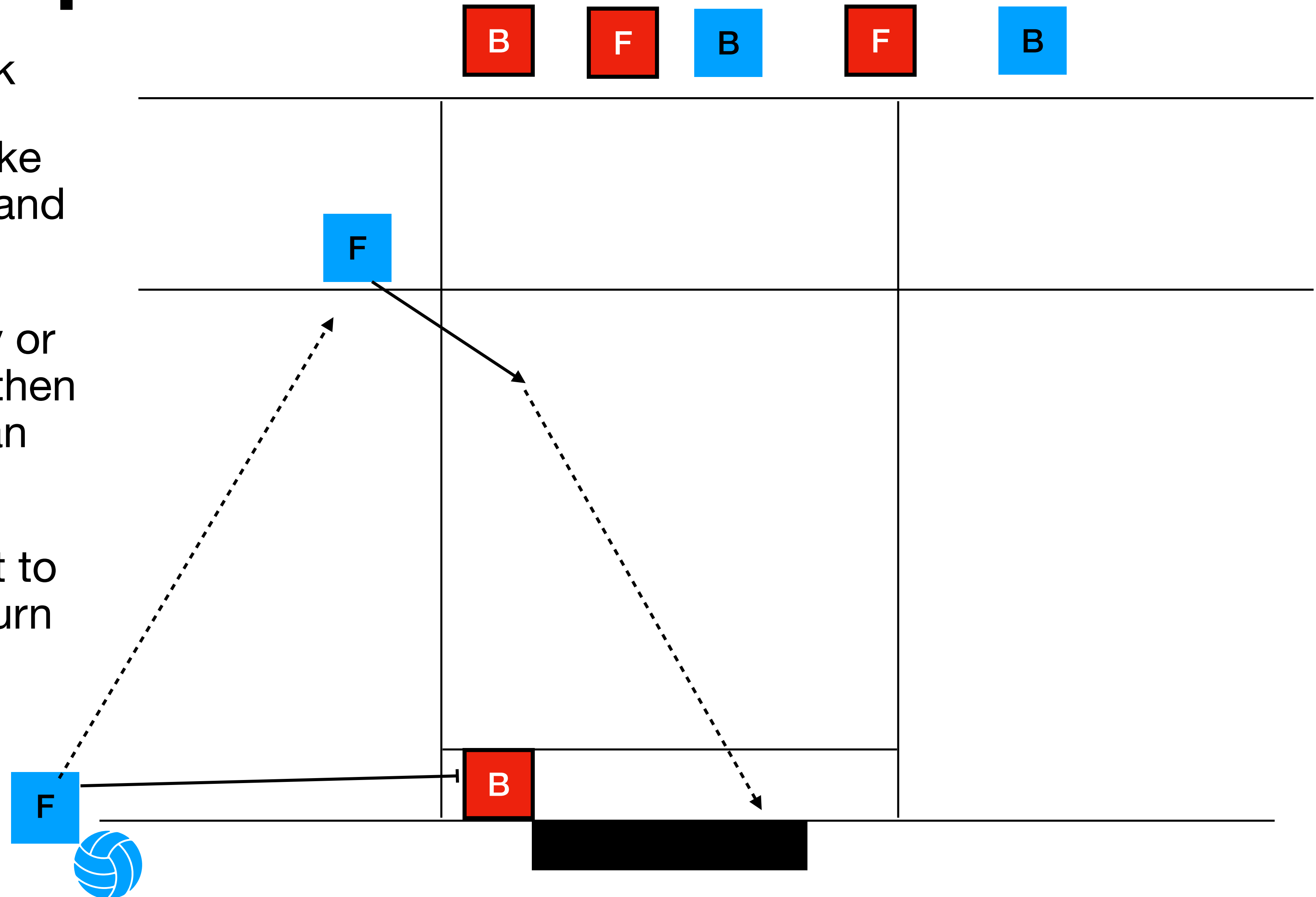
Give and Go Concepts

- Simple 2v1 (or more) attack
- Sets up faster than a deflection, but uses a similar action
- The taker rolls the ball to the neutral zone, then the assister passes back for a close angle shot
- Easily defeats a charging or over-committed defender



