

IOU Coaching Certification

Level 2: Competitive

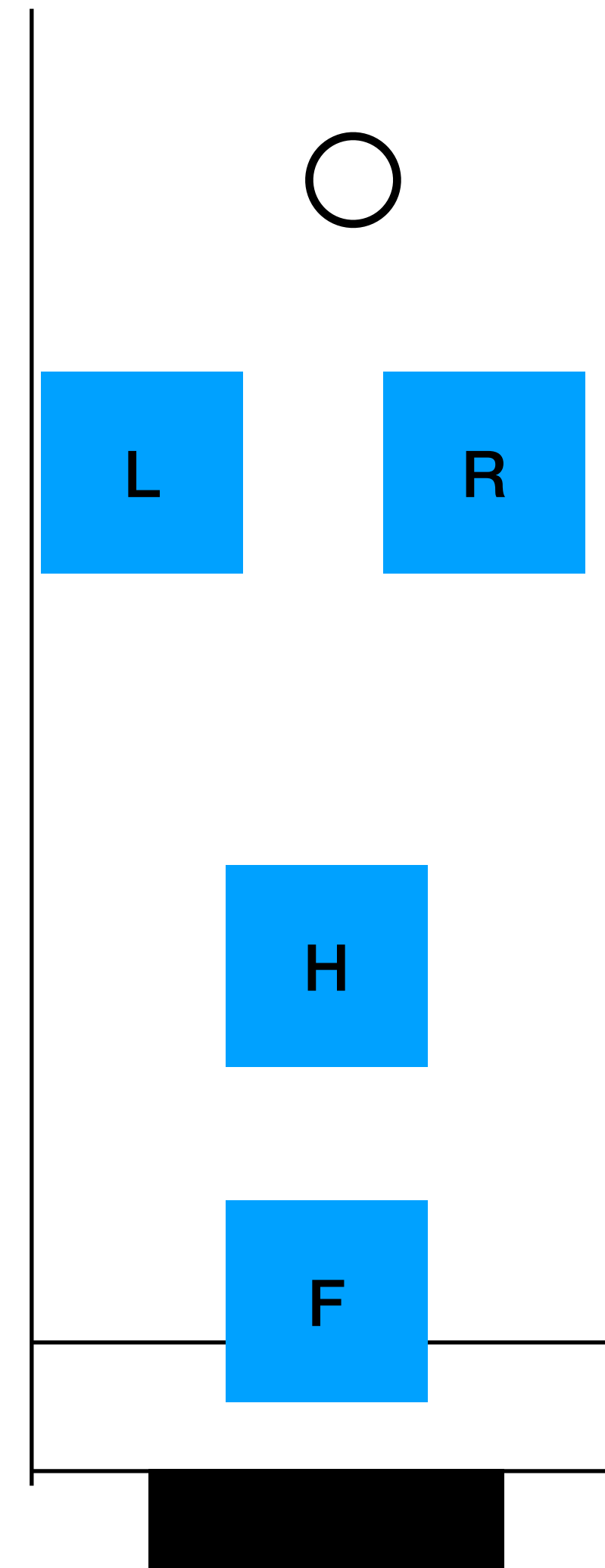
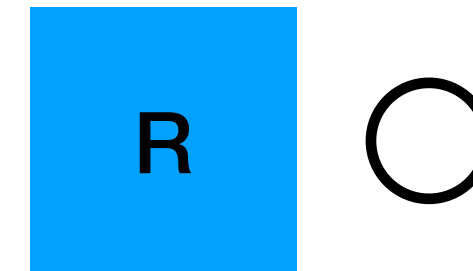
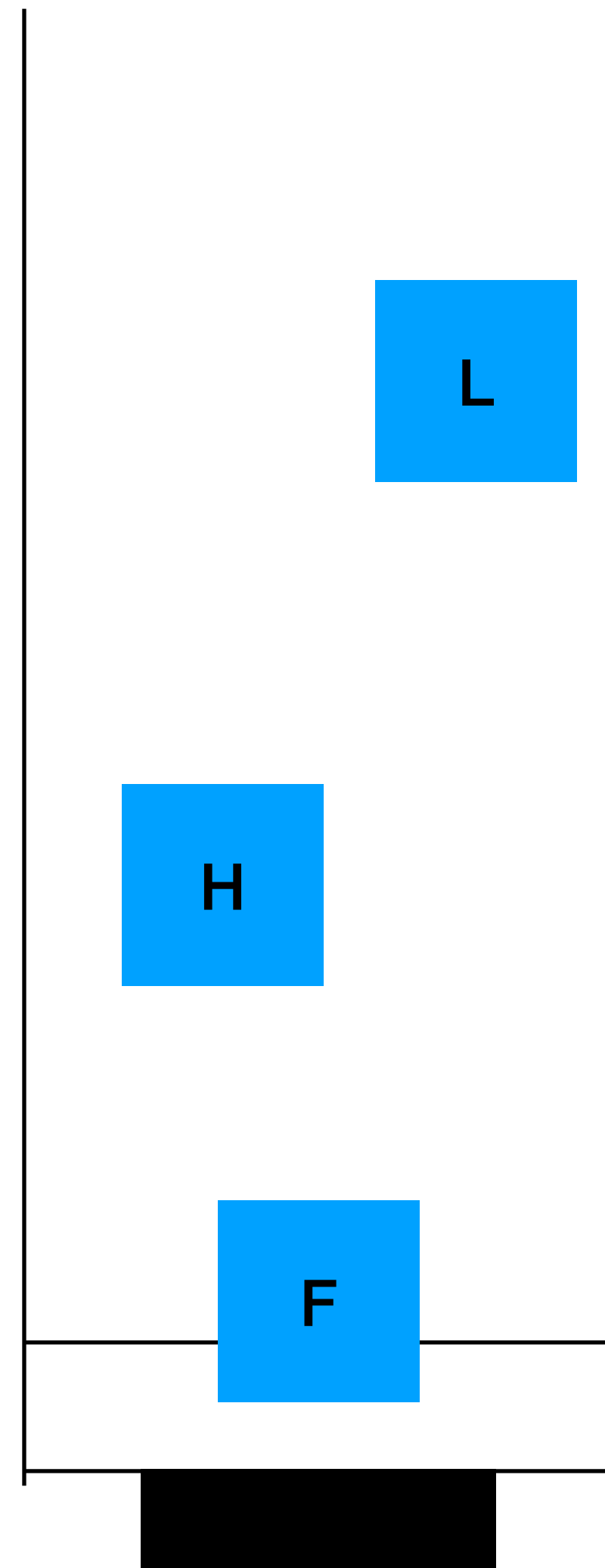
Section 2: Advanced Tactics

Defense

- Triangle
- Pack Line
- Swarm
- Man to Man
- True Man to Man

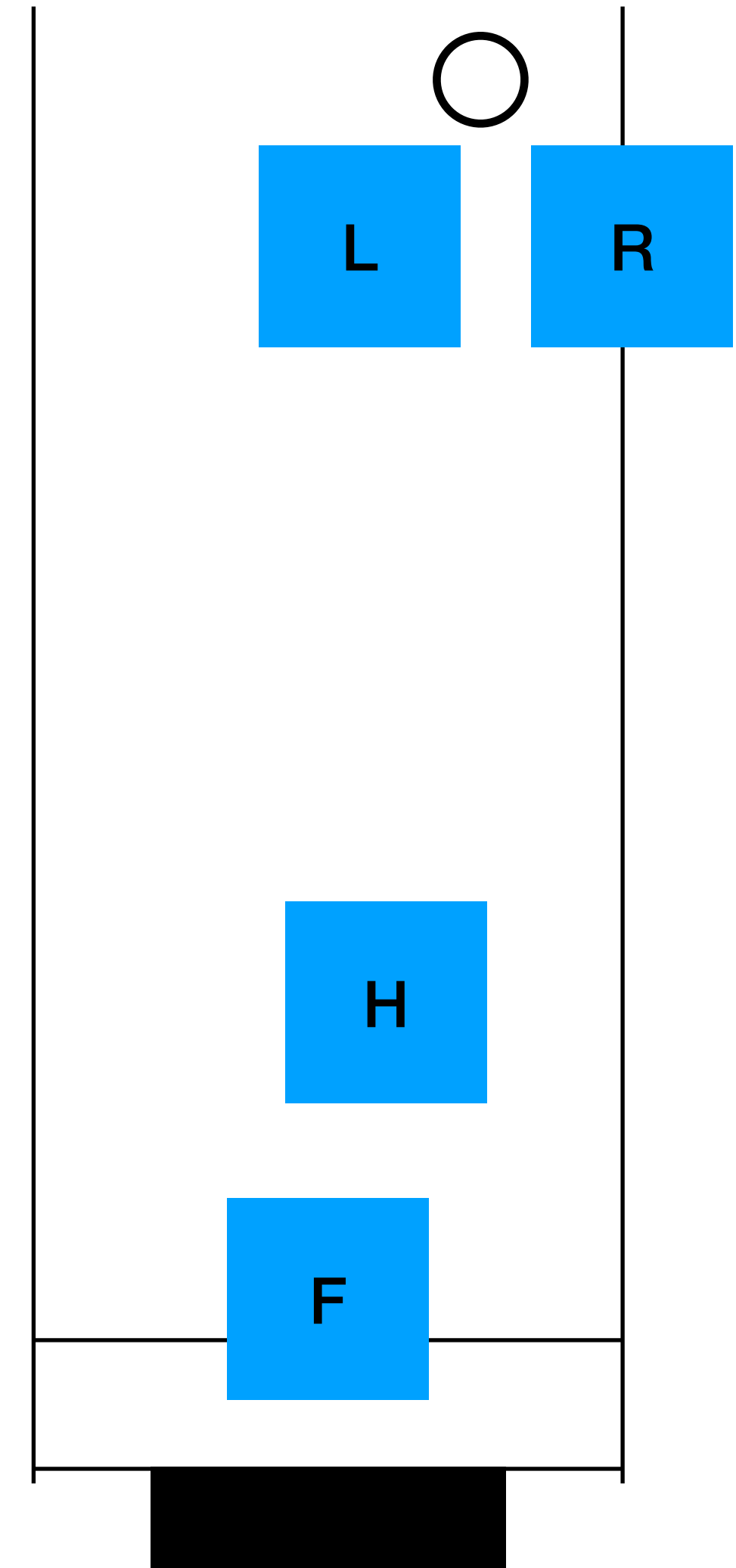
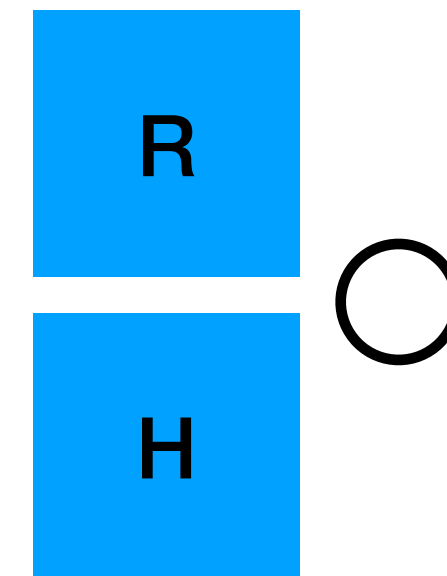
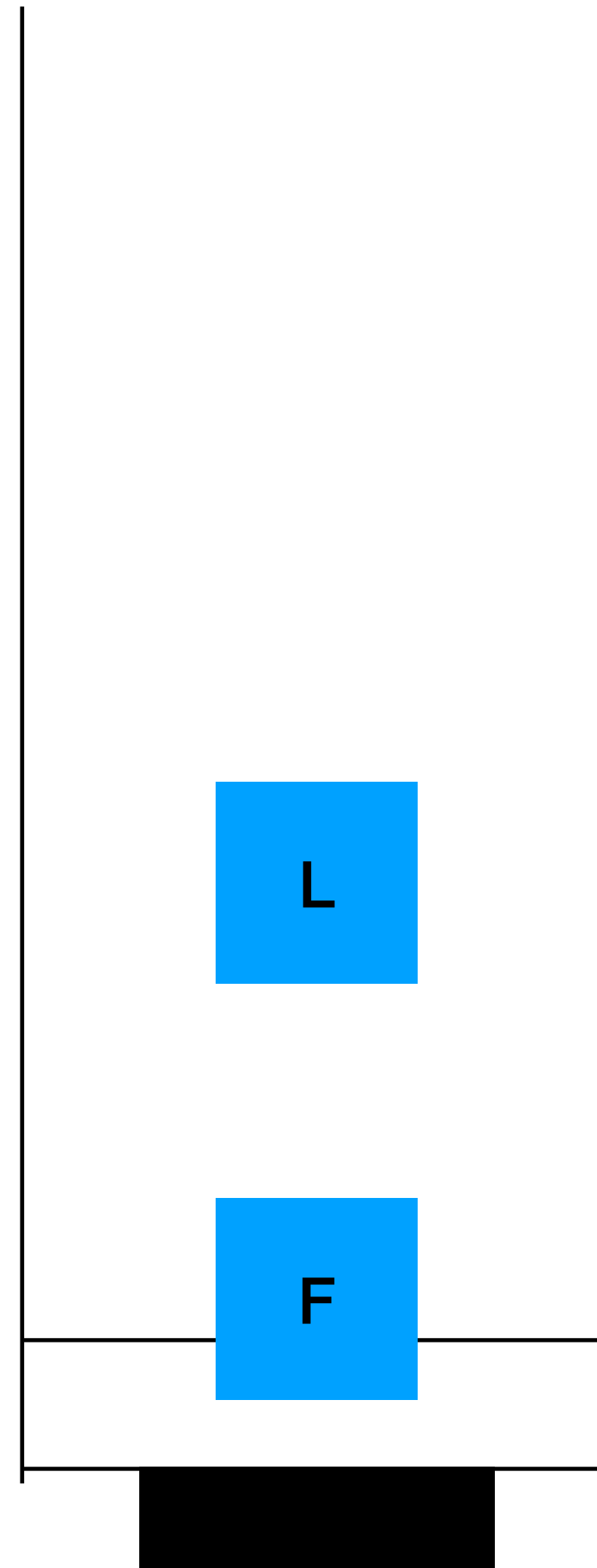
Triangle Defense

- Fullback defends the goal
- Halfback defends in front of goal
- Weak-side forward defends high in the zone
- Strong-side forward attacks the ball
- If the ball goes high, forwards tuck in and block shooting lanes



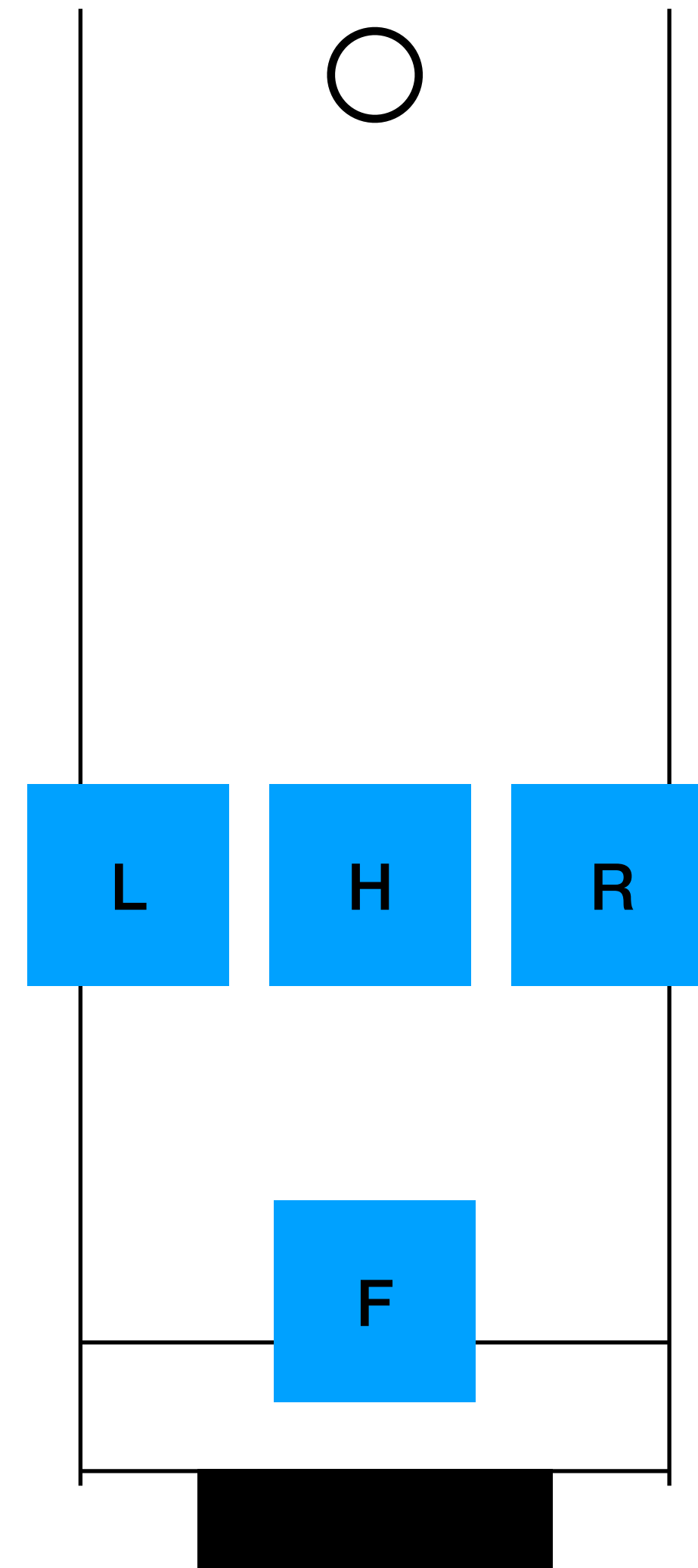
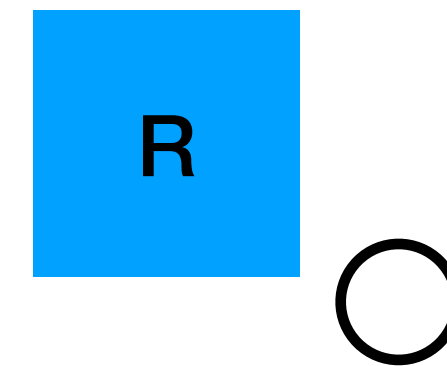
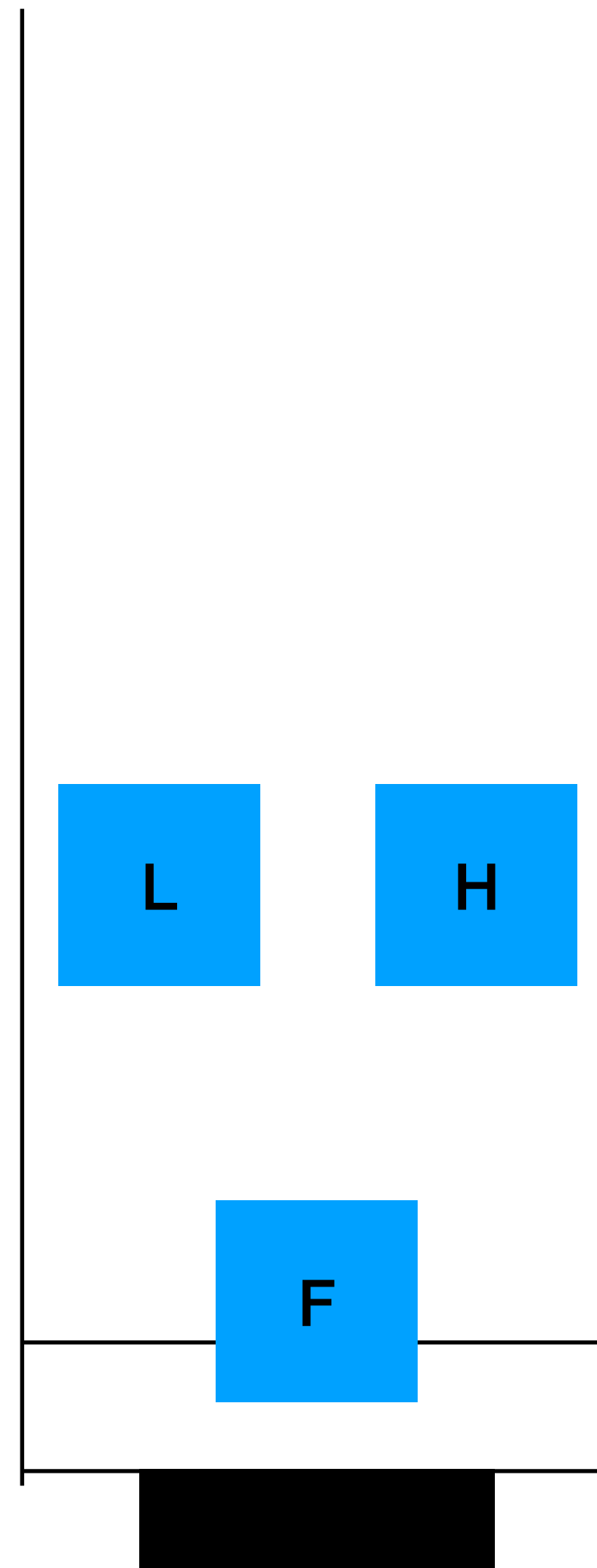
Swarm Defense