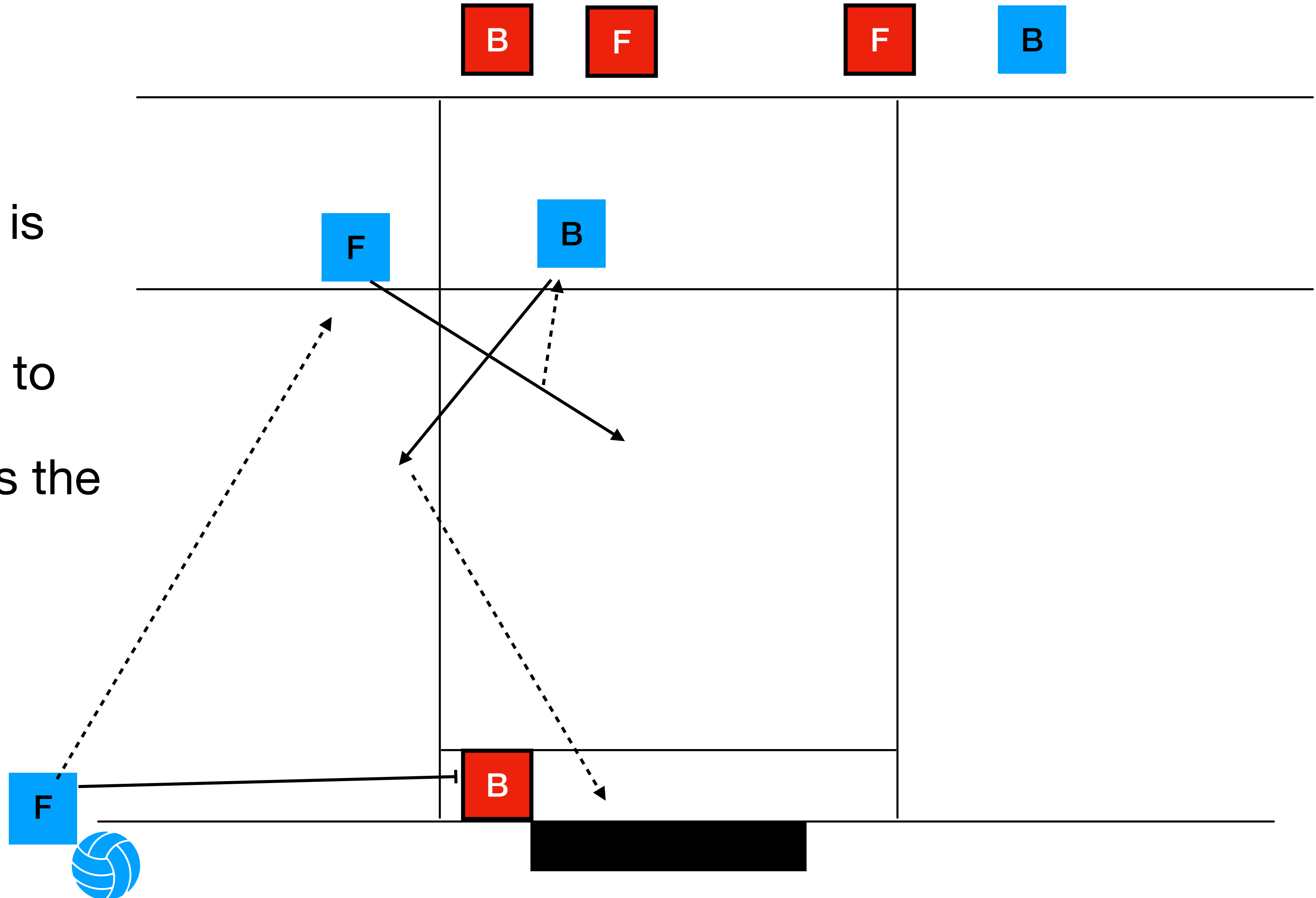
Clearout Concepts

- Simple 2v1 (or more) attack
- Off-ball player looks to make contact with the defender and push them out of the way
- If the defender is not ready or physically strong enough, then the assister has a shot at an open goal
- If the defender charges out to avoid contact, can easily turn into a give and go concept



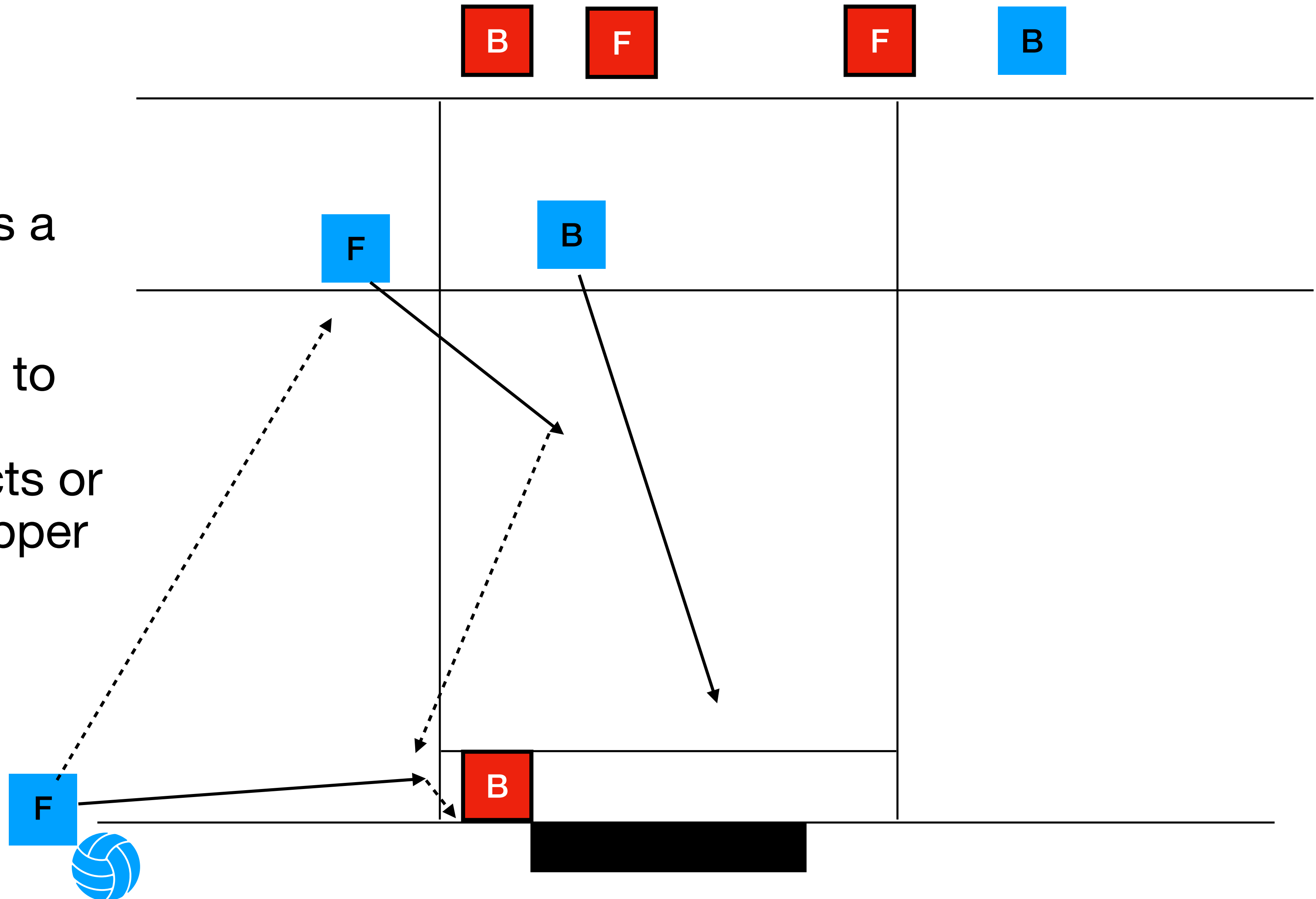
Weave Concepts

- Common 3v1 (or more) attack
- For the taker, the action is similar to a clearout
- The extra player is used to create motion and misdirection that defeats the shot stopper



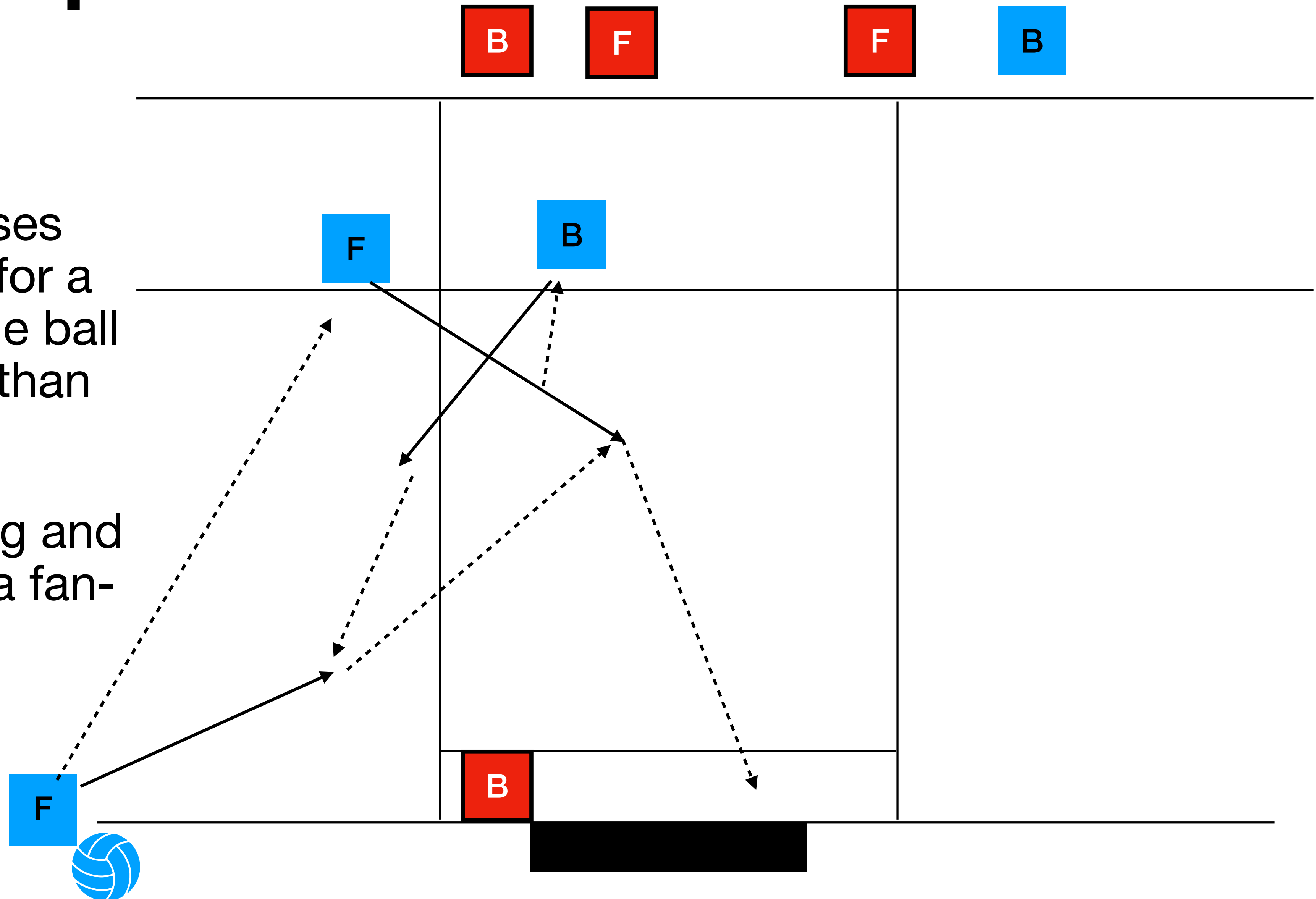
Decoy Concepts

- Common 3v1 (or more) attack
- Uses the same action as a give and go
- The extra player is used to create motion and misdirection that distracts or even tricks the shot stopper