- Fullback defends the goal
- Weak-side forward defends in front of goal
- Strong-side forward and Halfback both attack the ball if it's wide
- If the ball goes high, both forwards attack, while the halfback drops in



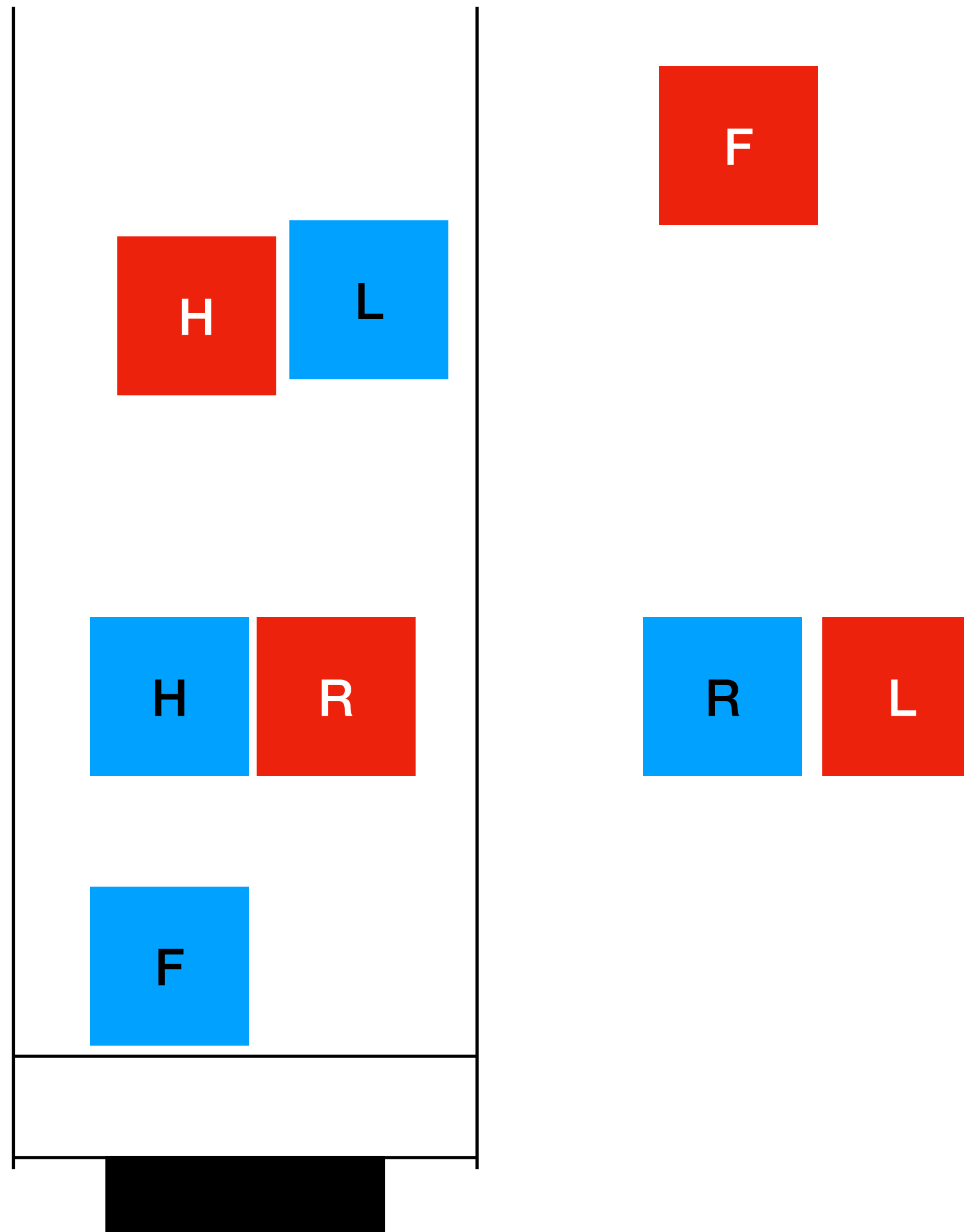
Pack Line Defense

- Fullback defends the goal
- Weak-side forward and halfback defend in front of goal in a “pack line”
- Strong-side forward attacks the ball if it’s wide
- If the ball goes high, everyone clogs the middle



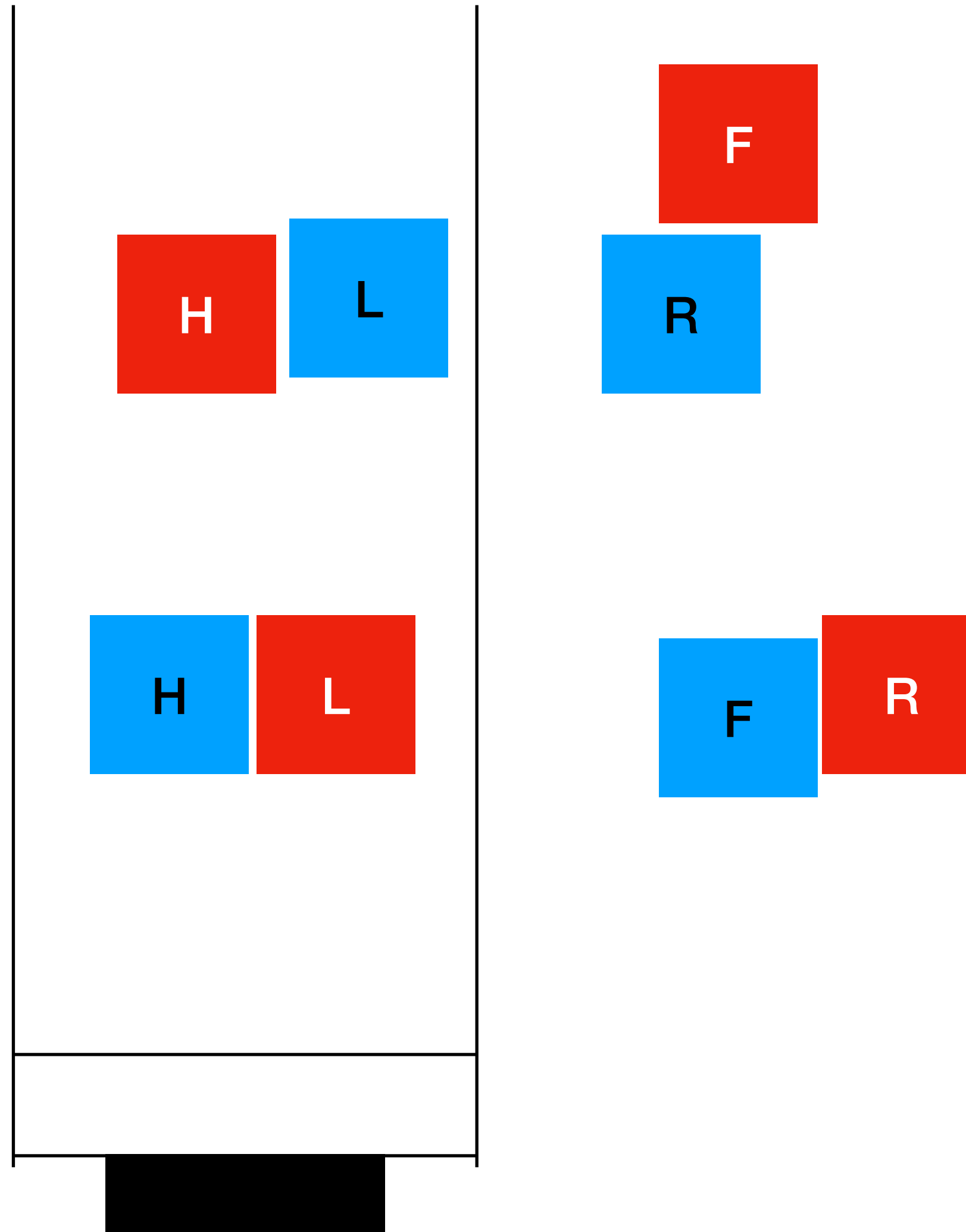
Man to Man Defense

- Fullback defends the goal
- Halfback defends opposing forward
- One forward covers opposing halfback, other covers opposing forward
- Opposing Fullback left open



True Man to Man Defense

- Backs defend opposing forwards
- Forwards defend opposing backs
- Goal left open

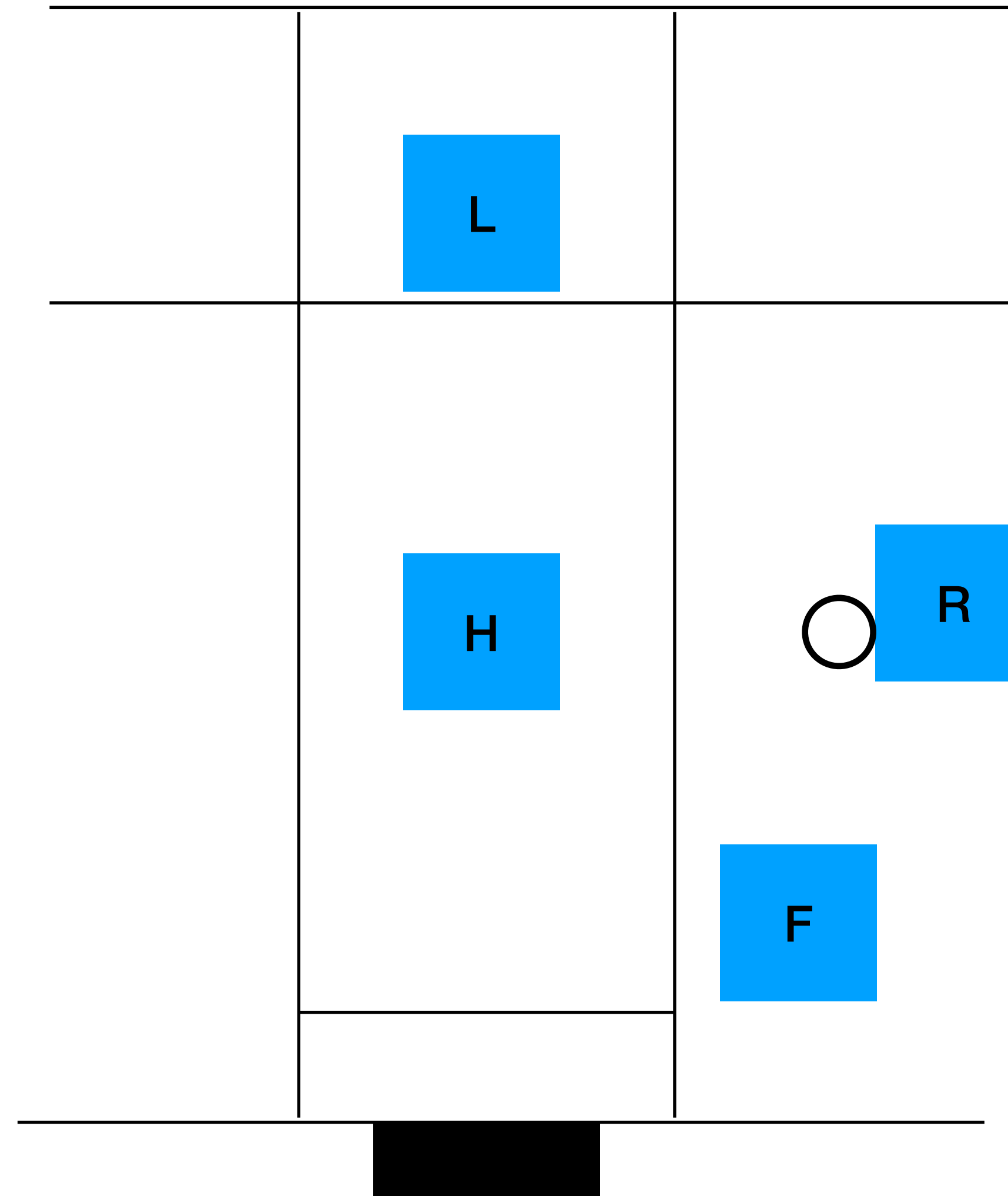


Breakout

- Close Support
- Vertical Stretch
- Lateral Spread

Close Support Breakout

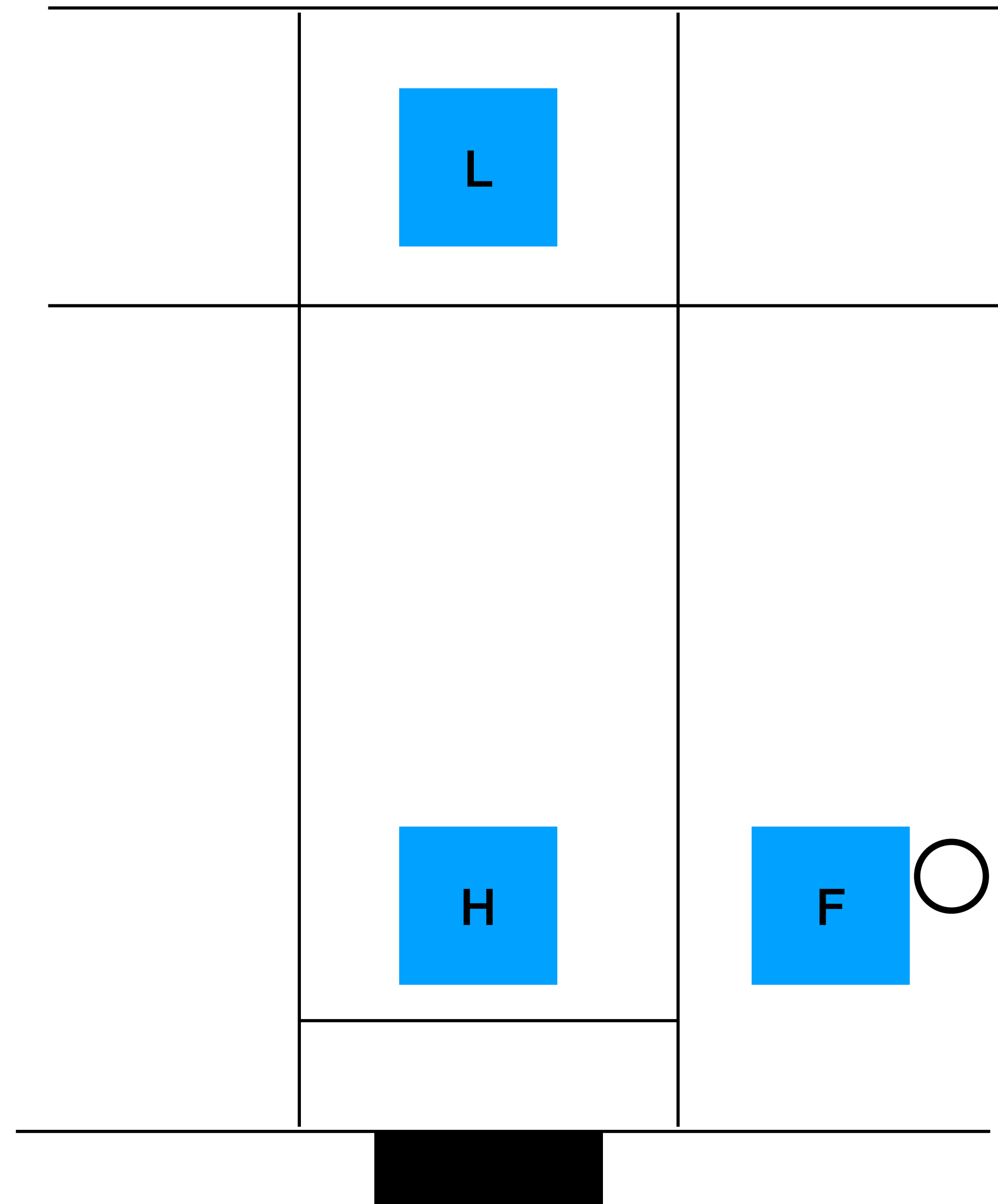
- Every player is in same corner of field, making them a passing option
- Goal is to outnumber forecheck to have an easy pass



Vertical Stretch Breakout

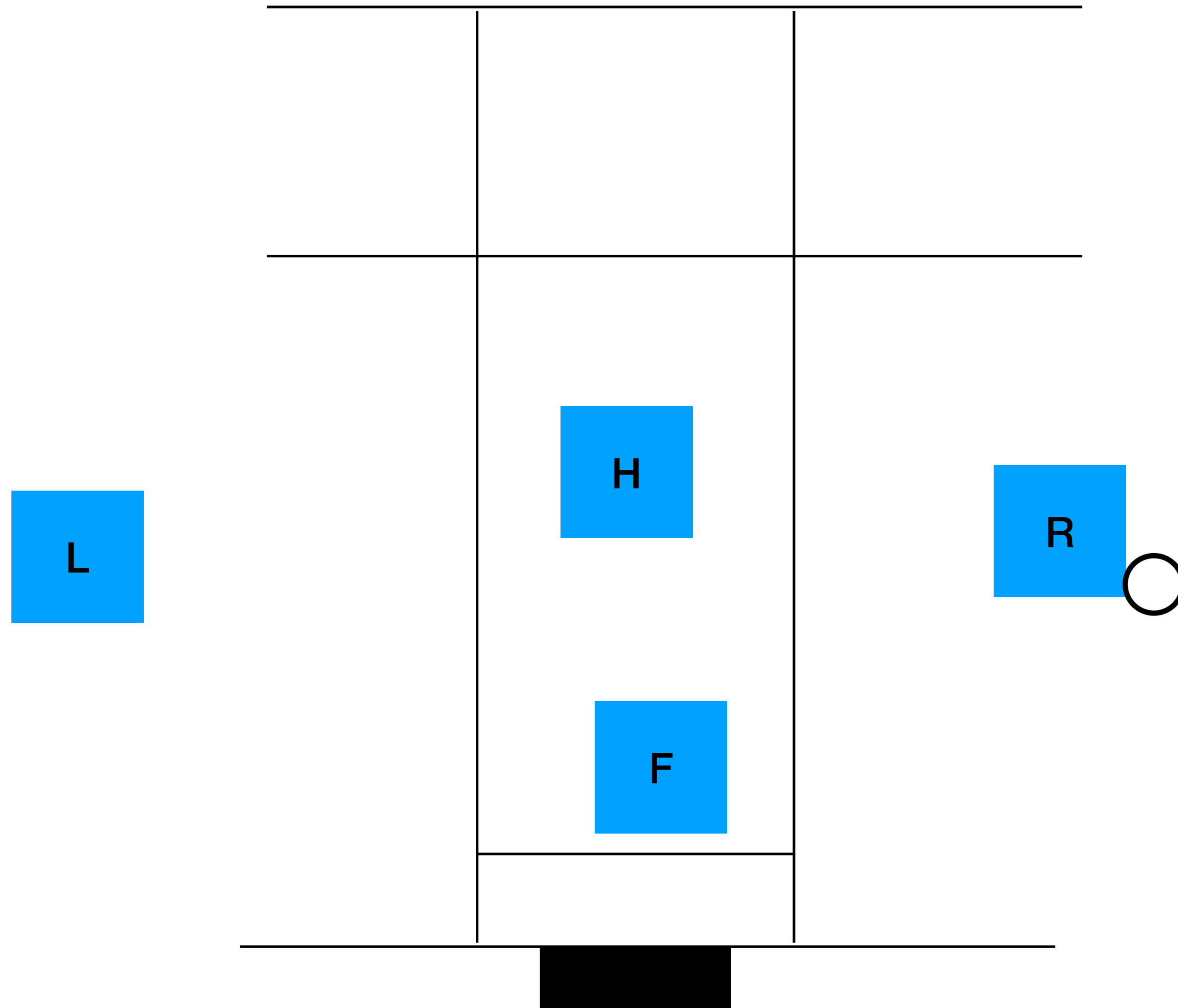


- One forward gets open in offensive zone
- Other forward takes position in neutral zone
- Goal is to play the ball through neutral zone to find open forward on offense, or to relieve pressure by forcing defense to cover cherrypicker