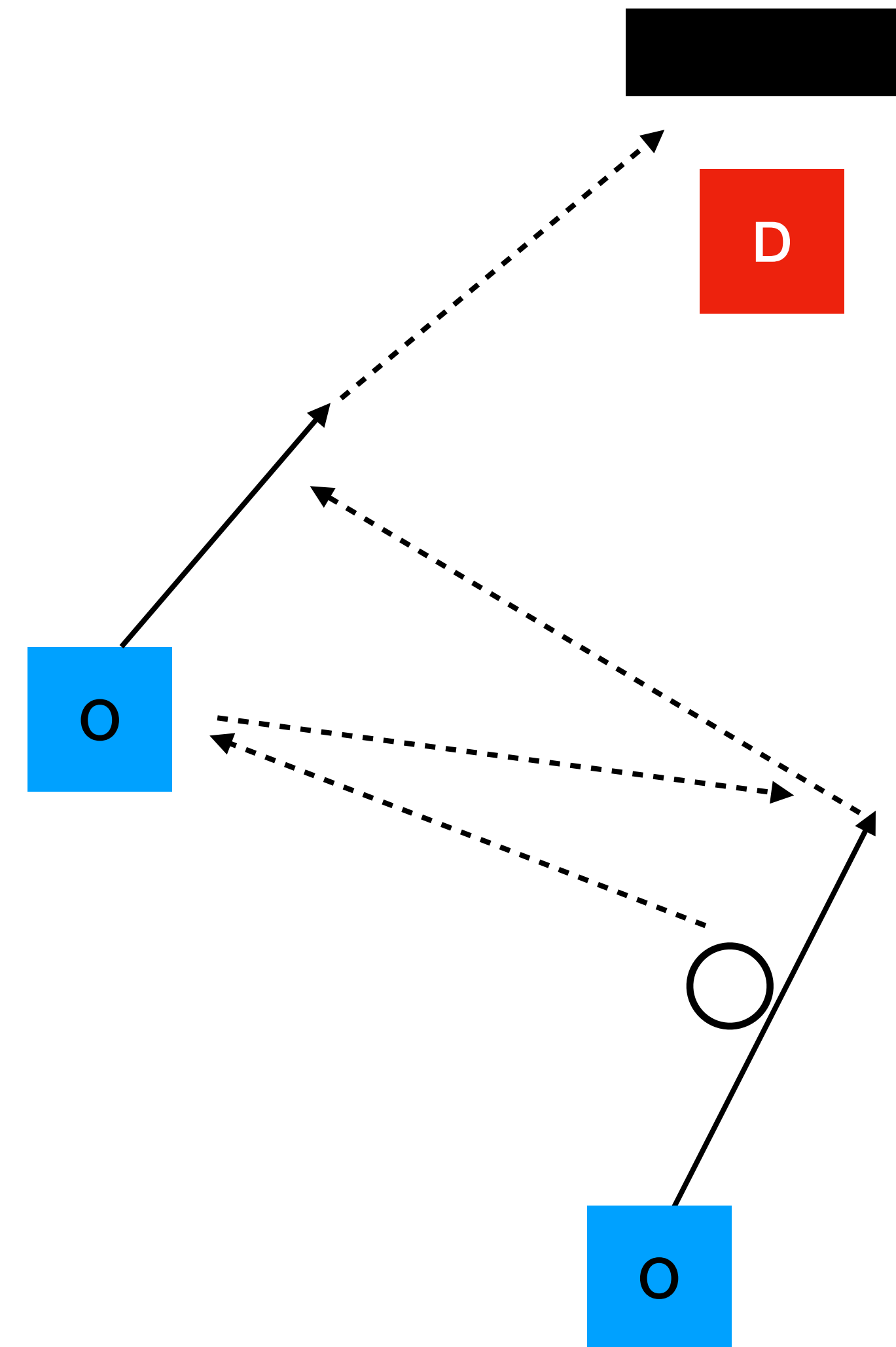
Tiki Taka Concepts

- Common 3v1 (or more) attack
- Layers of designed passes can make it impossible for a defender to keep up. The ball will always move faster than any player
- Requires precise passing and fast technique, but it is a fan-favorite when it works



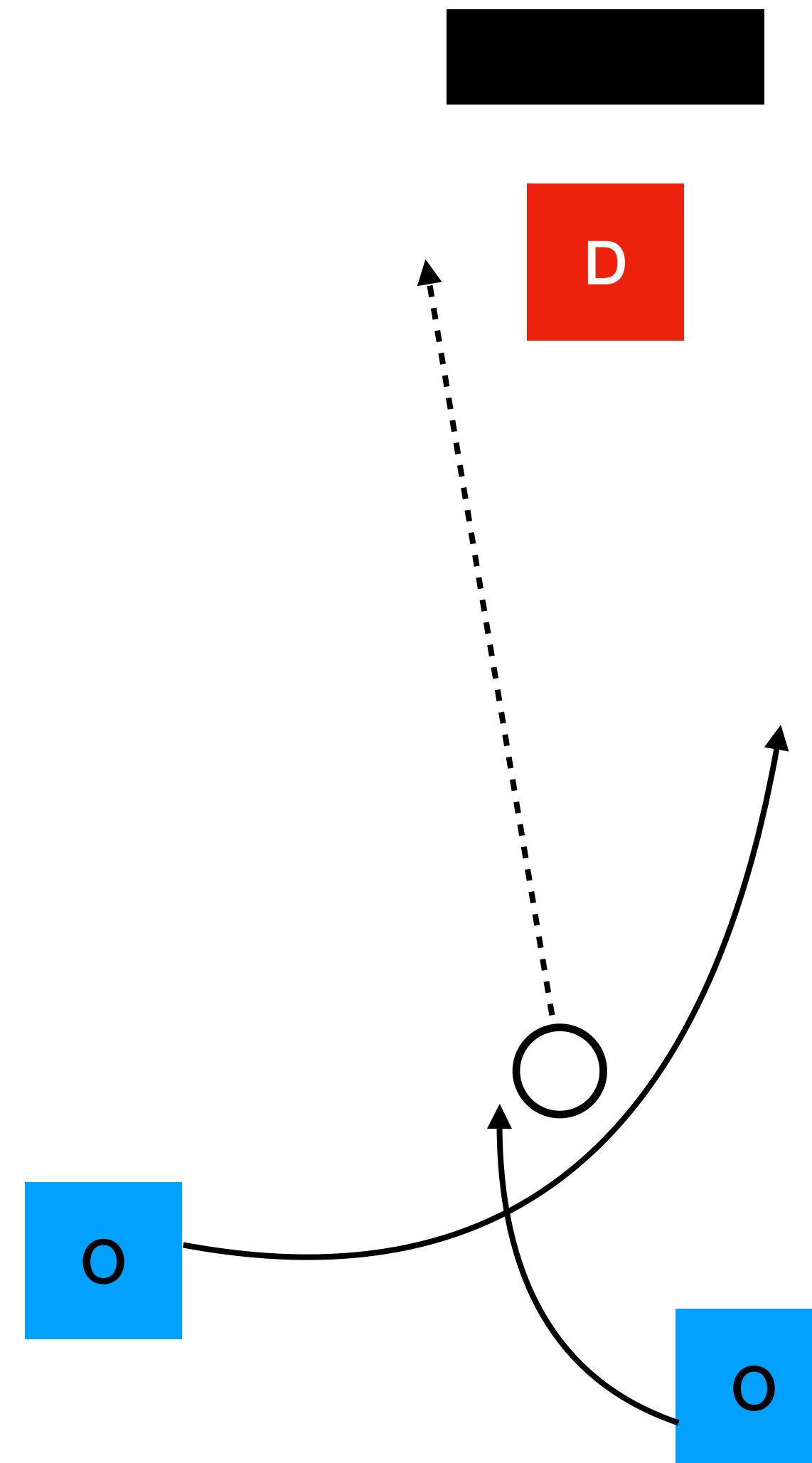
Pass Concepts

- Have players come up the field together
- Look for multiple quick passes, forcing the defender to move back and forth to defend the current shot.
- Be careful of the lateral two-line pass
- Look for high-percentage shots, like a punch