Lateral Spread Breakout

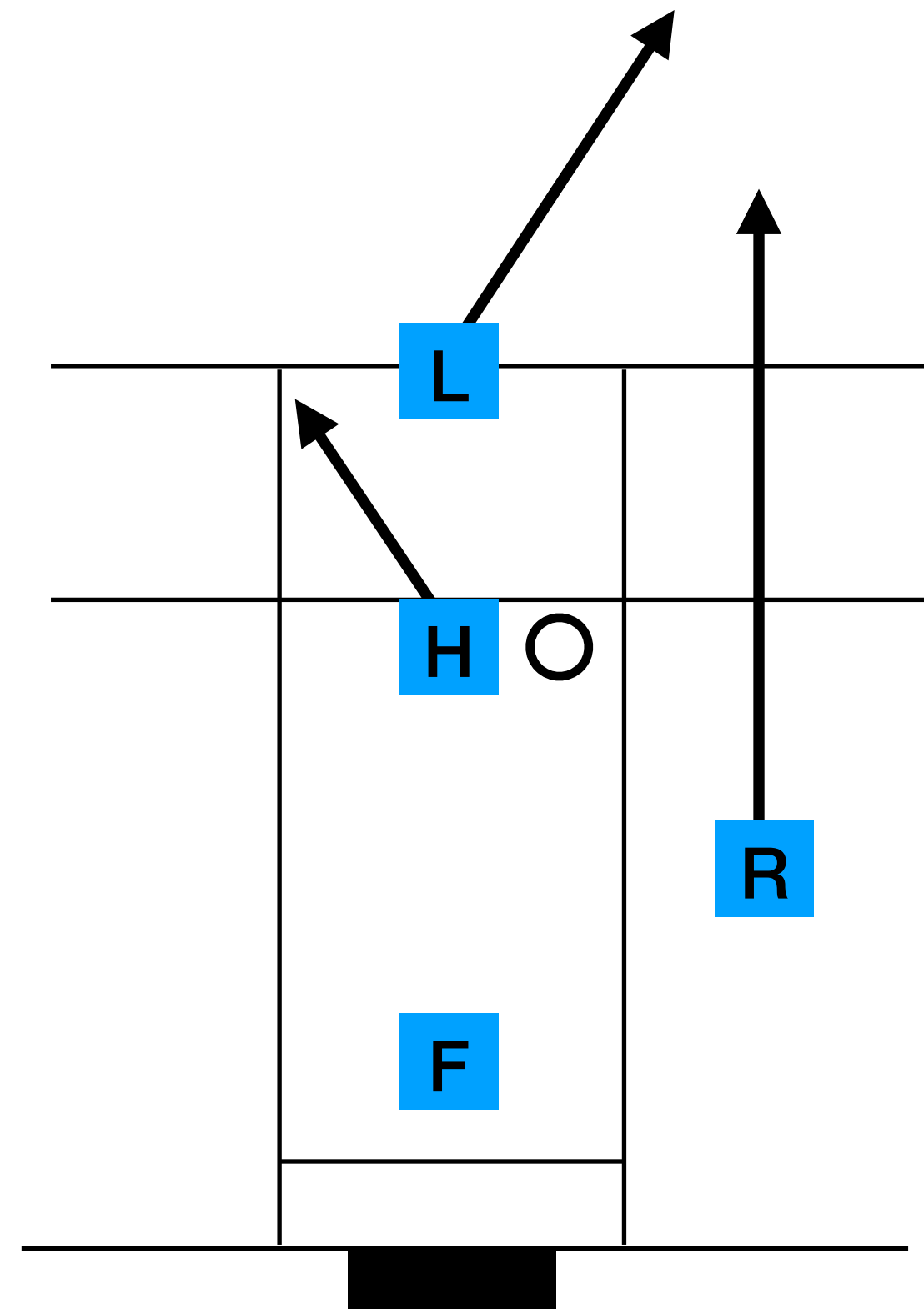
- Forwards spread to both wings
- Backs take position in center channel
- Backs want to get ball across to forward, who will have open field to run with