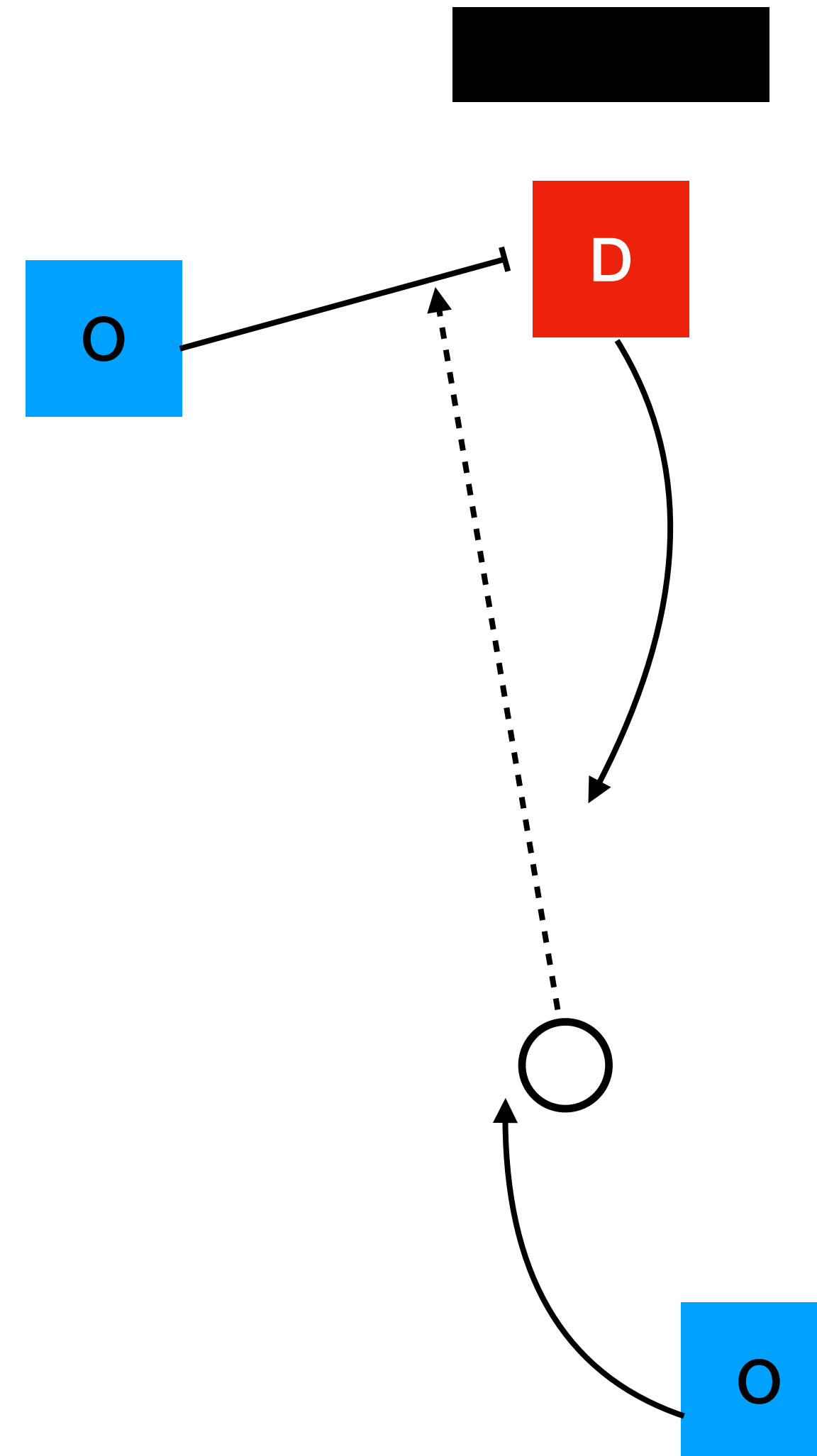
Decoy Concepts

- Have multiple players line up behind the ball
- Each player makes a run at the ball, and any one of them can shoot
- Keep the opposition on their toes by varying which player shoots, whether or not they shoot directly, and the patterns the players use to approach the ball
- Be aware that the referee will start play after 6 seconds if the ball isn't in play yet.



Clearout Concepts

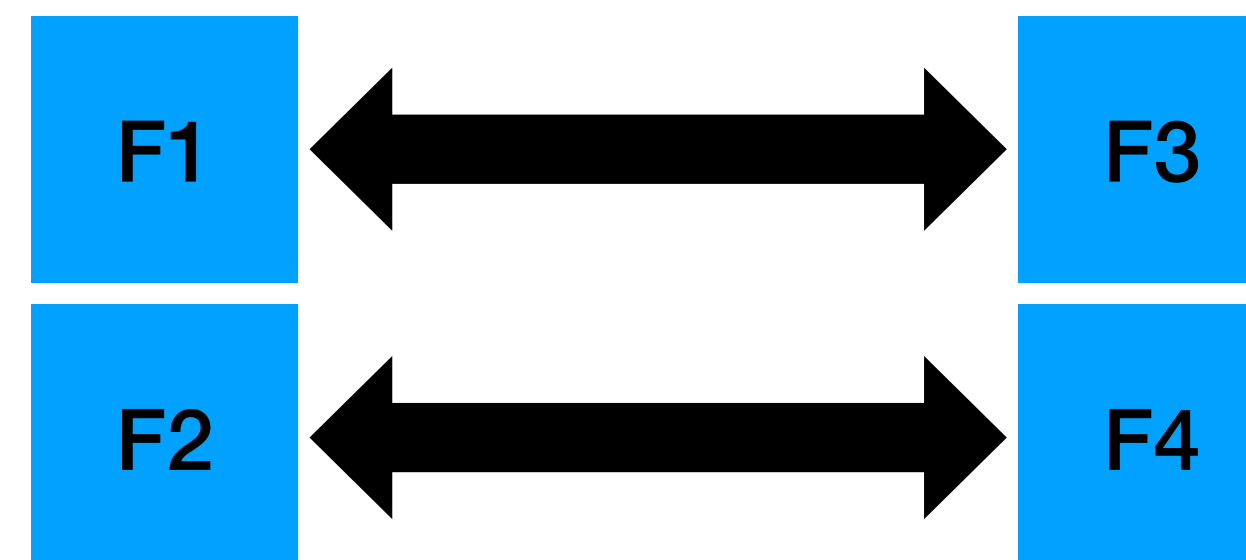
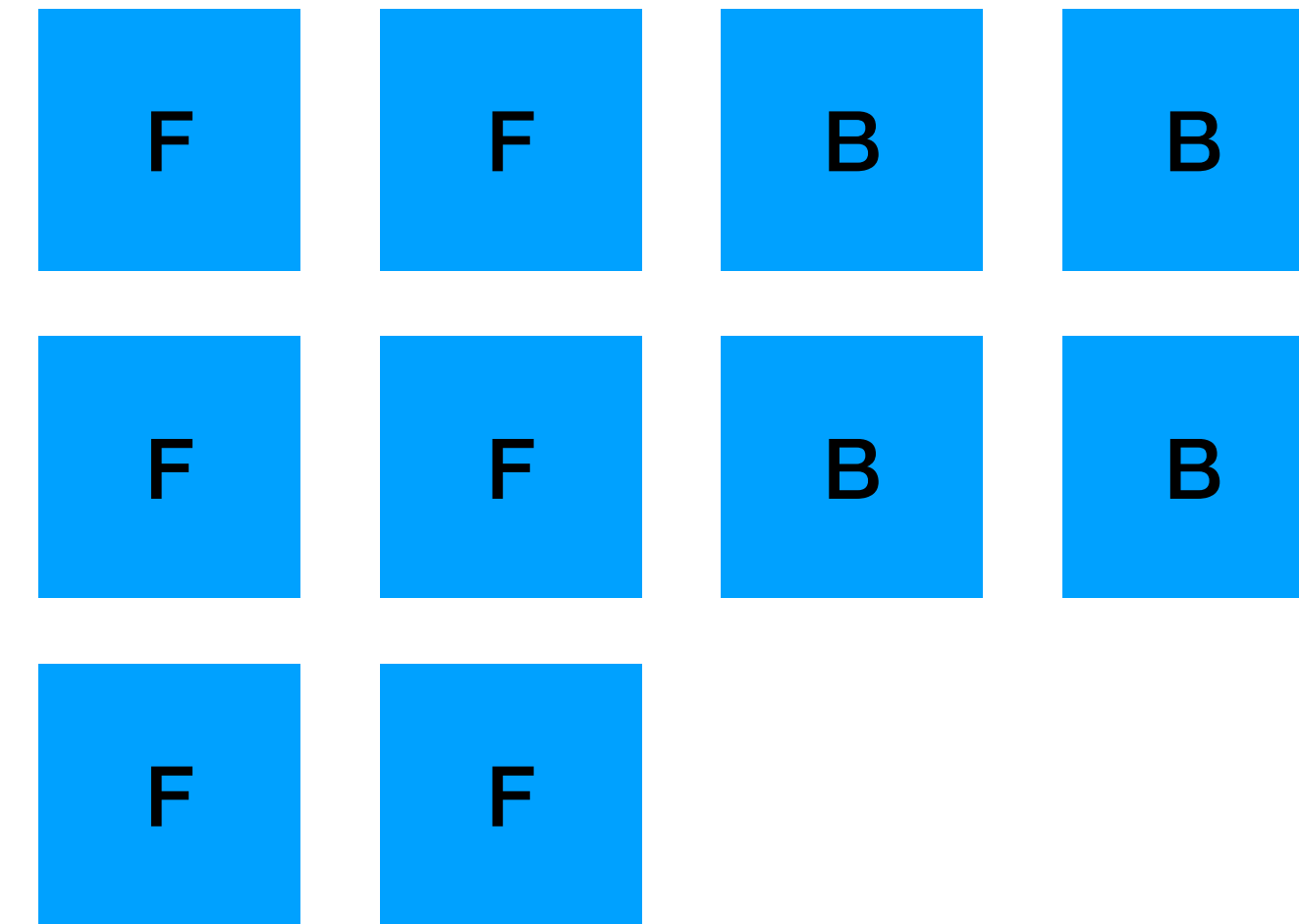
- Off-ball player looks to make contact with the defender and push them out of the way
- Defender may try to hold off contact, but is likely to just charge out at the ball- be ready to pass



Substitution Concepts

General Substitution

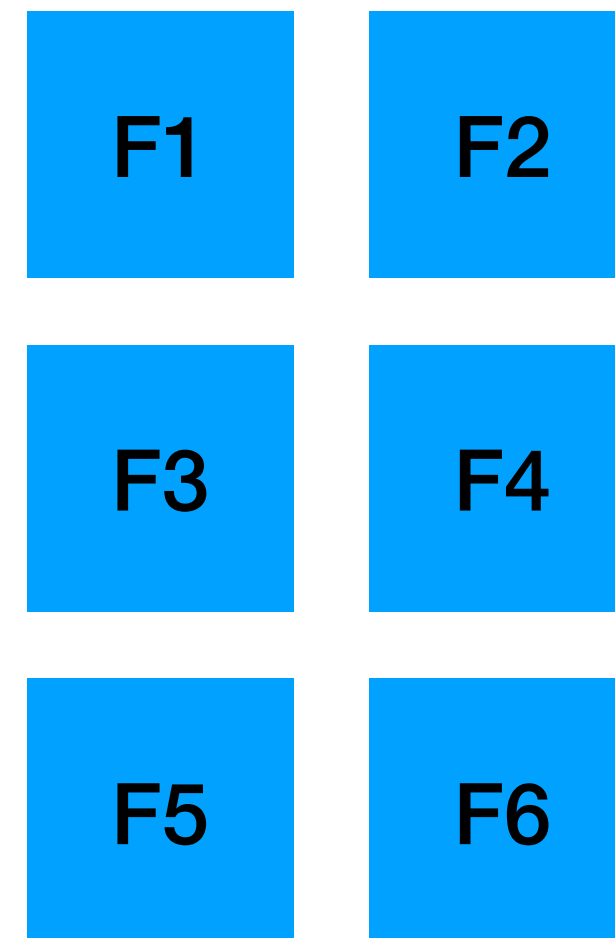
- Standard Roster is 6 forwards (3 pairs) and 4 backs (2 pairs)
- Forwards play the least, and are expected to bring most energy. They change in “pairs” and are expected to change at the same time
- Backs take longer shifts because there are fewer opportunities to change



First Forward Pair switches with Second Forward Pair

Forward Pair Specialization

- Because teams carry more forwards than any other position, there is room to specialize
- Consider unique specializations in pair construction
 - Agitators who can goad players into taking fouls
 - Penalty killers who are good at defending 4v3 or 4v2
 - Square-off specialists who can win a key ball at the end of the game and set up a set play