Breakout Tempo

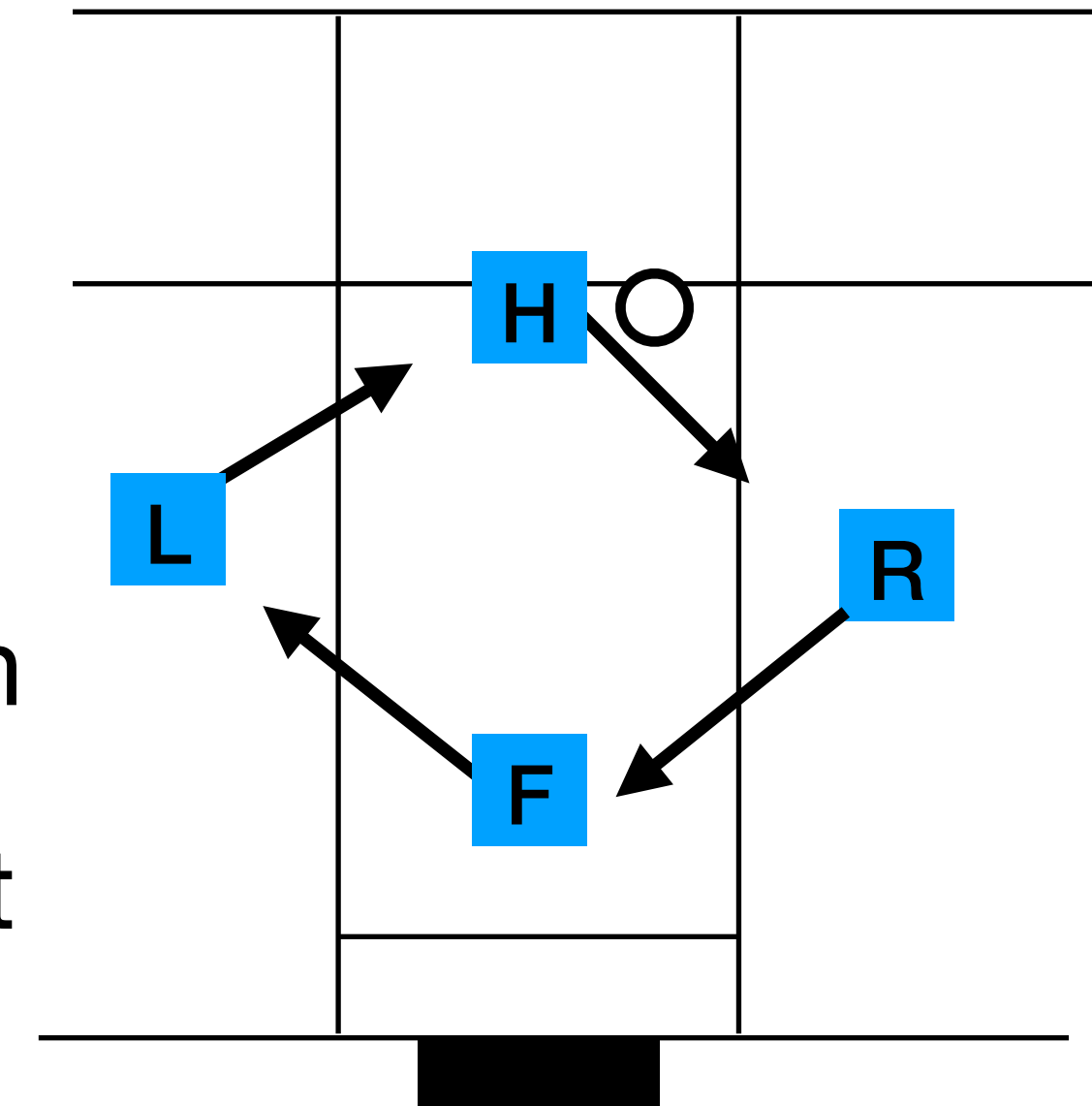
Counterattack

- 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



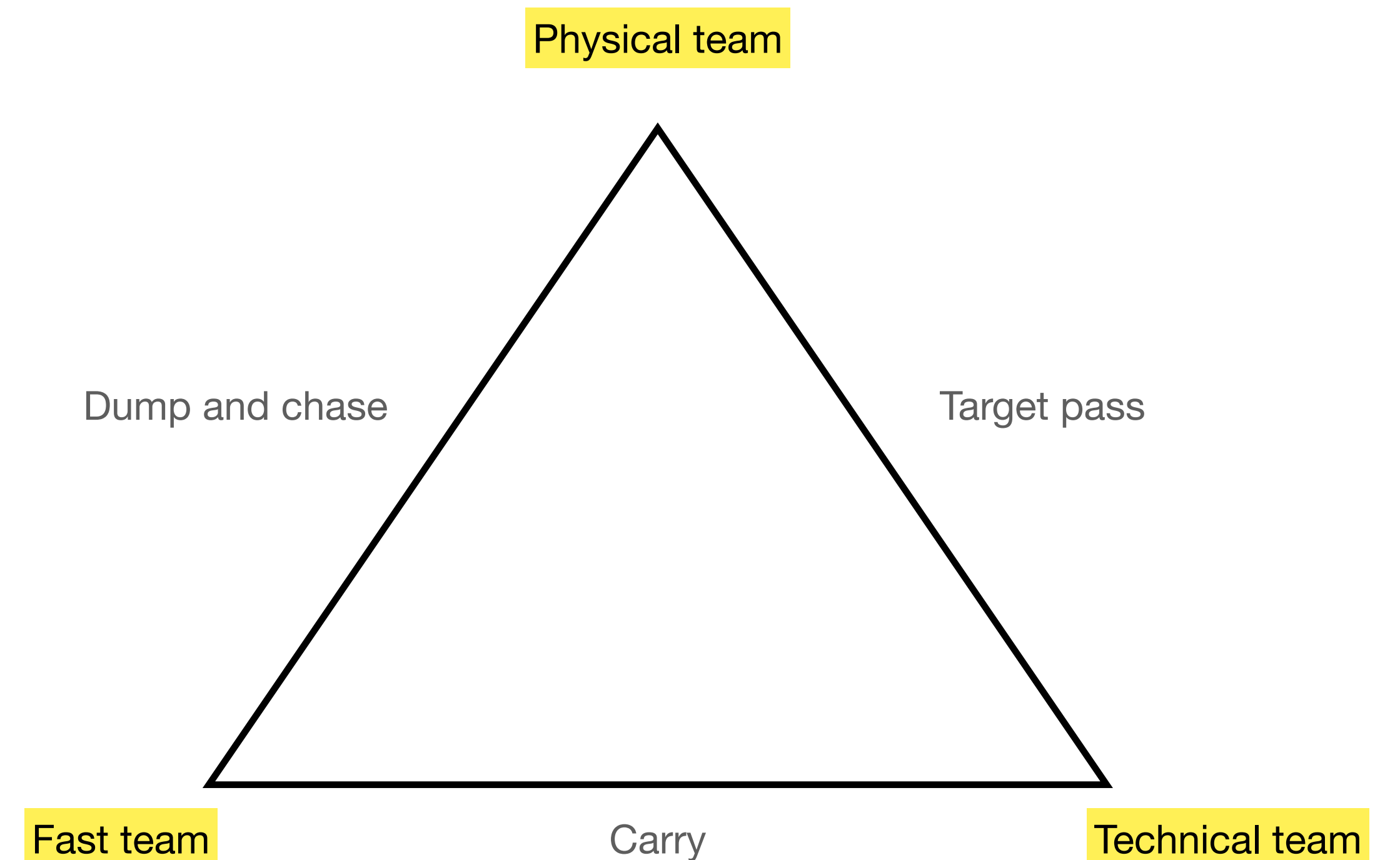
Build Up

- 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



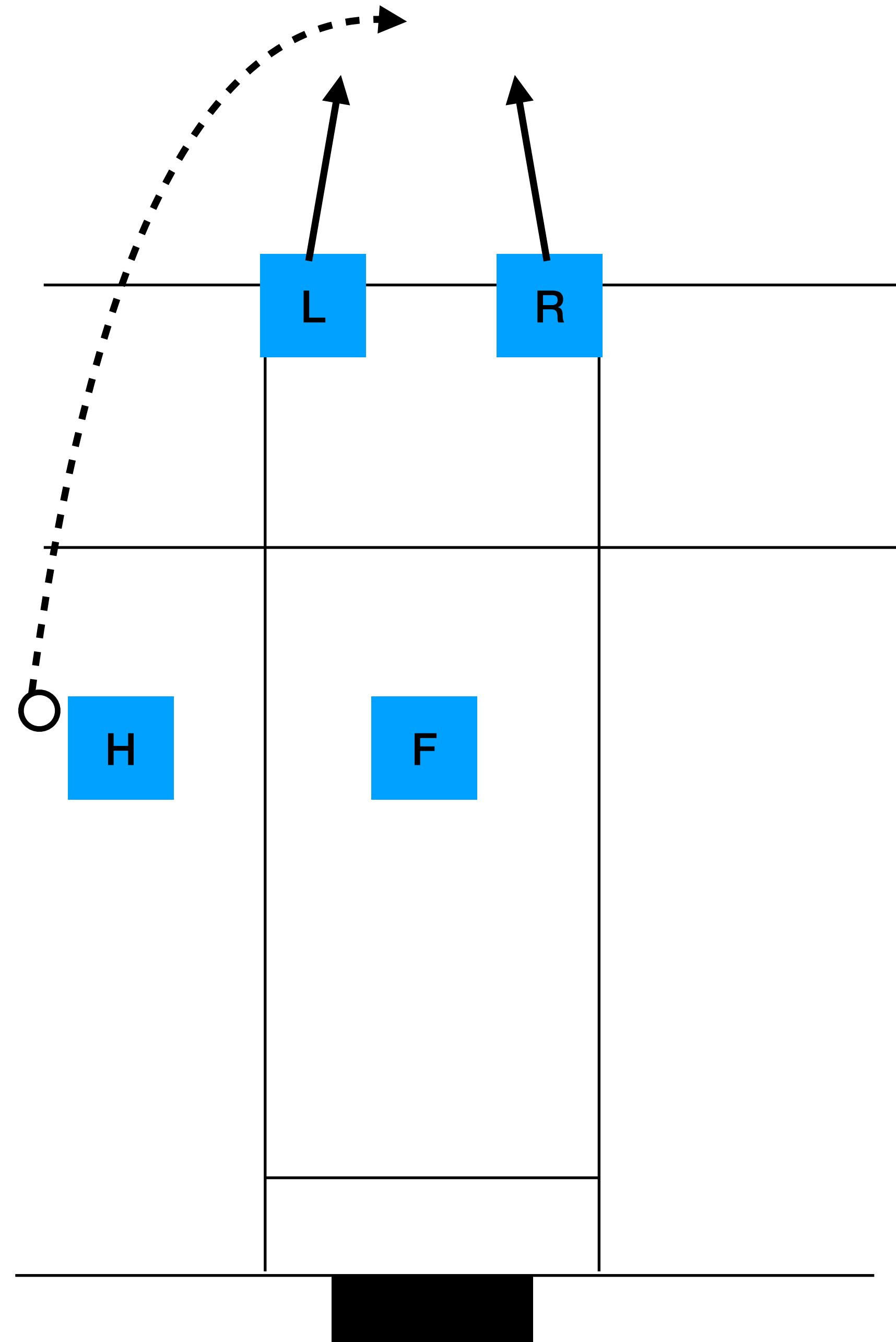
Breakout Method

- 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

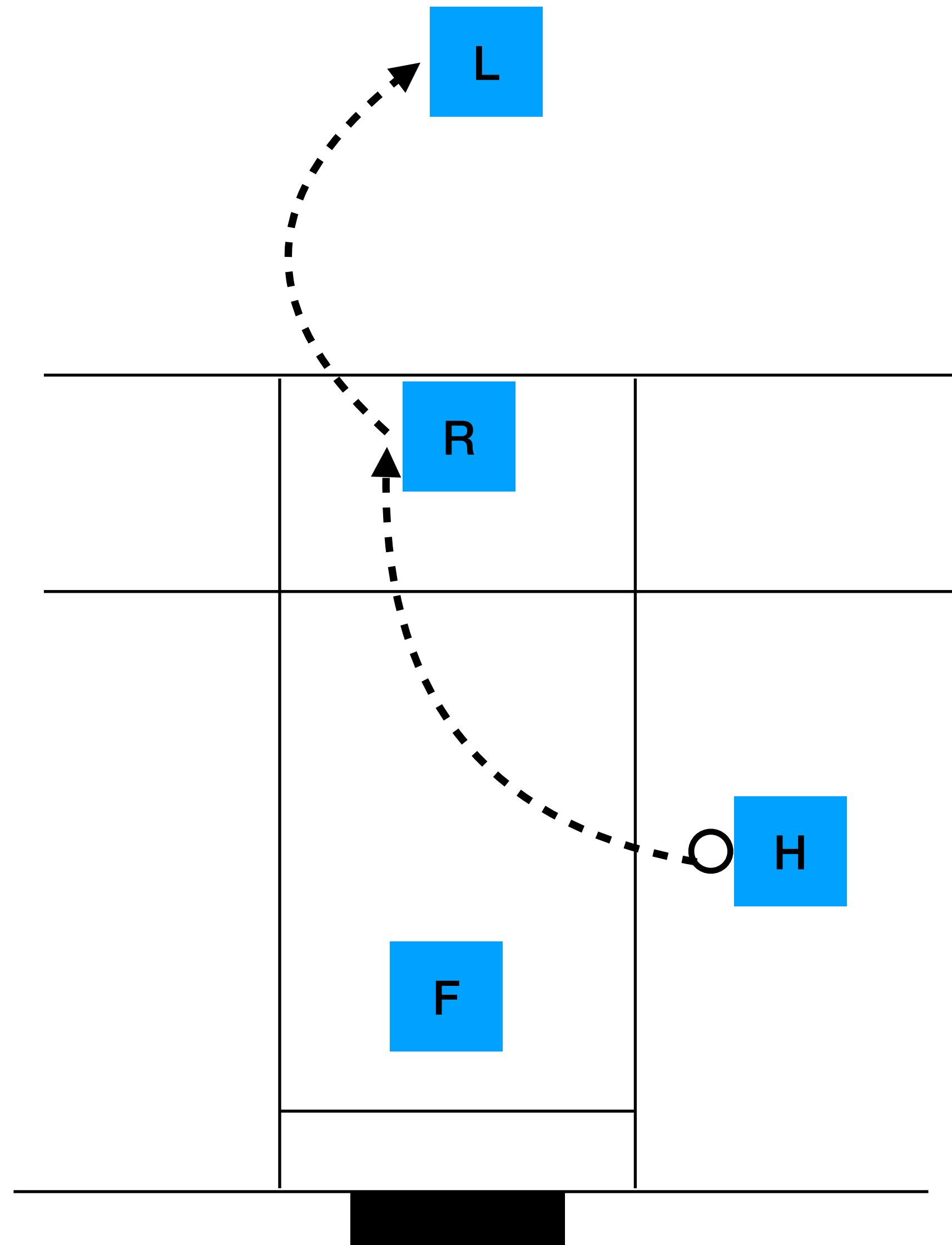


Dump and Chase

- 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



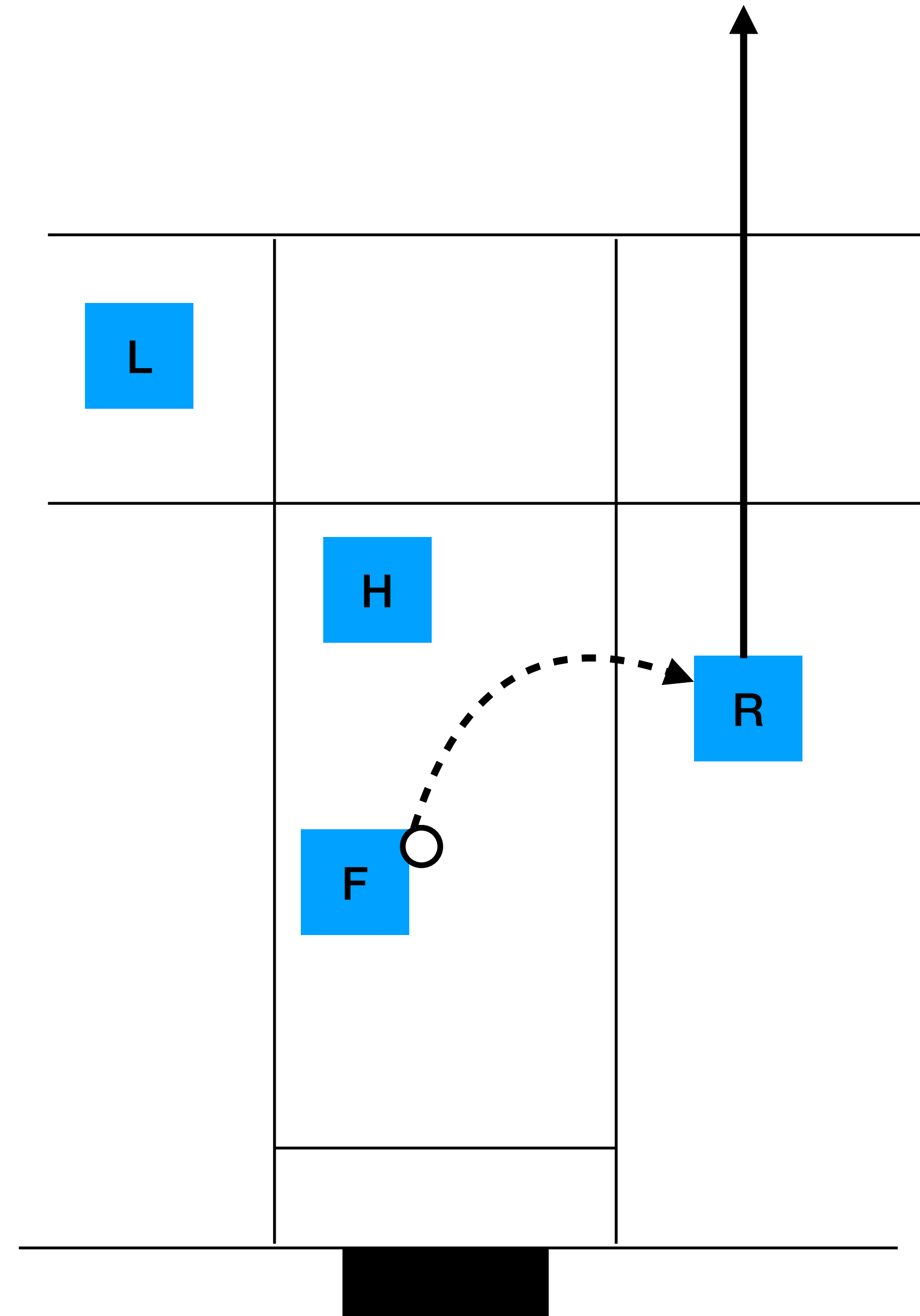
Target Pass



- 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

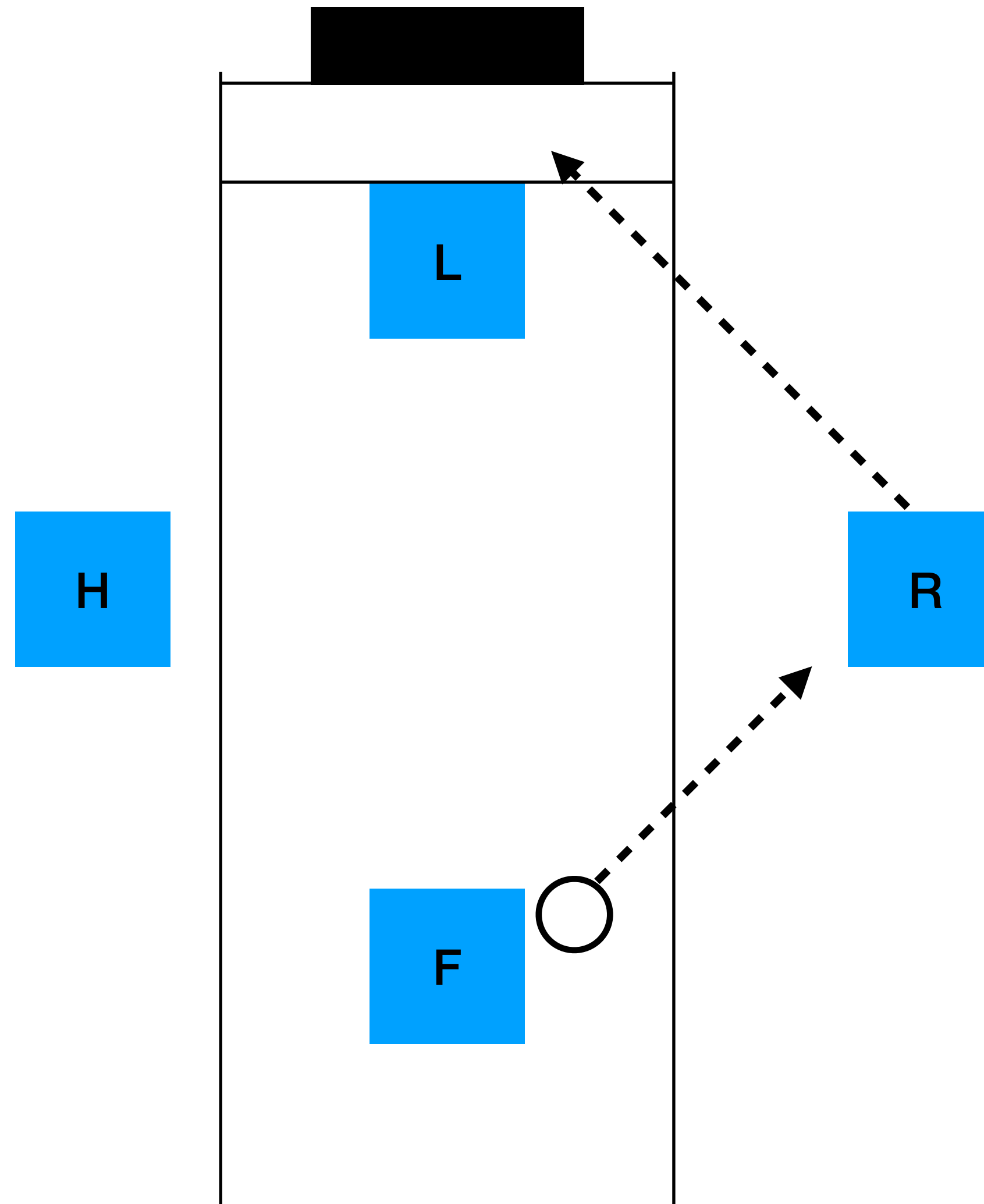


Offense

- Diamond
- Box/Cycle
- Wishbone
- Funnel

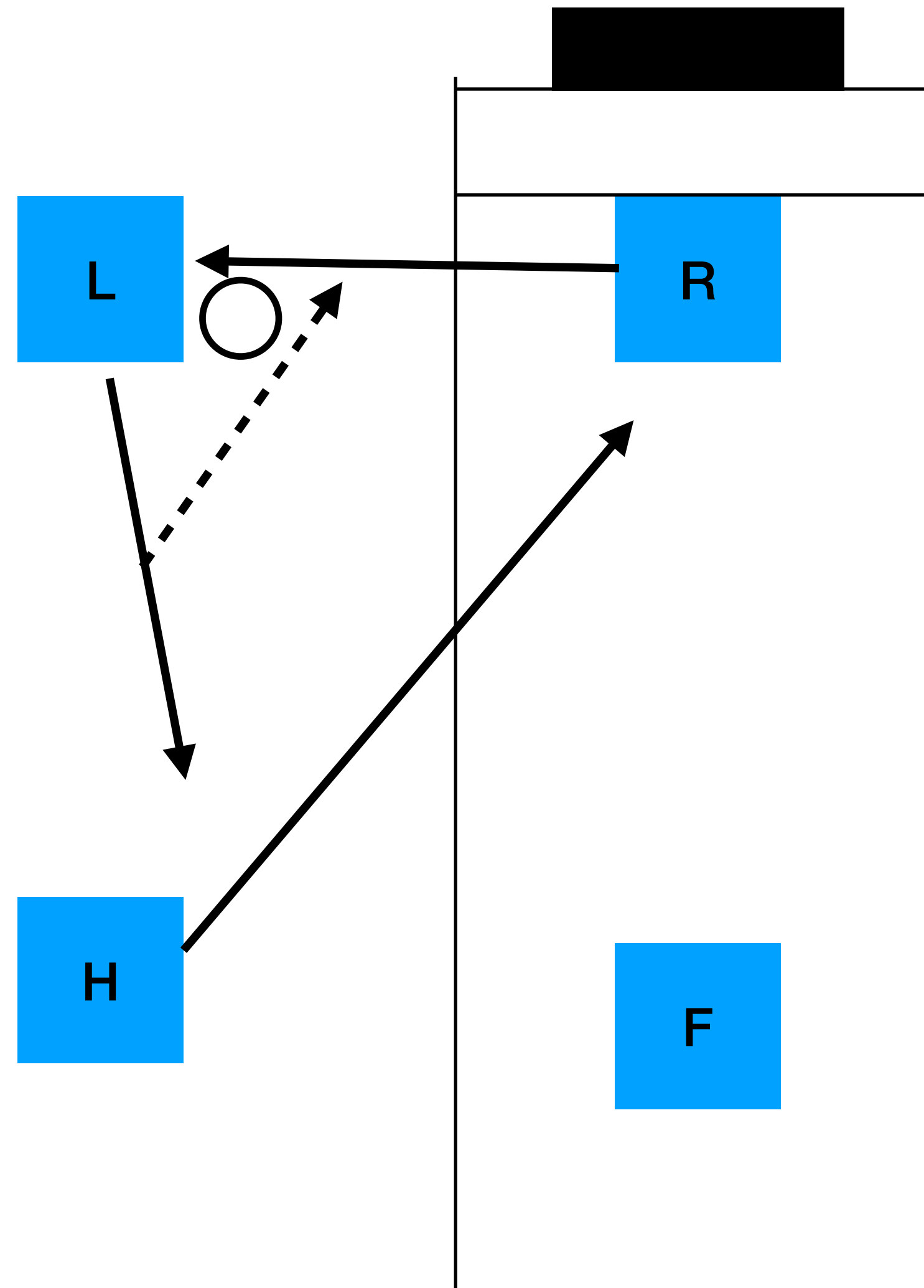
Diamond Offense

- Fullback controls the point
- Halfback and one forward find open space to shoot
- One forward attacks front of the goal
- Looks to create open shots from wingers



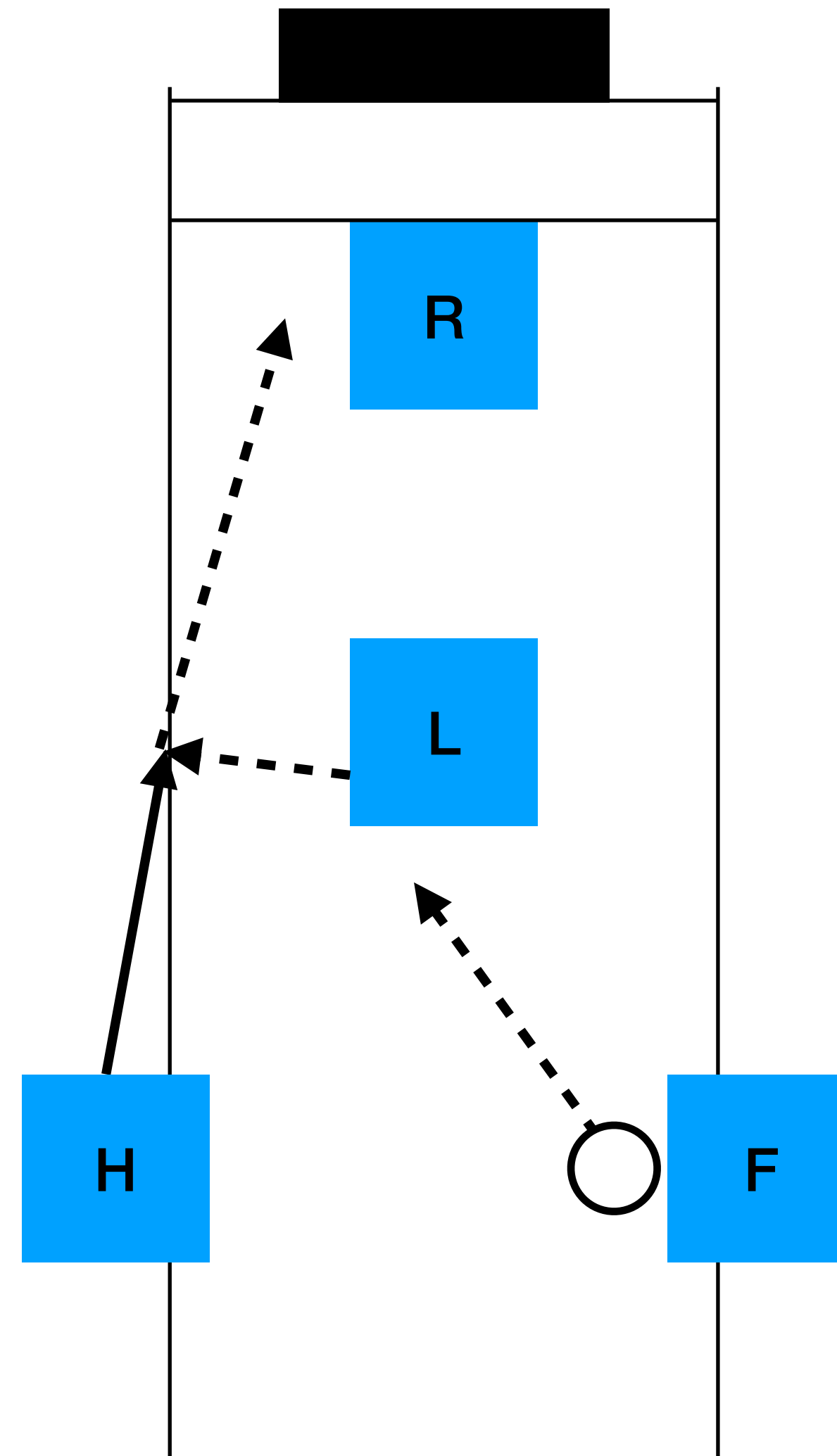
Box/Cycle Offense

- Two players high
- One player on ball
- One player in front of net
- Designed for constant cycling



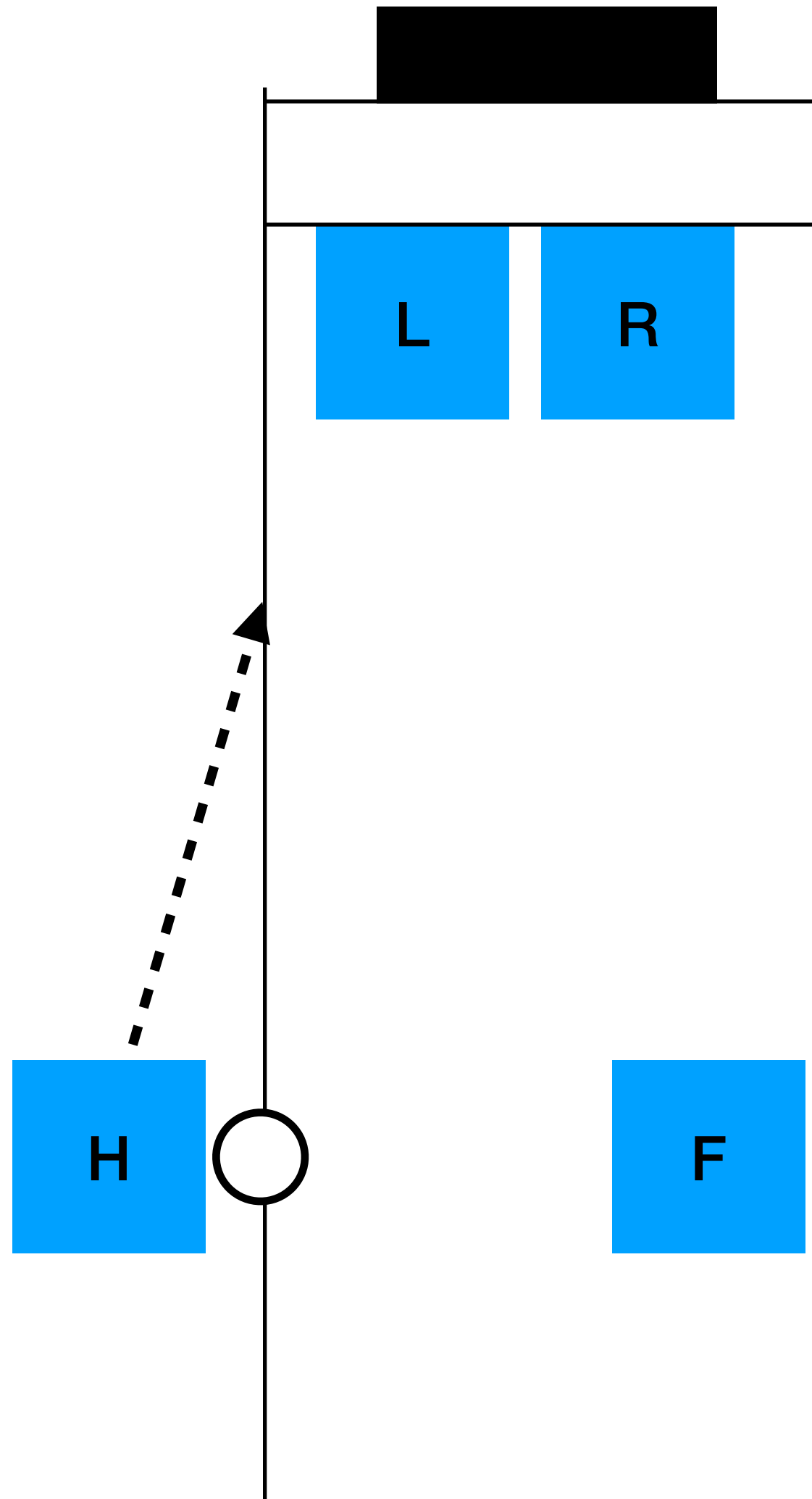
Wishbone Offense

- Fullback and Halfback control the point
- One forward finds open space in the middle of the field
- Other forward attacks the goal
- Passes to central forward create open space to run into



Funnel Offense

- Fullback and Halfback control the point
- Forwards both attack goal
- Looks to shoot from the point and overwhelm shot blockers

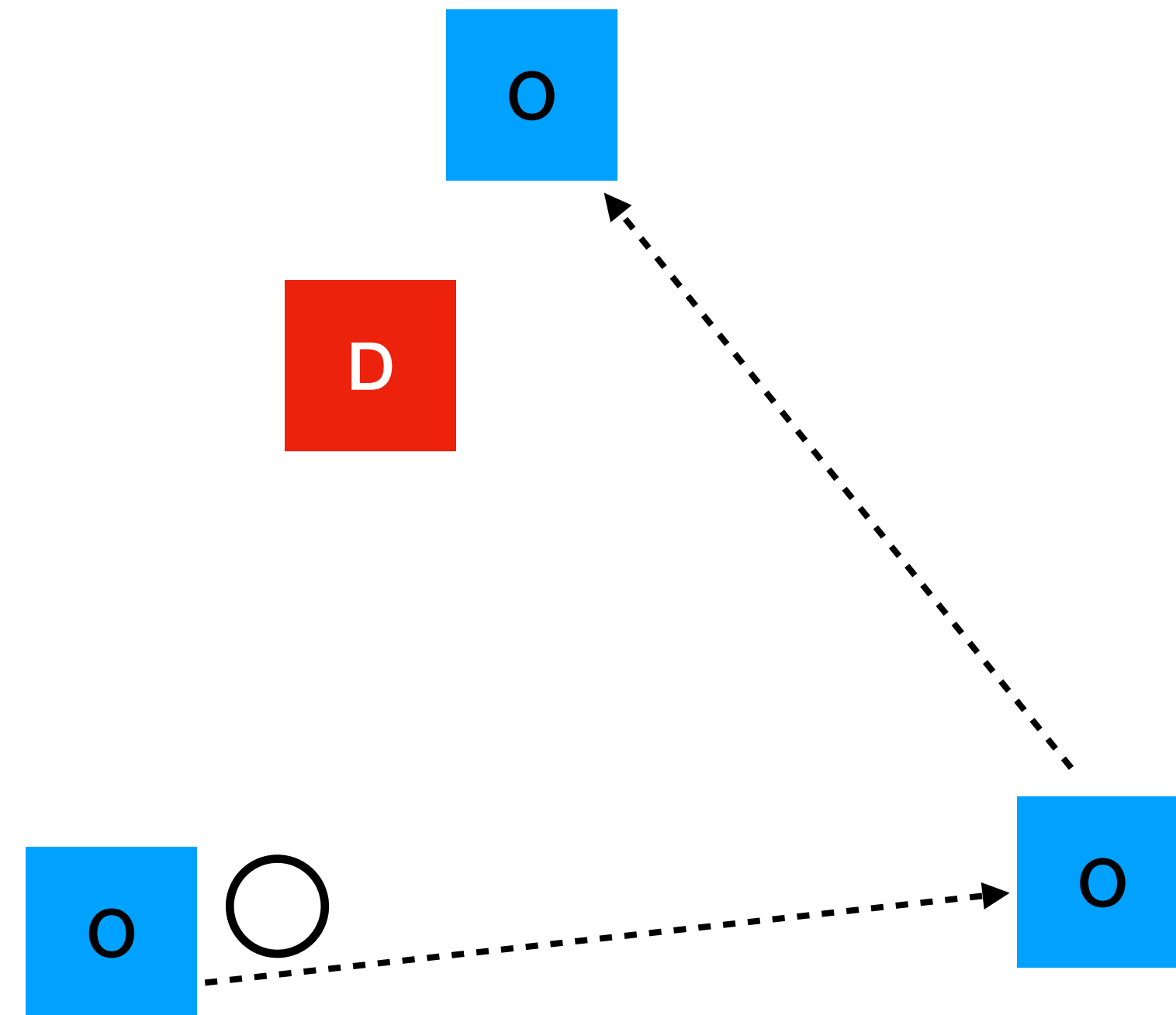


Offensive Actions

- 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

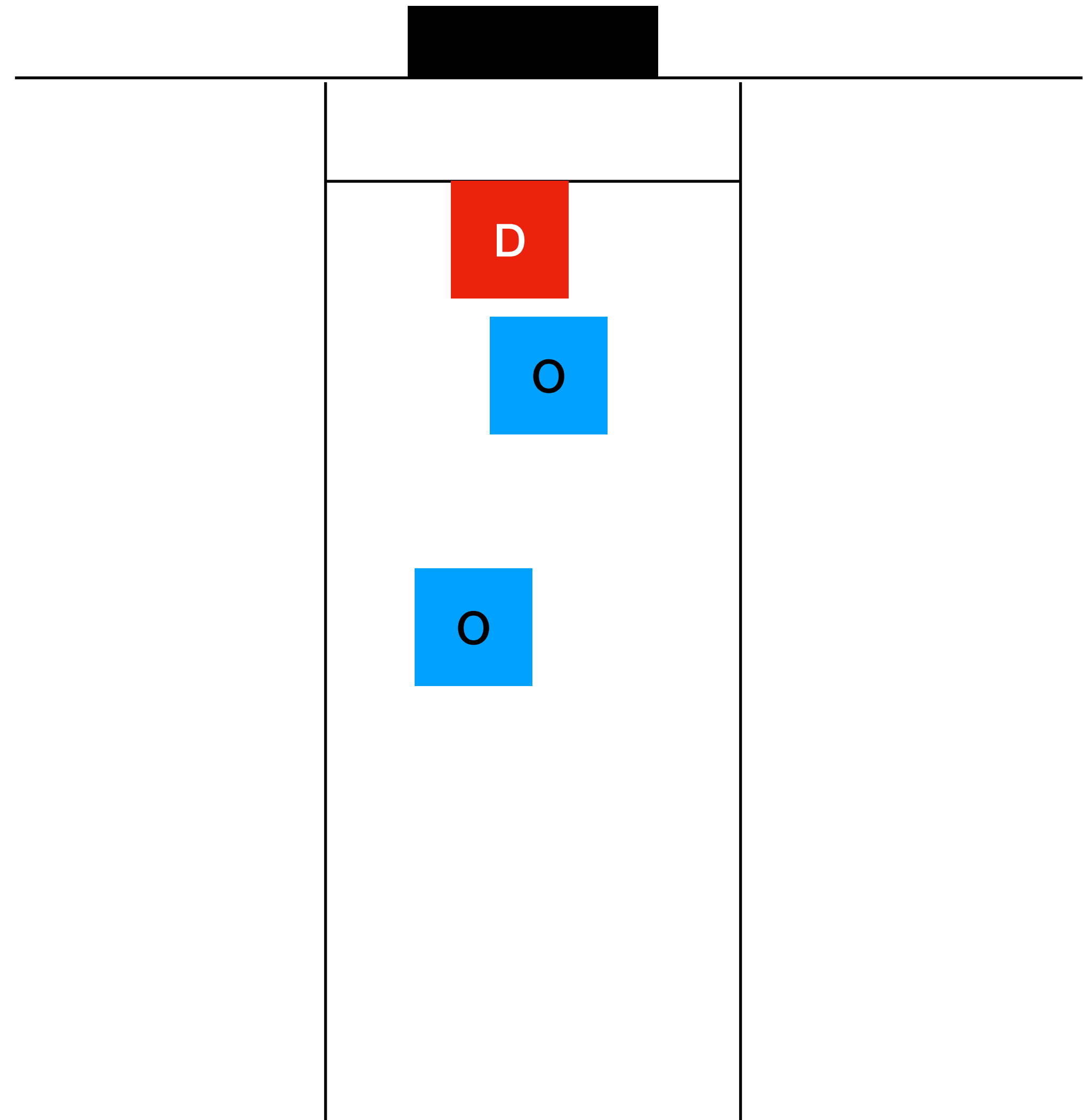
Third Man Pass

- 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



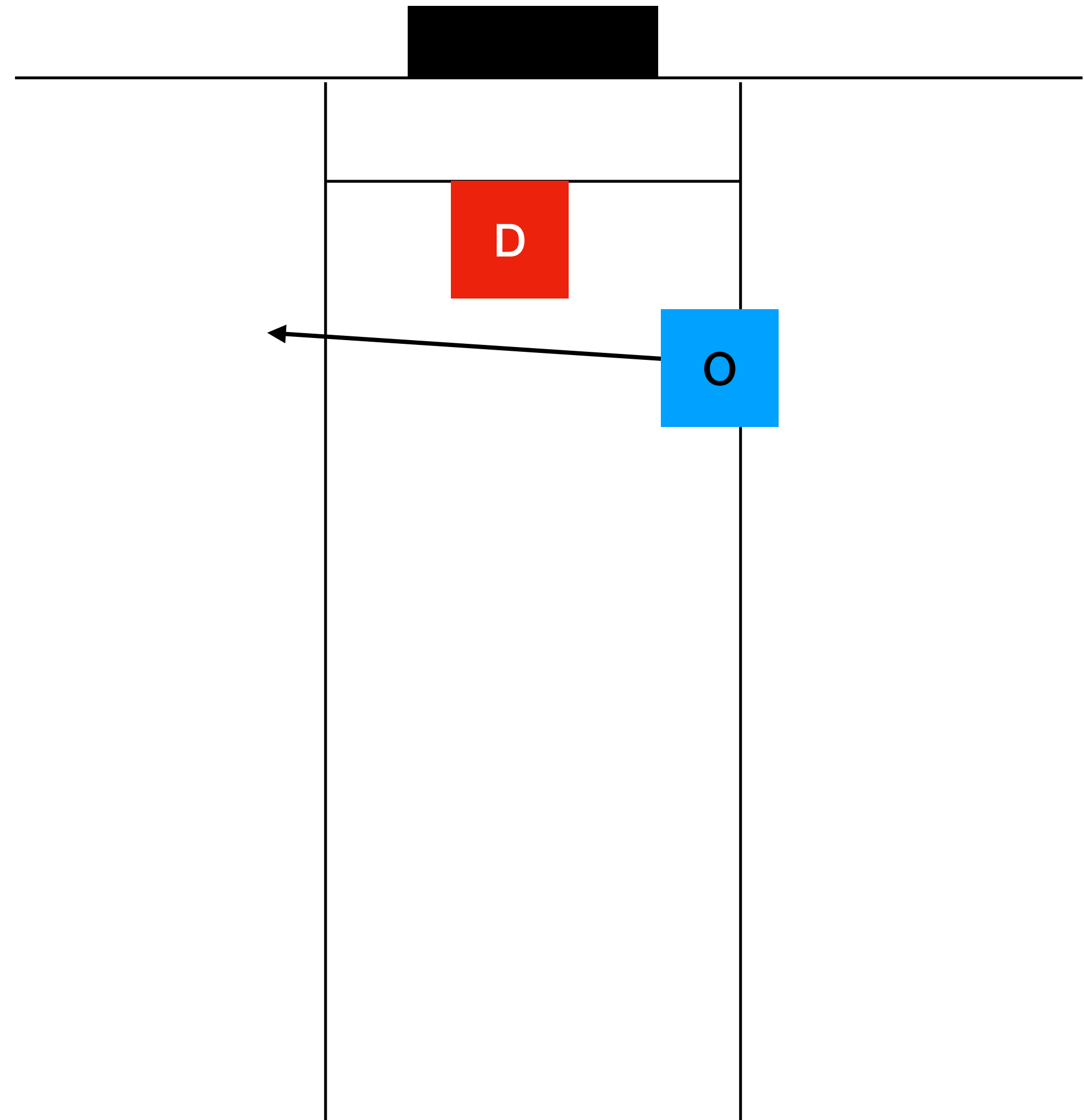
Layered Screen

- 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



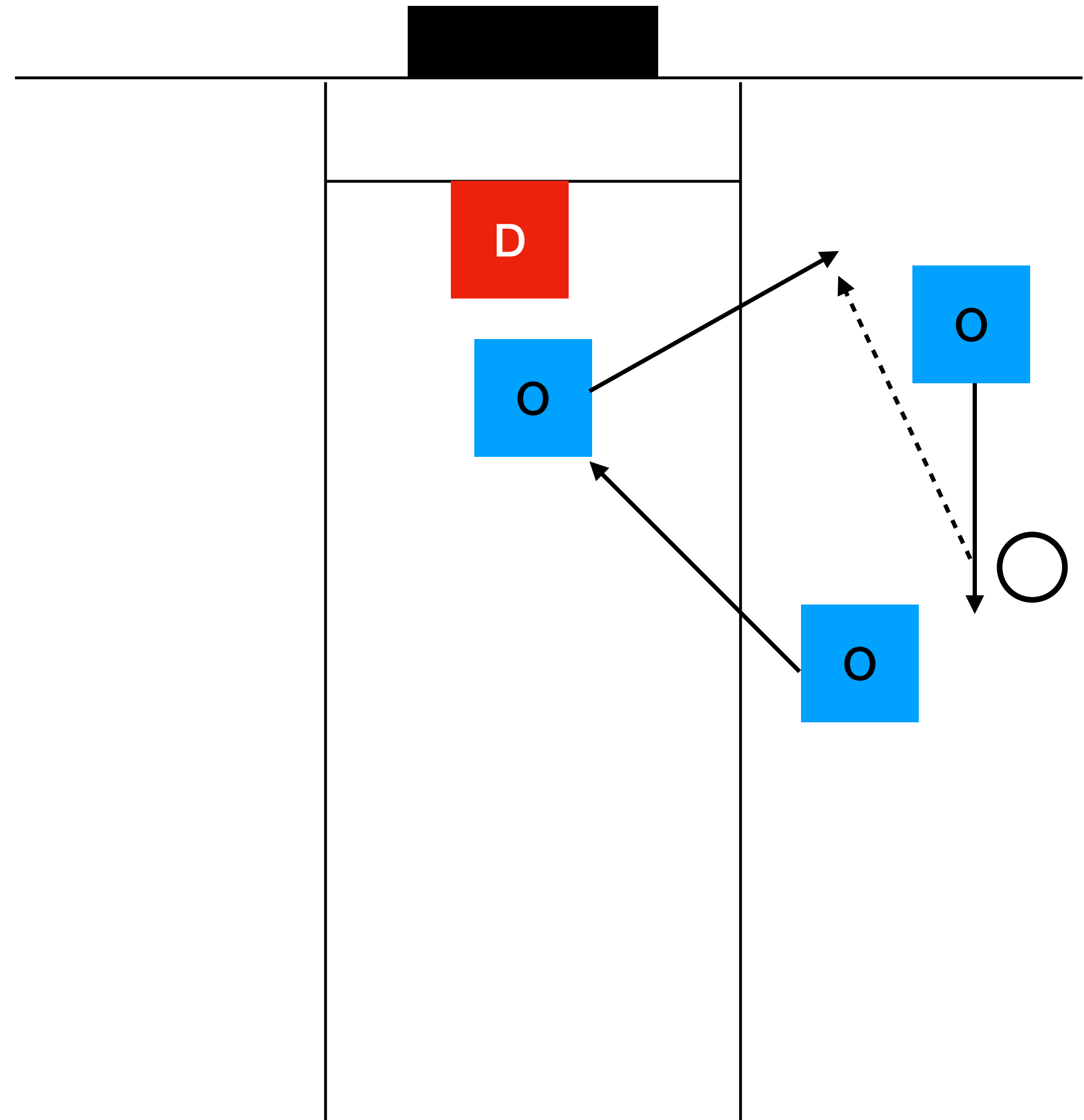
Moving Screen

- 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



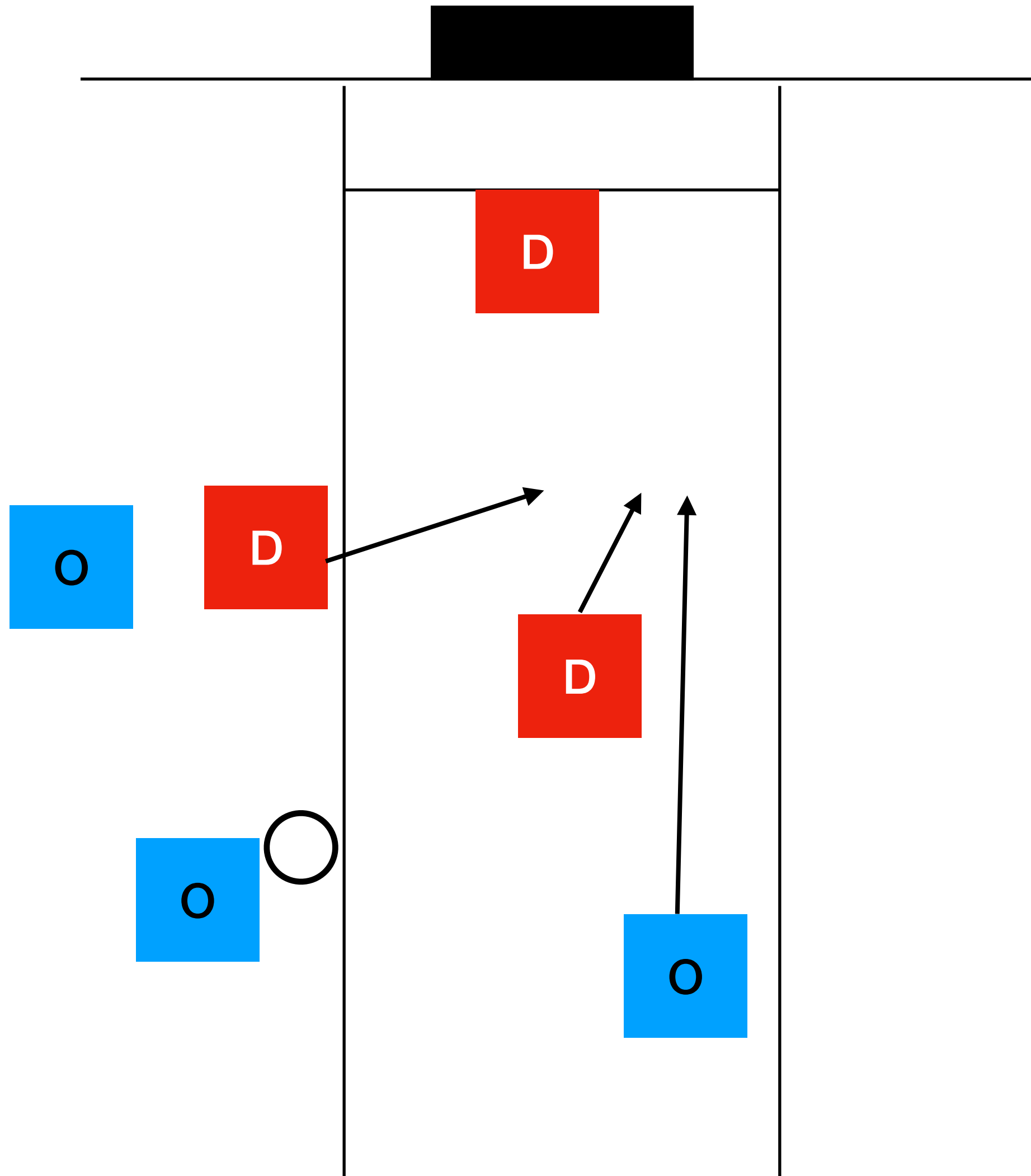
Cycle

- 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

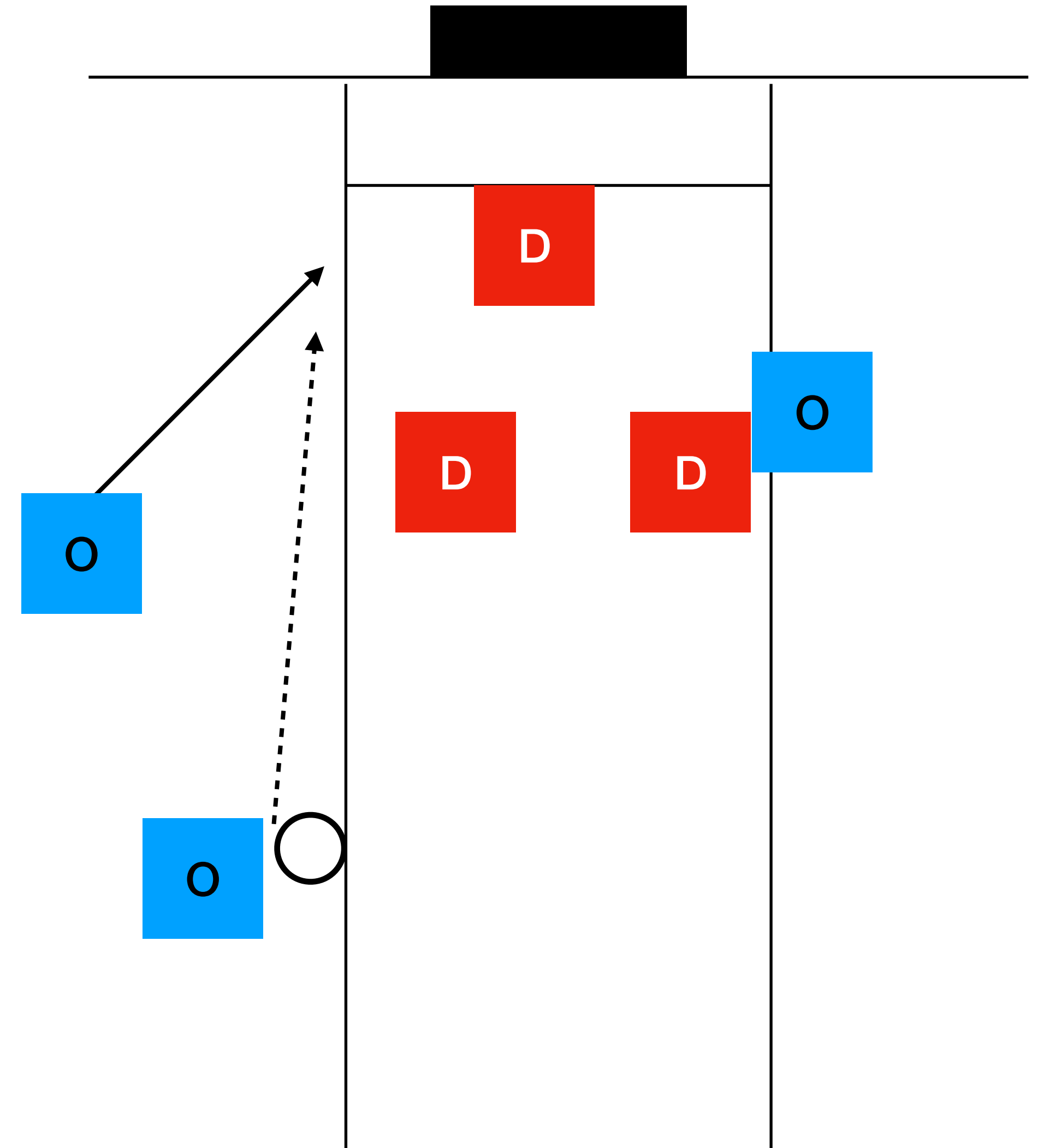


Decoy Run

- 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

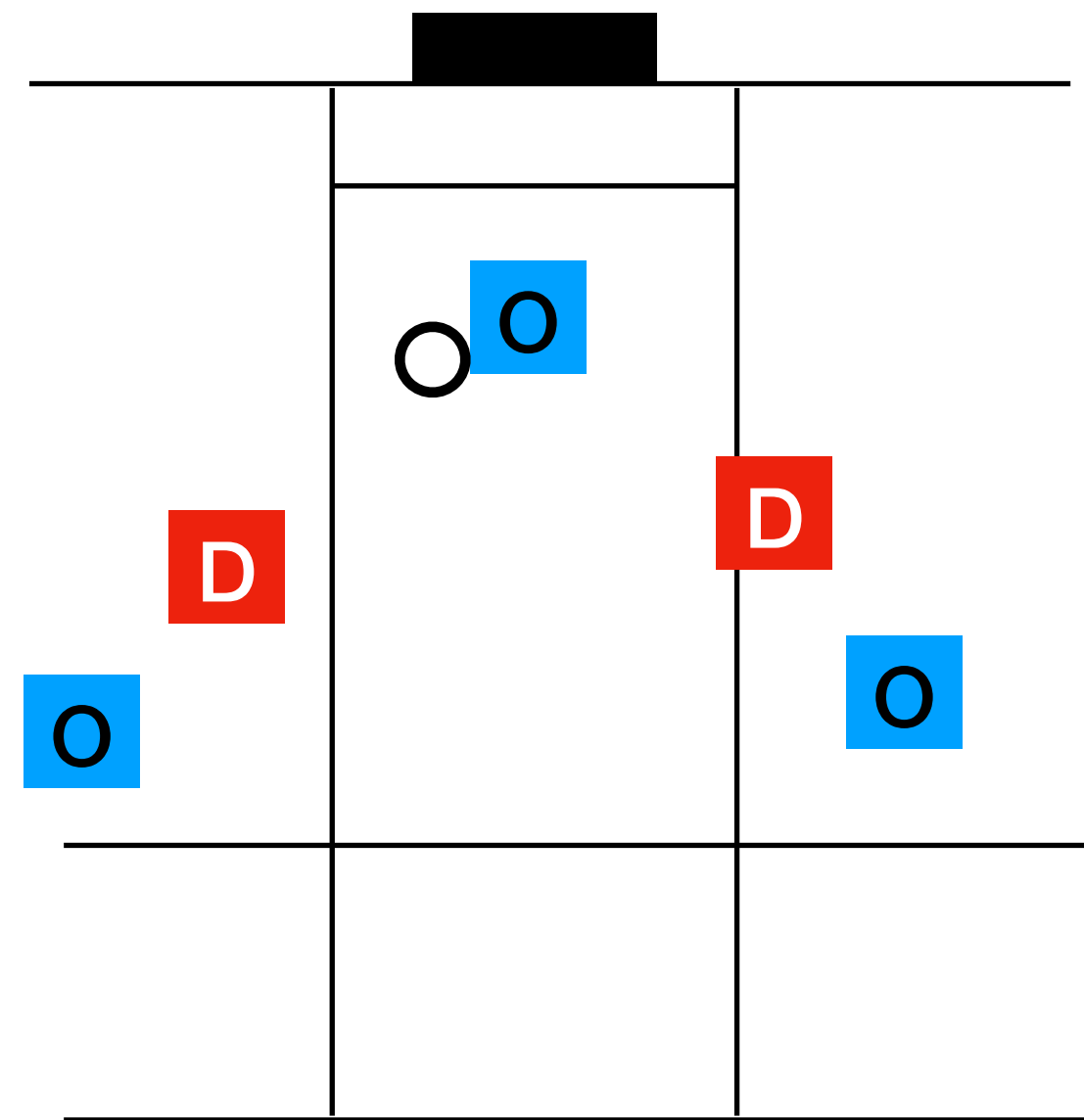
Forecheck

- 2-2 “Press”
- 2-1-1 “Torpedo”
- 1-2-1 “Strong Side”
- 3-1 “Trap”
- Full Field Man