Common specializations

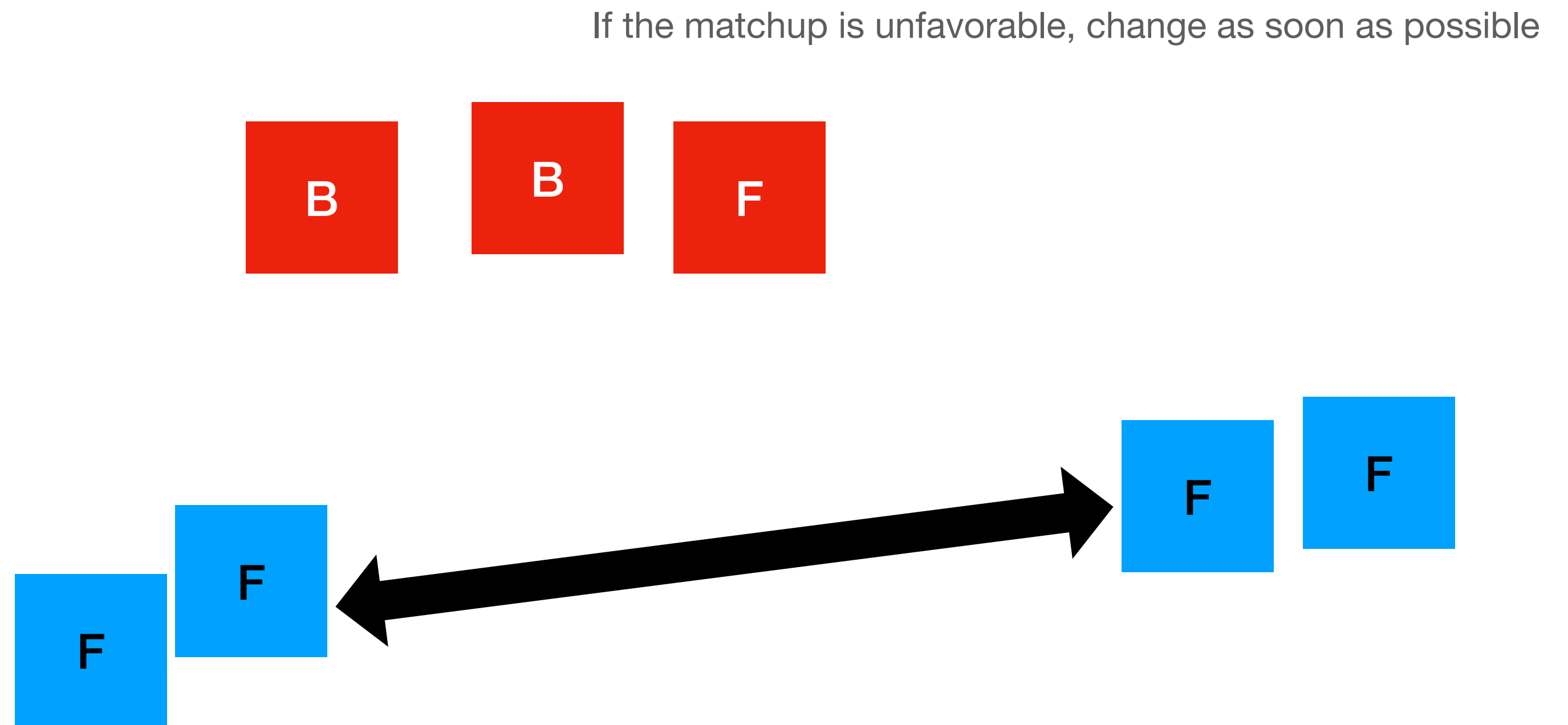
1st Pair: Primary Scoring Pair
Expected to provide the most offense

2nd Pair: Alternate Scoring Pair
Uses different skillset to score from primary scoring line

3rd Pair: Defensive Pair
Comes onto the field in key defensive situations

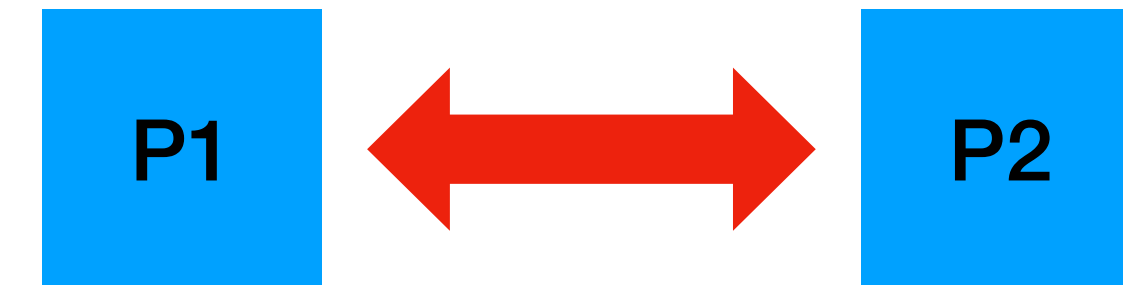
Matchups

- Look to exploit mismatches based on opposing substitutions
- Strong forward vs weak opposing back
- Fast forward vs slow opposing forward
- Offensive back vs weak defensive forward



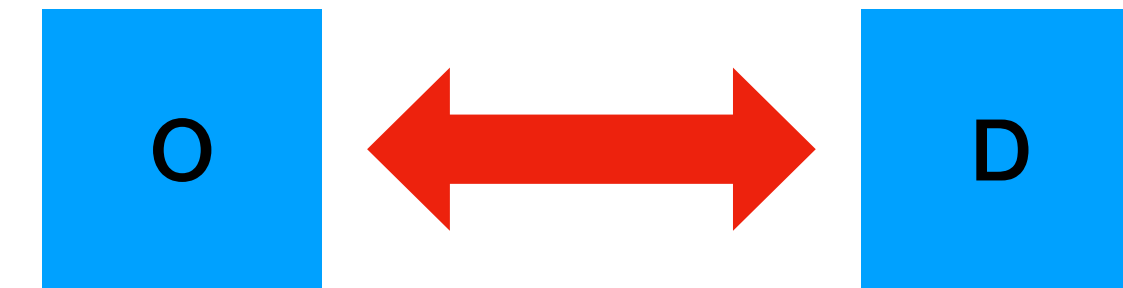
Tactical Interchange: Foul Trouble

- If a player is taking too many fouls, it may be best for the team to substitute them out of the game
- Backs need to warm up because of the rigors of shot stopping, consider using a time-out or having another bench player warm them up away from the playing area if that is the position you are substituting



Tactical Interchange: Game Situation

- When defending a lead at the end of the game, consider substituting off an offensive-minded player (attacking forward or offensive back) for a more defensive-minded player in the same position
- When losing at the end of the game, consider bringing on a more offensive player to take their spot



Playing Styles

- Players exist on a continuum of playing styles
- Strategies should be tailored to the players at hand
- Find synergies for players who can cover each others' weaknesses

Back

Backs always need to be good 1v1 defenders, but their skillset can vary greatly.
Players generally can't be perfect in all the aspects of back play, so they are grouped by their two best facets of play

Loose Back

Full-field two-way player

- Forces the other team to be wary about when they shoot
- Can prevent the other team from playing dump and chase
- Opens up the field on square-offs
- Carries the ball to create quick offense

Blocking Full Back

Able to defend the crease alone

- Frees up the other back to rush out (in a zone) or let the team play man to man
- Good first step for players with physical tools but limited stick skills
- Important player on the penalty kill

Passing Full Back

Creates space for teammates

- Collects rebounds and turns them into attacks with passes
- Creates space on defense (with crease clearing) and on offense (with deep threat)
- Allows the team to run set plays off of square-off wins

Skillset: Shot Stopping

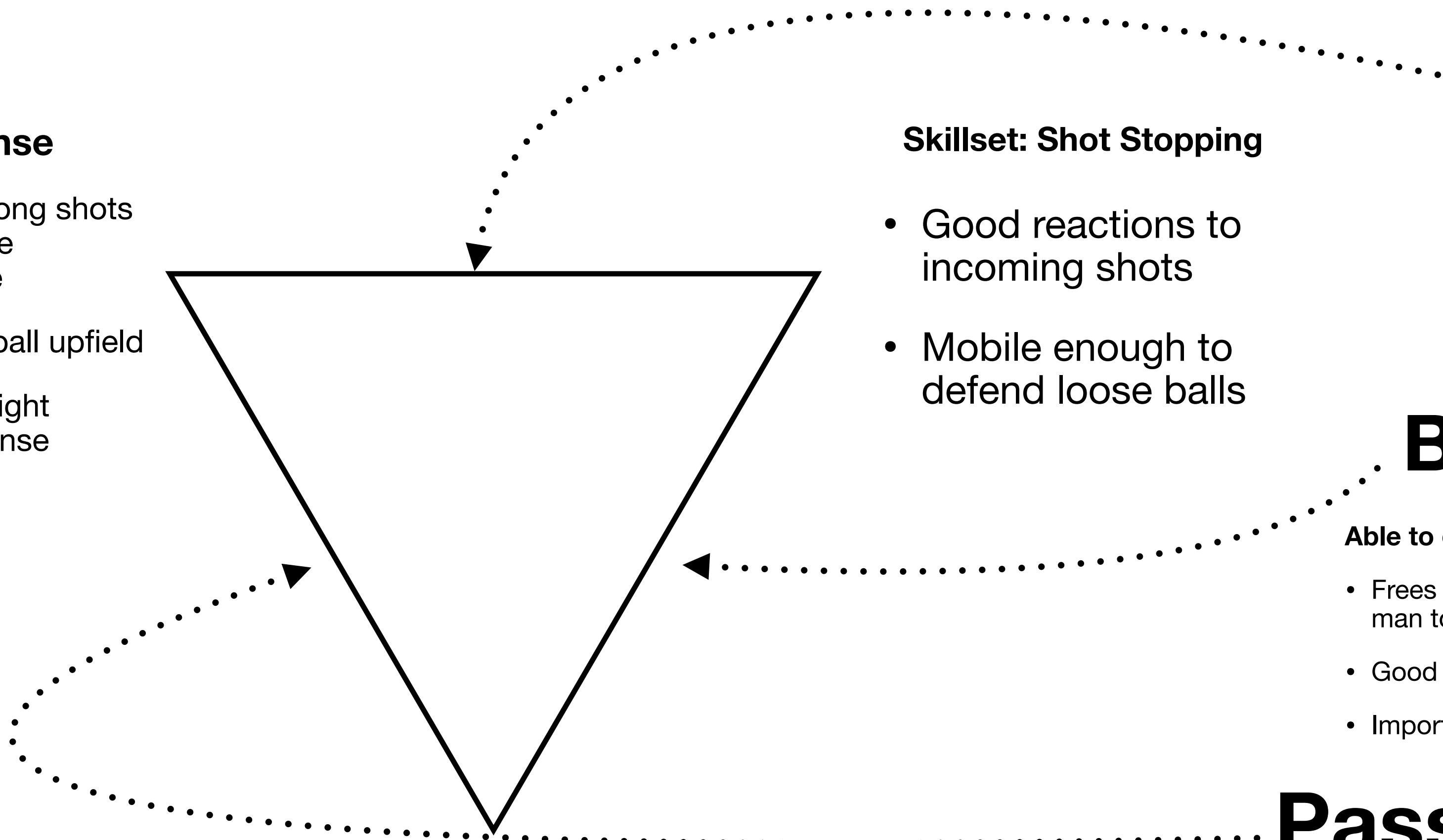
- Good reactions to incoming shots
- Mobile enough to defend loose balls

Skillset: Crease Clearing

- Powerful player who can hold off attackers
- Agile enough to get across the crease and deal with multiple attacking threats

Skillset: Offense

- Able to make long shots at goal from the defensive zone
- Can carry the ball upfield
- Can create in tight spaces on offense



Forward

Because teams can carry so many forwards, there is more room for specialization in the position.

Because defensive responsibilities are mostly the same, this specialization is mostly on offense.

Transition: Motion

- Likes to carry the ball
- Good timing to get to area passes
- Ready to forecheck off of a turnover

Poaching Forward

- Constantly hovering around opposing goal
- Combination of speed and physicality

Loose Forward

- Always looking for open space
- Dangerous on the ball

Offense: Crease

- Bullies opposing backs
- Collects rebounds and deflects teammate's shots

Center Forward

- Physical presence at all times
- Compresses opposing defense

Linking Forward

- Always on the ball
- Makes life easy for teammates who may be less technically gifted

Offense: Outside

- Finds pockets of space
- Shoots long shots and sends accurate passes

Transition: Center Square

- Uses length to reach the ball
- Skilled passer
- Ready to defend midfield off a turnover