Forechecking Ball Pressure

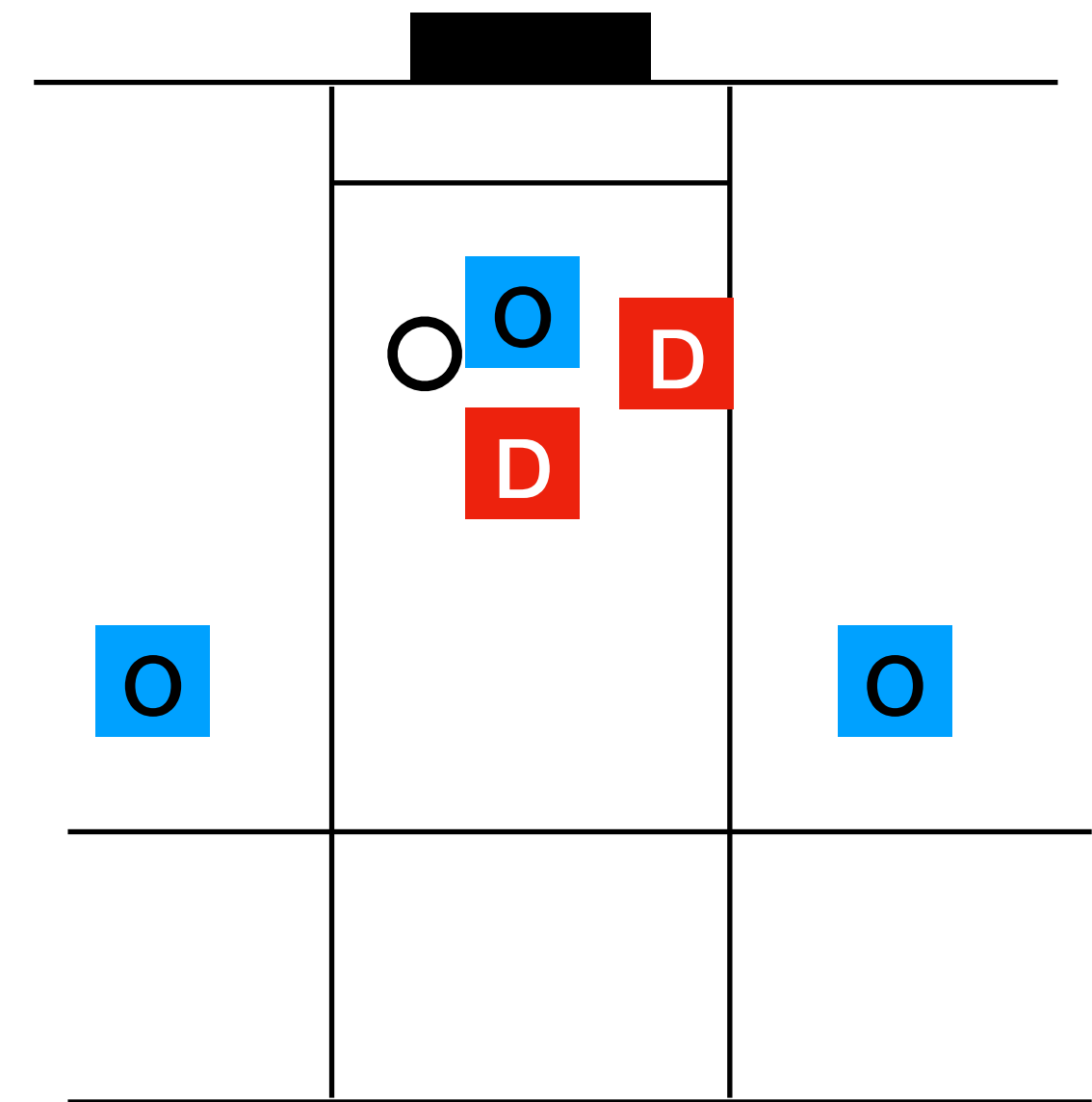
Lane Control

- 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



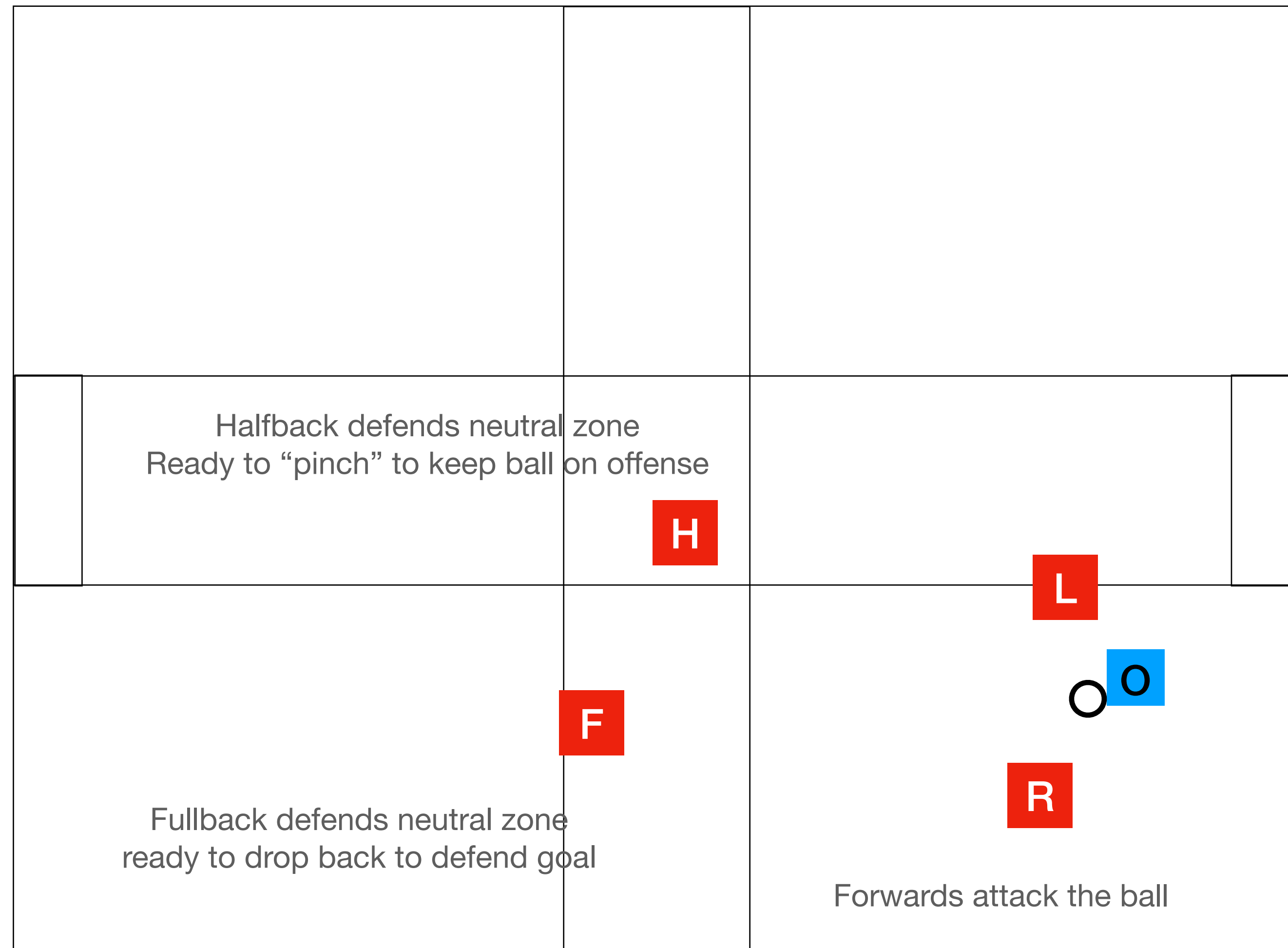
Double Team

- 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



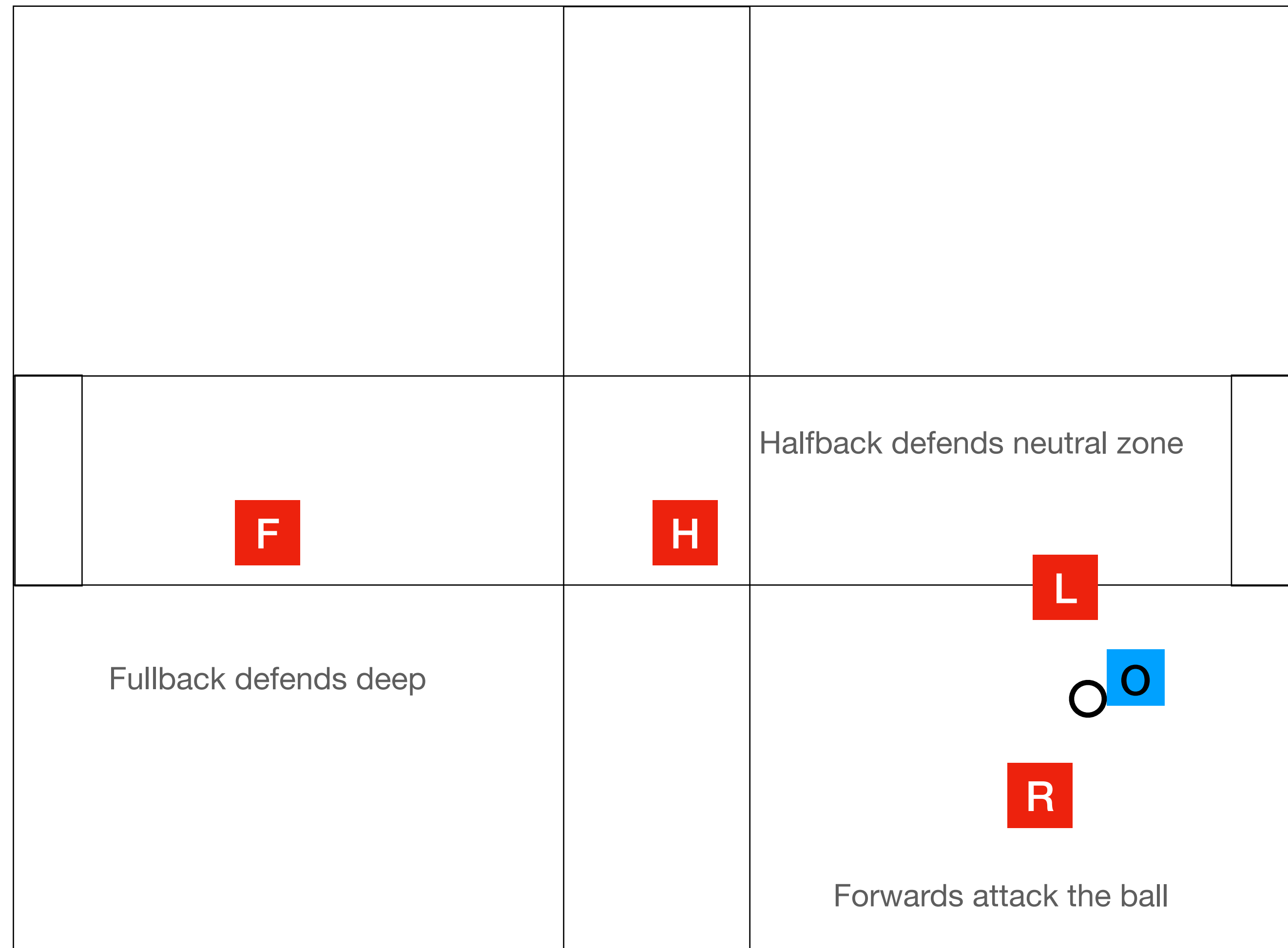
2-2 “Press” Forecheck

- Classic aggressive forecheck
- Trades 3v2 low for 2v1 high
- Good balance of ball pressure and counterattack defense



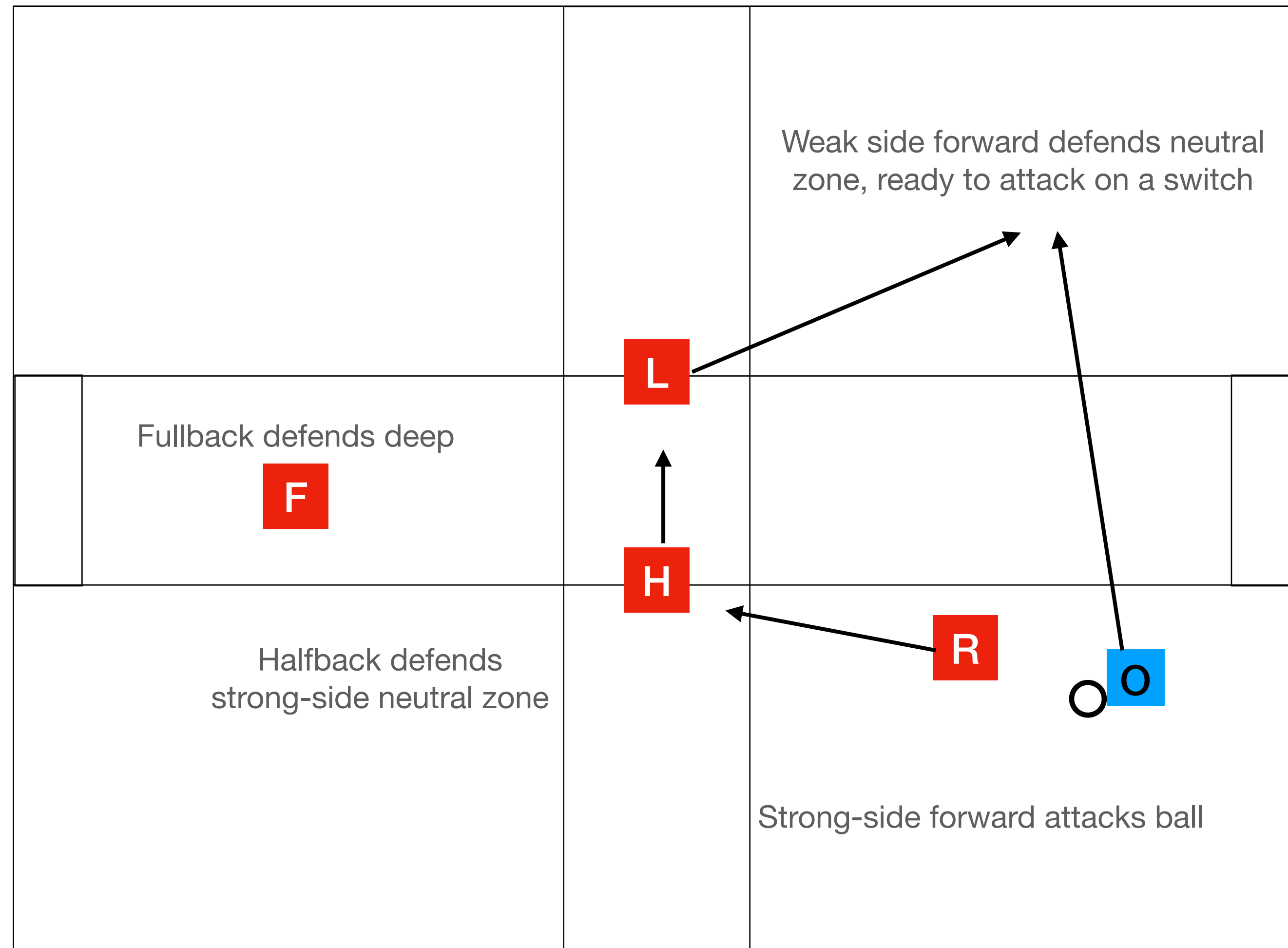
2-1-1 “Torpedo” Forecheck

- Variant of press which keeps fullback all the way back
- Better for teams which worry about the counterattack



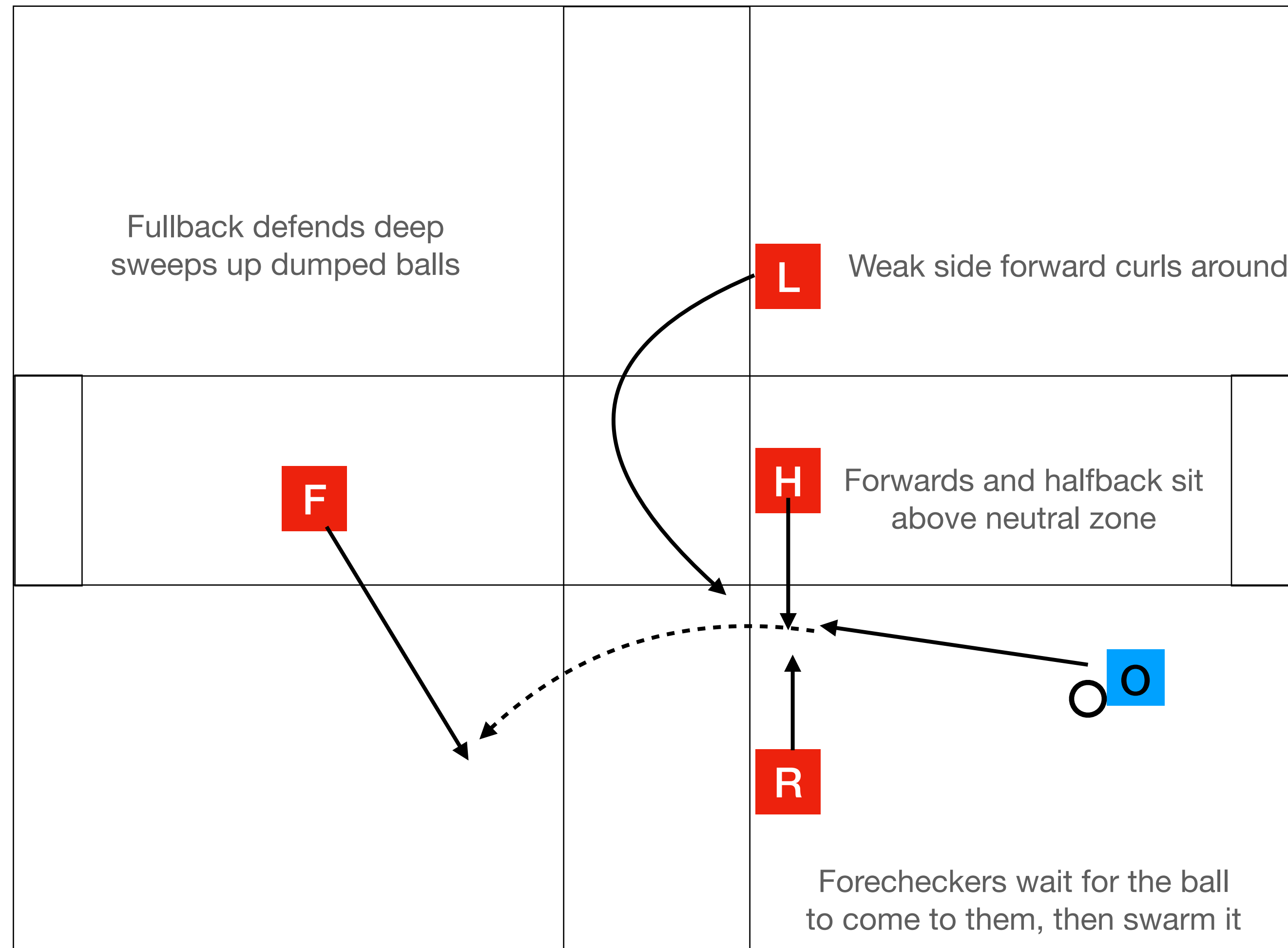
1-2-1 “Strong Side” Forecheck

- More conservative forecheck
- Requires good communication
- Designed to give continuous pressure against an east-west breakout
- Conserves energy in weak-side forward and defends better against quick counter attacks



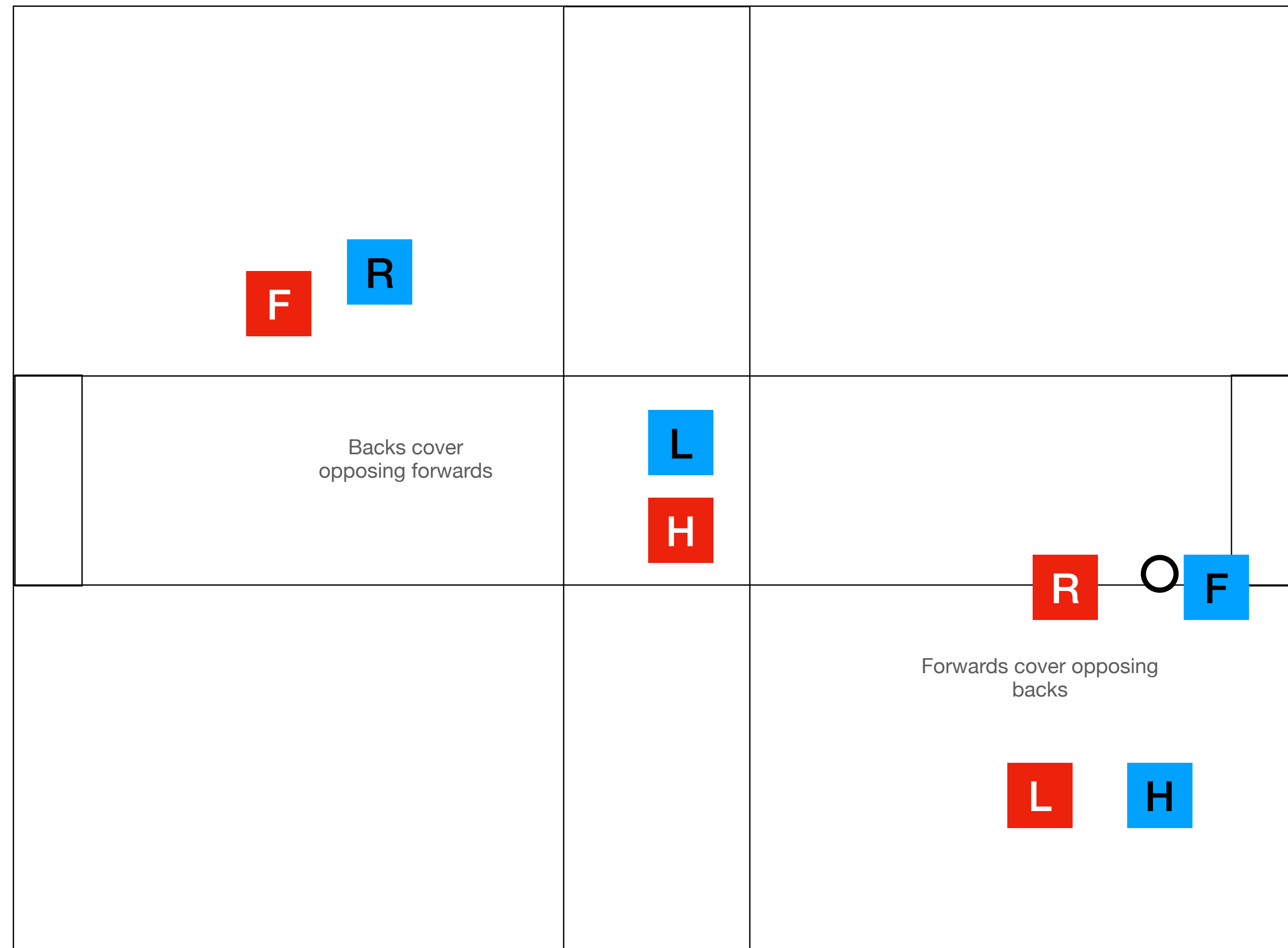
3-1 “Trap” Forecheck

- Very conservative forecheck
- Looks to “trap” offense in neutral zone and force a dump-in



Full-Field Man

- True Man to Man defense applied to forecheck phase
- Good at causing turnovers, but vulnerable to fast counterattacks
- Can exhaust players faster than other systems

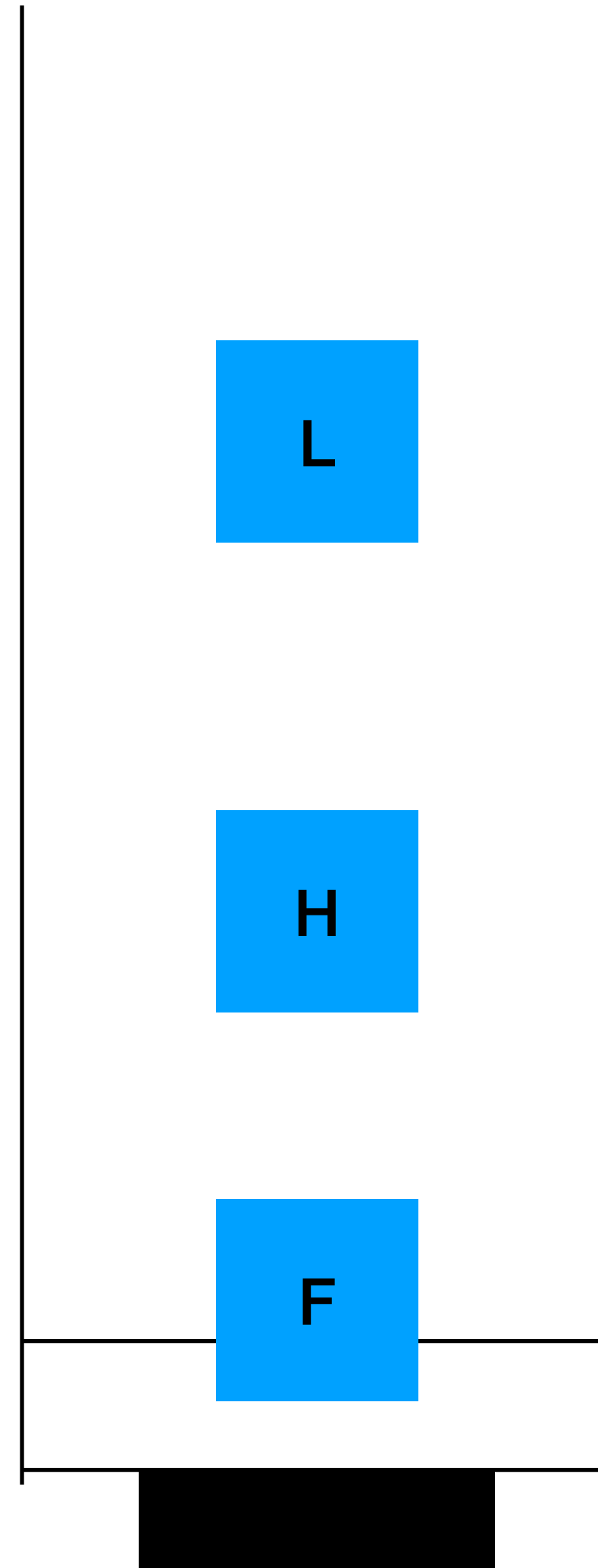


Penalty Kill Systems

- Vertical
- Lateral

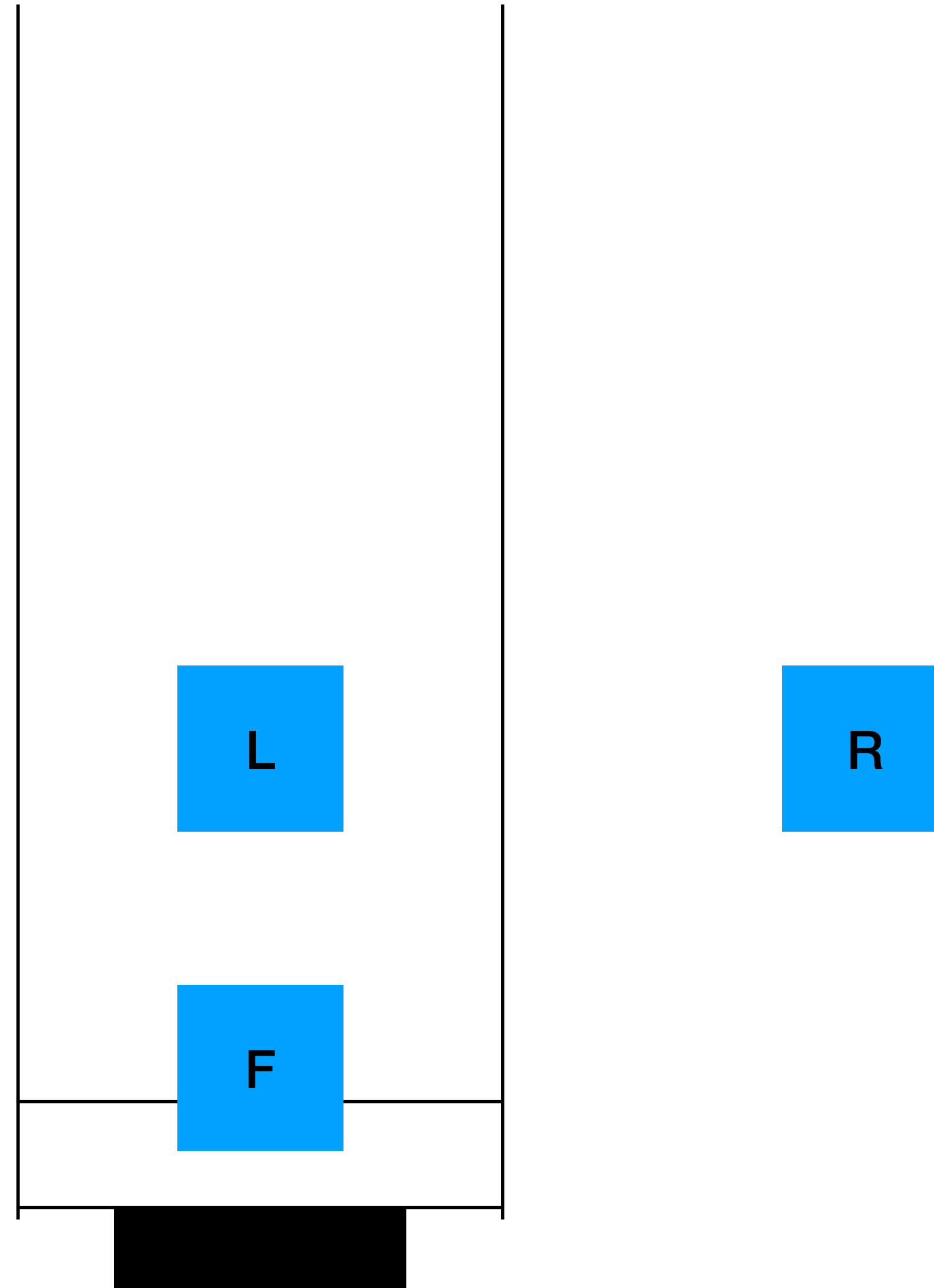
Vertical

- Like playing with only one forward
- Defense packs the middle of the zone, blocking shots and taking away passes



Lateral

- Like playing without a halfback
- Defense pressures the ball, but leaves the top of the zone open, hoping to take the ball back after a low-danger shot

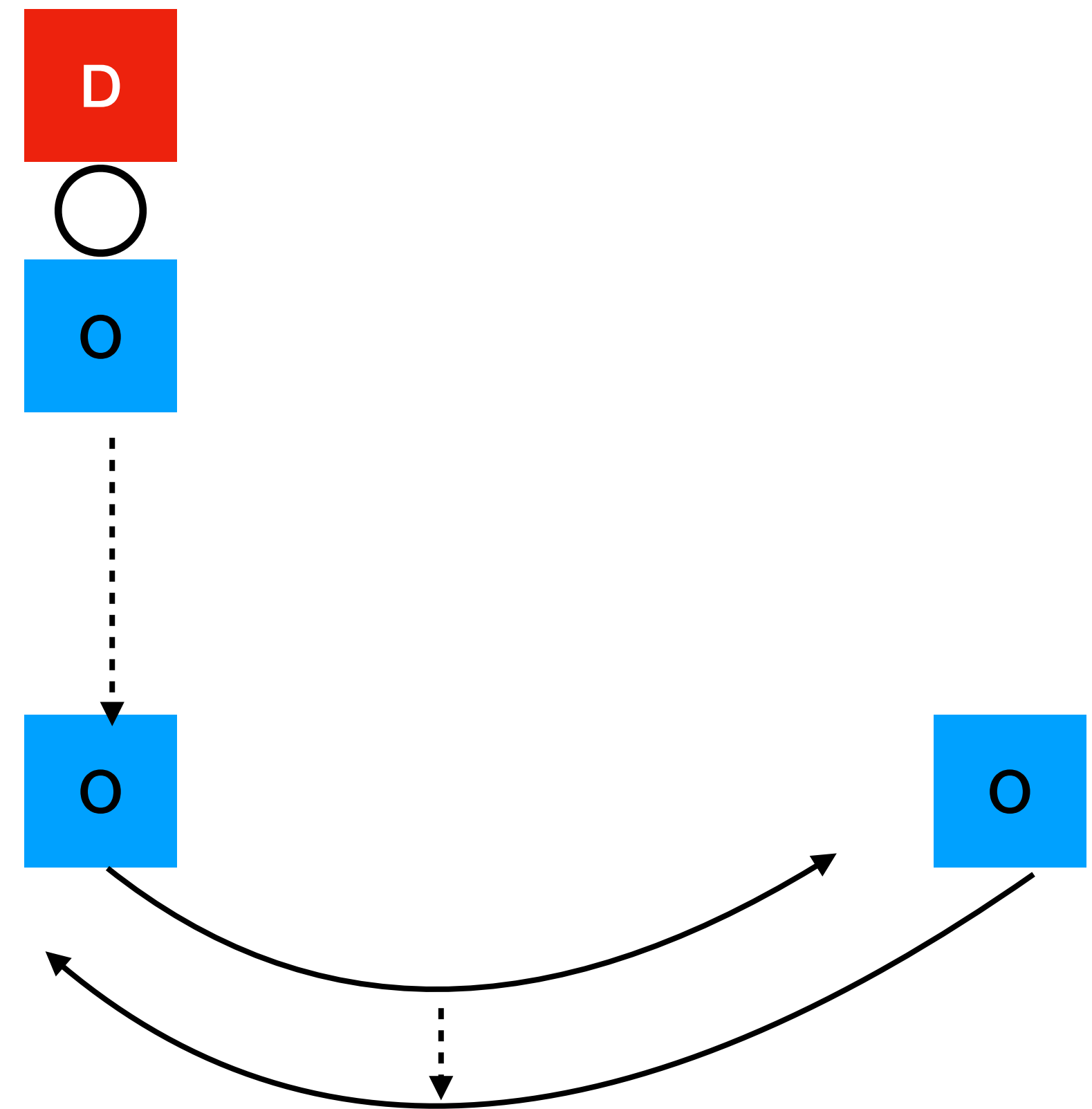


Face-Off Set Play Concepts

- Hinge
- Send
- Back-Door
- Crash
- Wall
- Dump and Change
- Intentional Loss
- Shoot from Draw

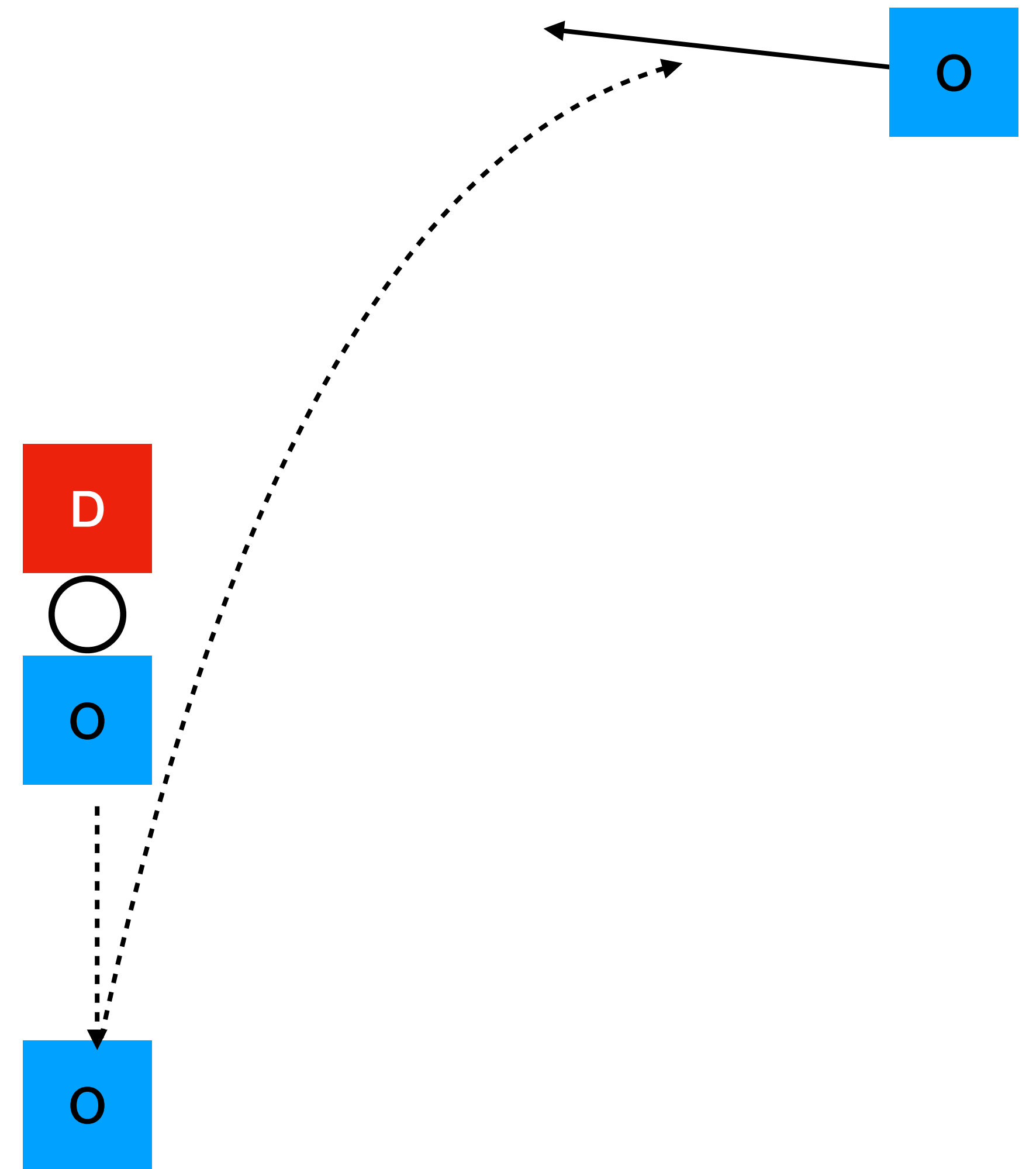
Schemes: Hinge

- Off of face-off, ball carrier and second player make curling runs near each other
- Ball carrier can either leave ball for teammate (switching attack direction) or run with it



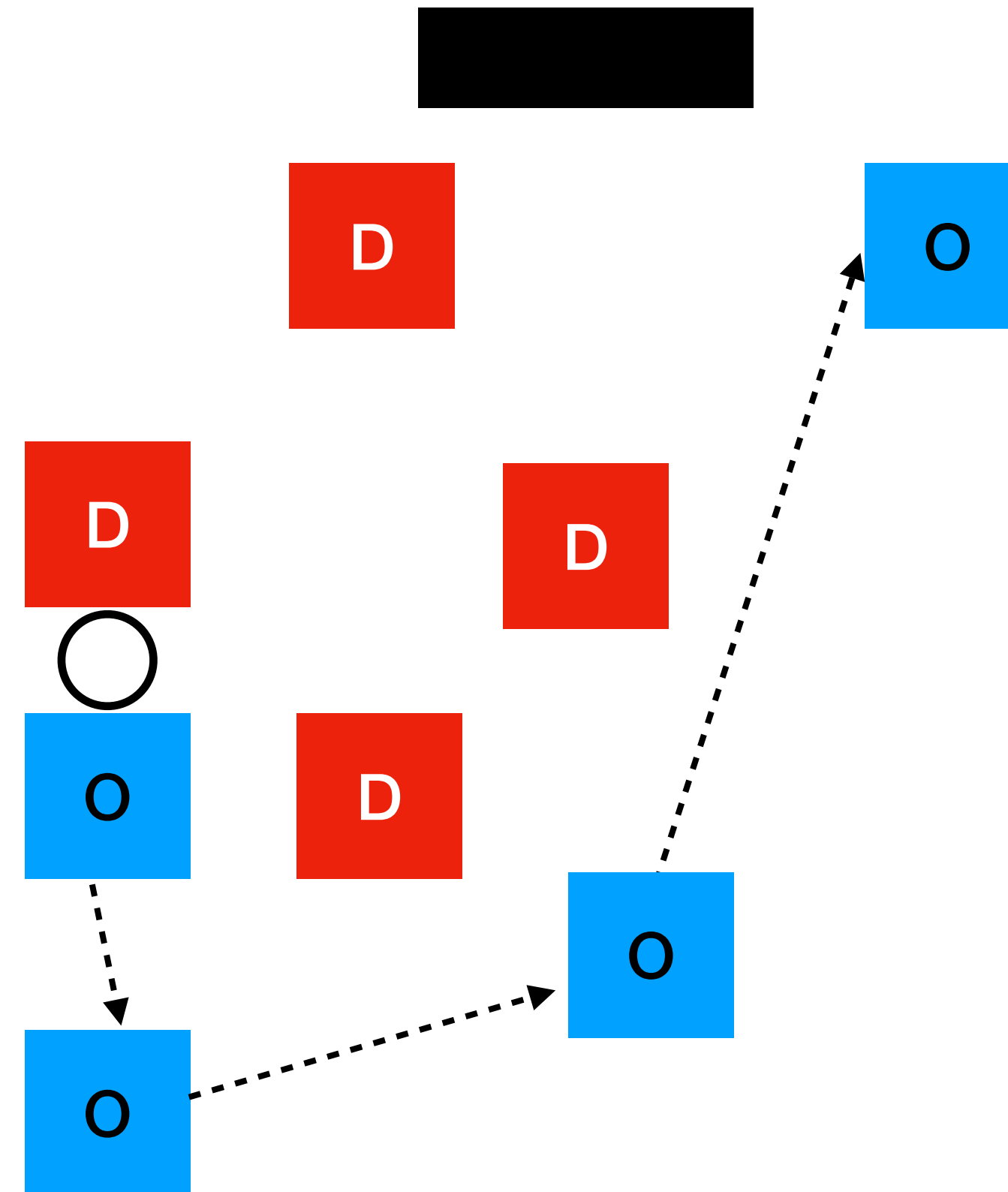
Schemes: Send

- Off of face-off win, ball carrier immediately sends a long pass to a teammate on the offensive side of the formation
- Team coordinates planned area of the pass and direction of receiver's cut



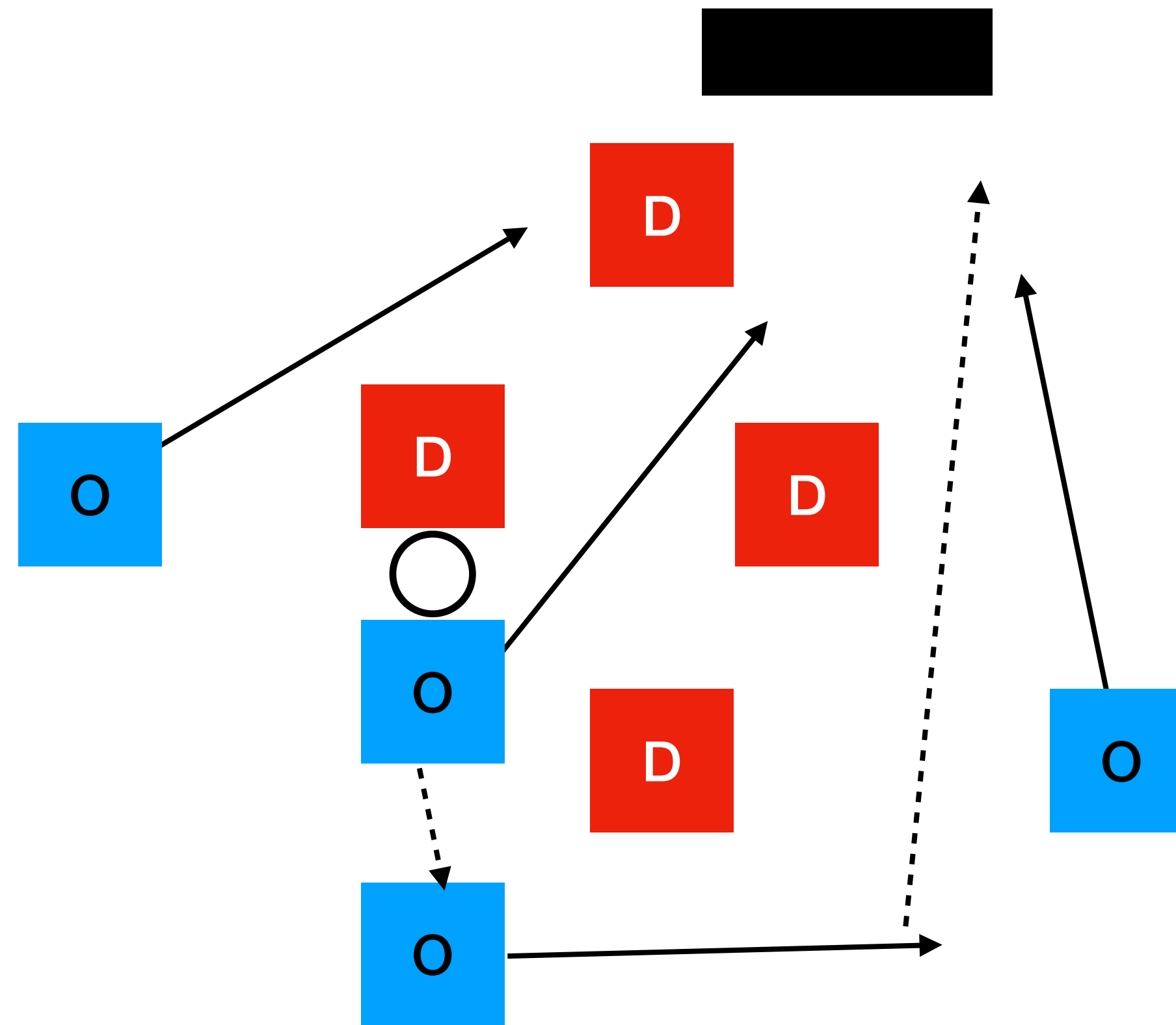
Schemes: Back-Door

- Passing sequence designed to generate a shot behind the opposing sweeper near the post
- Requires either very quick passing or deception



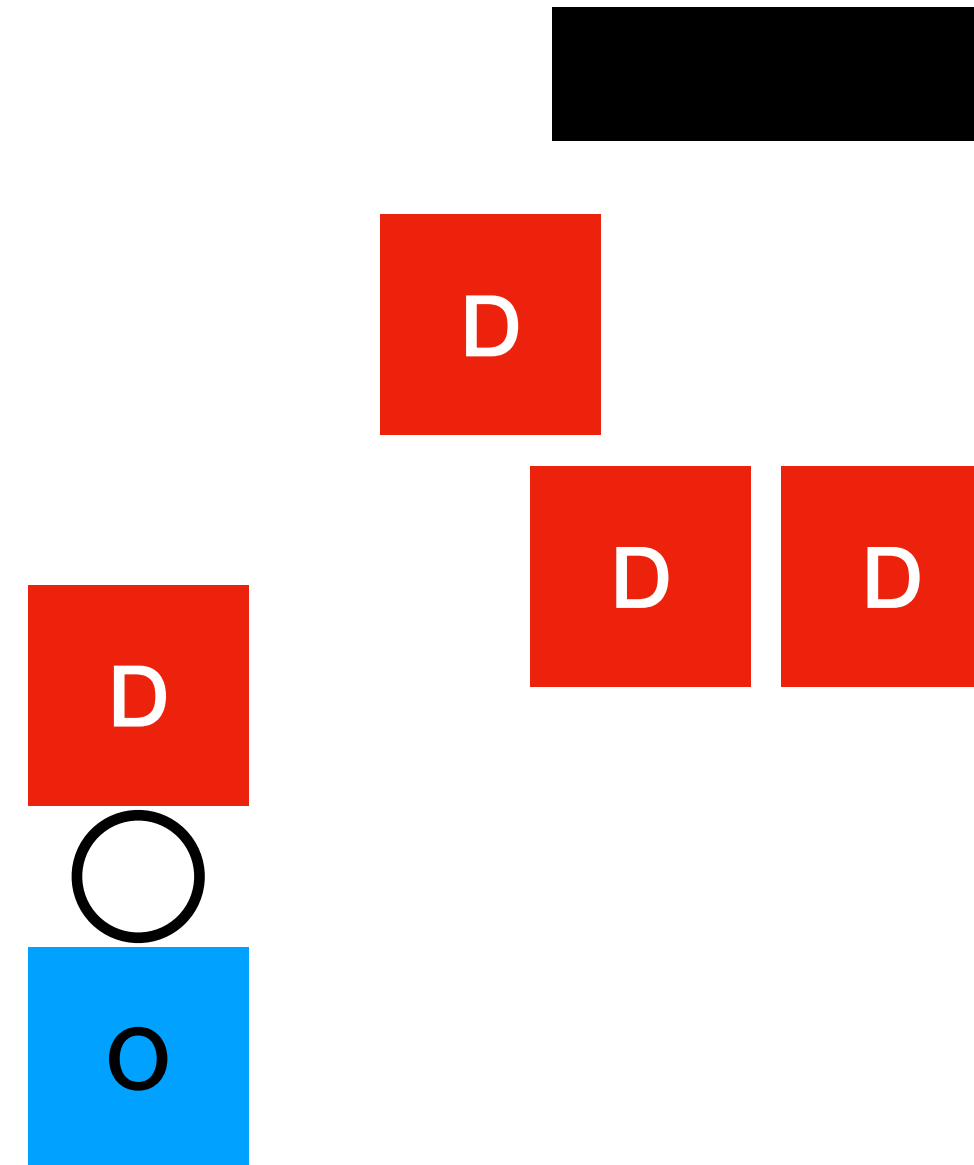
Schemes: Crash

- Sequence designed to outnumber the opposition at the goal as the shot arrives
- Idea is to attack with speed, rather than to already have players at the goal



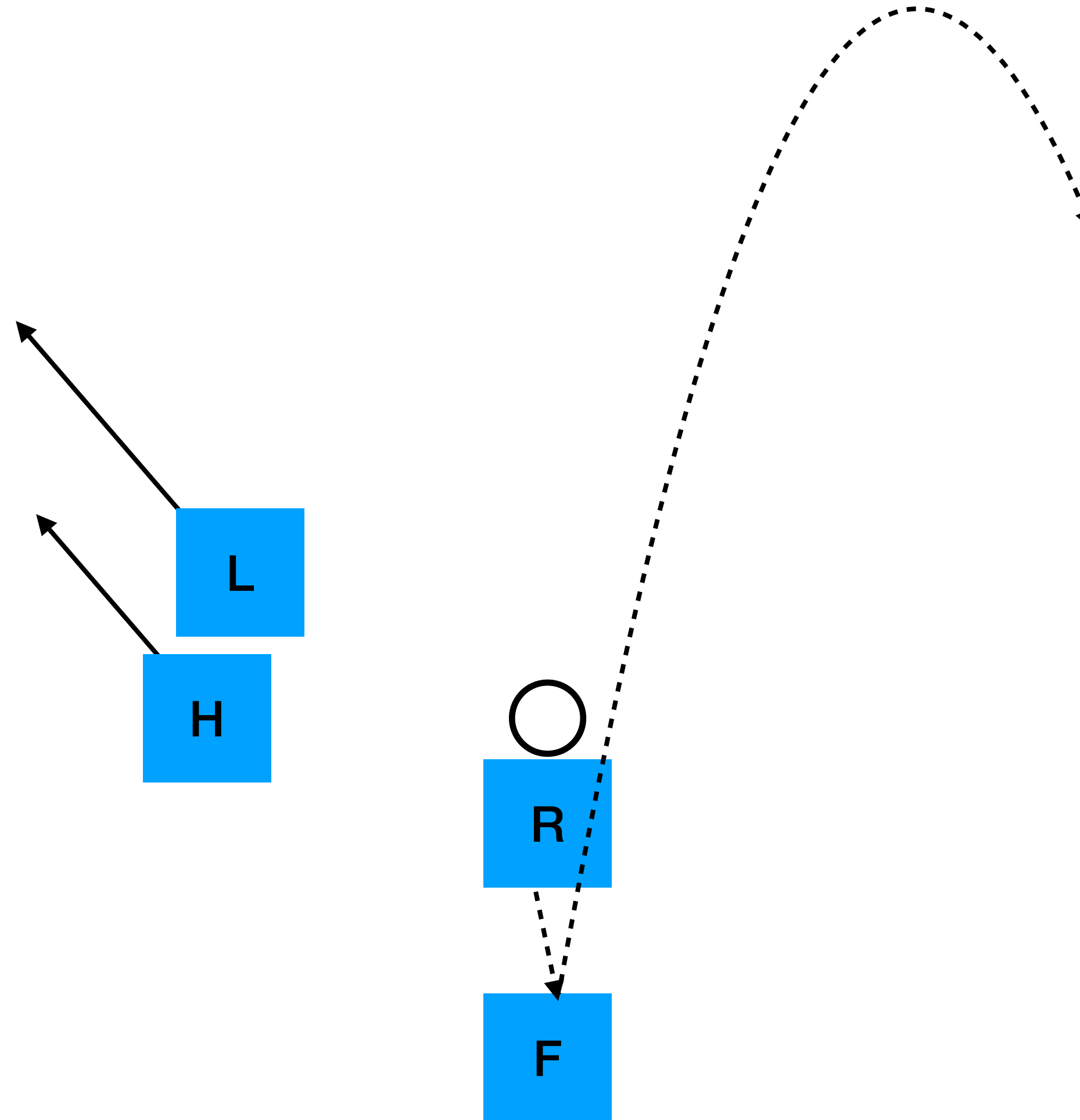
Schemes: Wall

- As defensive team, build a shot blocking “wall” of defenders to prevent opposing planned play



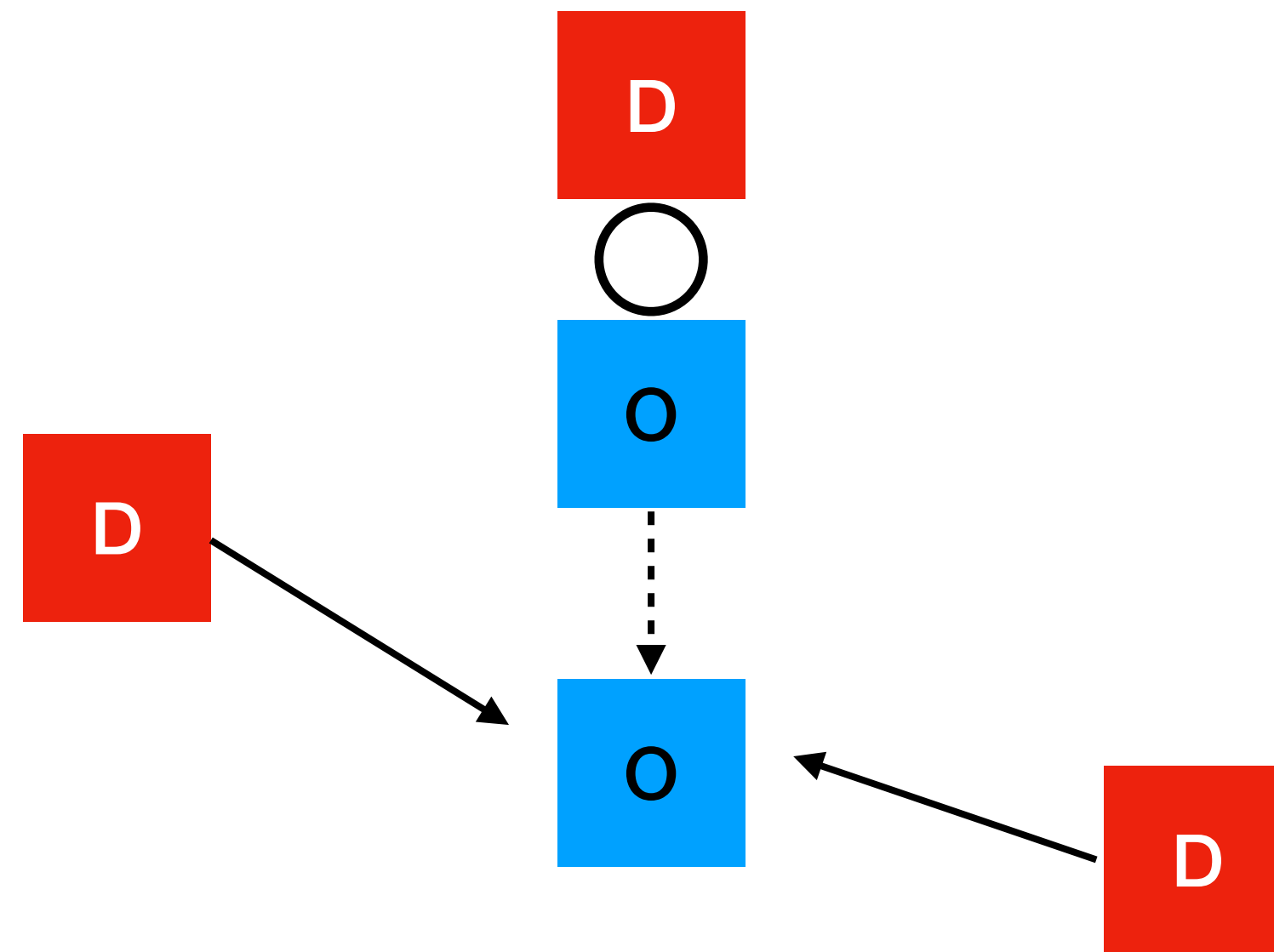
Tricks: Dump and Change

- Teams are not allowed to change after violations, leading to tired players stuck on the field
- Immediately off of face-off win, ball is sent length of the field (not out of bounds) to give players time to change



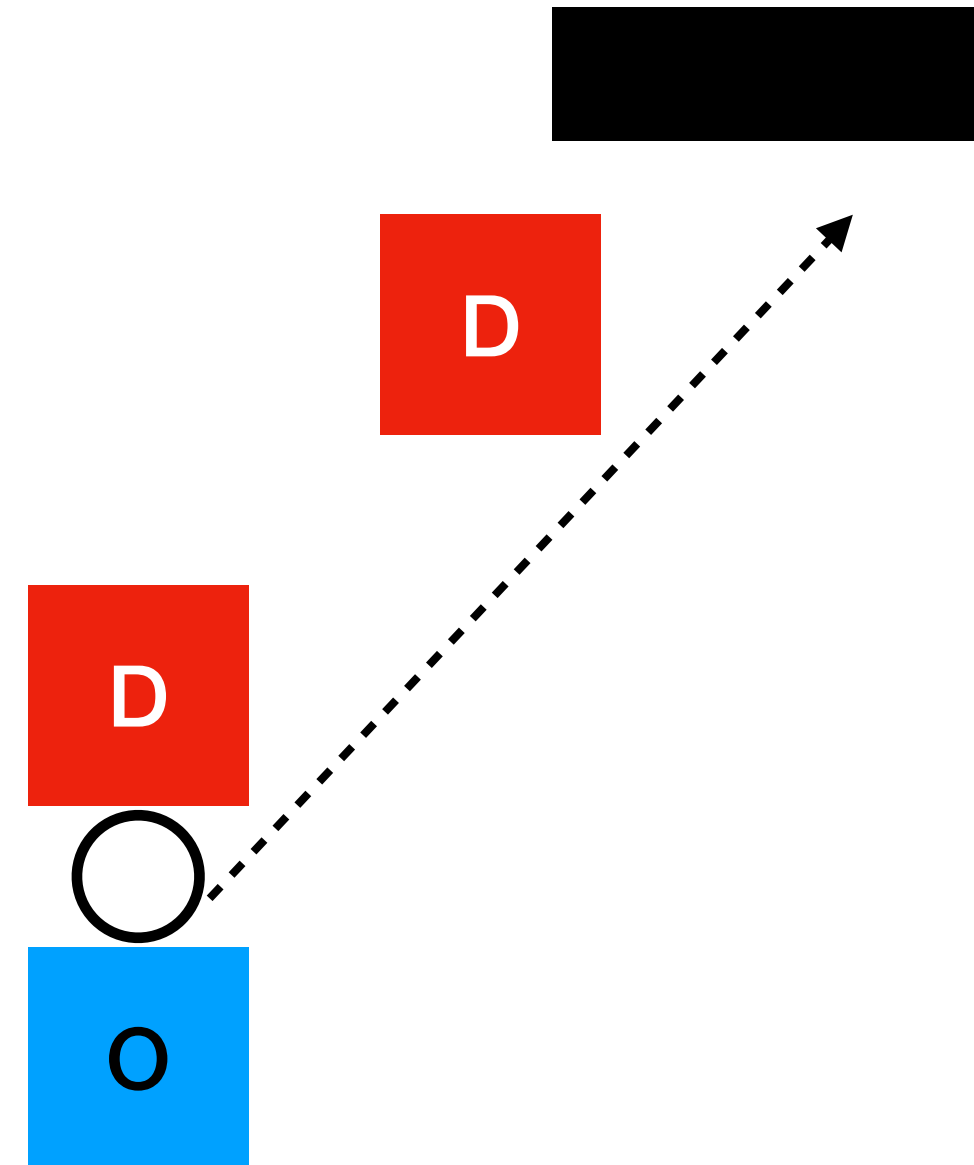
Tricks: Intentional Loss

- Rather than trying to win the face-off, the team plans to attack the opponent who receives the ball
- Useful as a surprise play
- Useful against teams with a dominant face-off taker



Tricks: Shoot from Draw

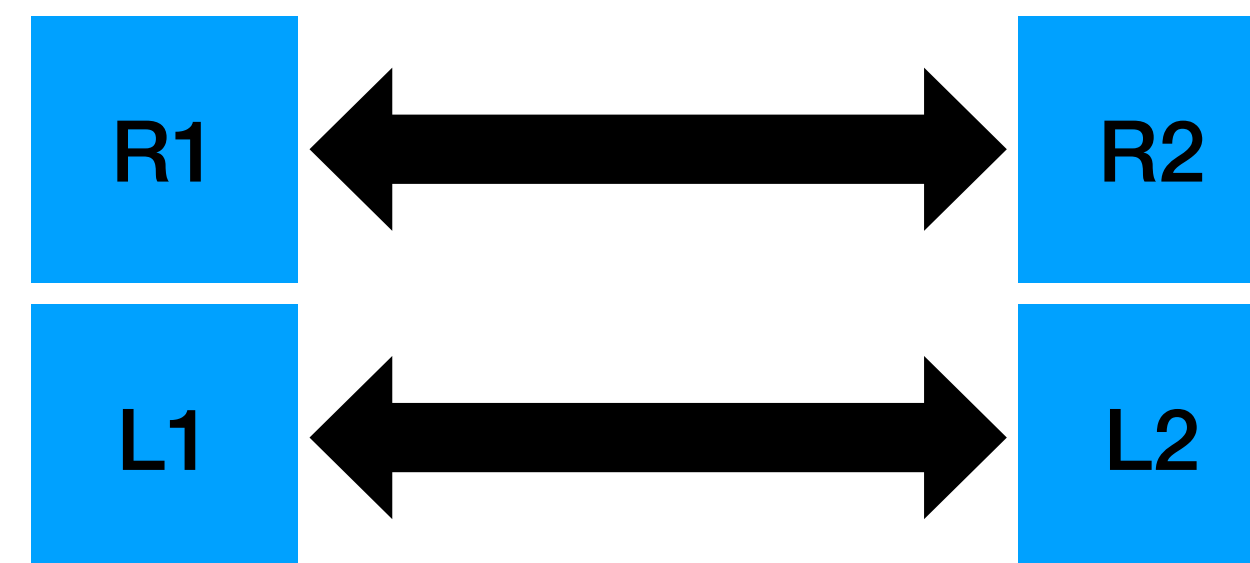
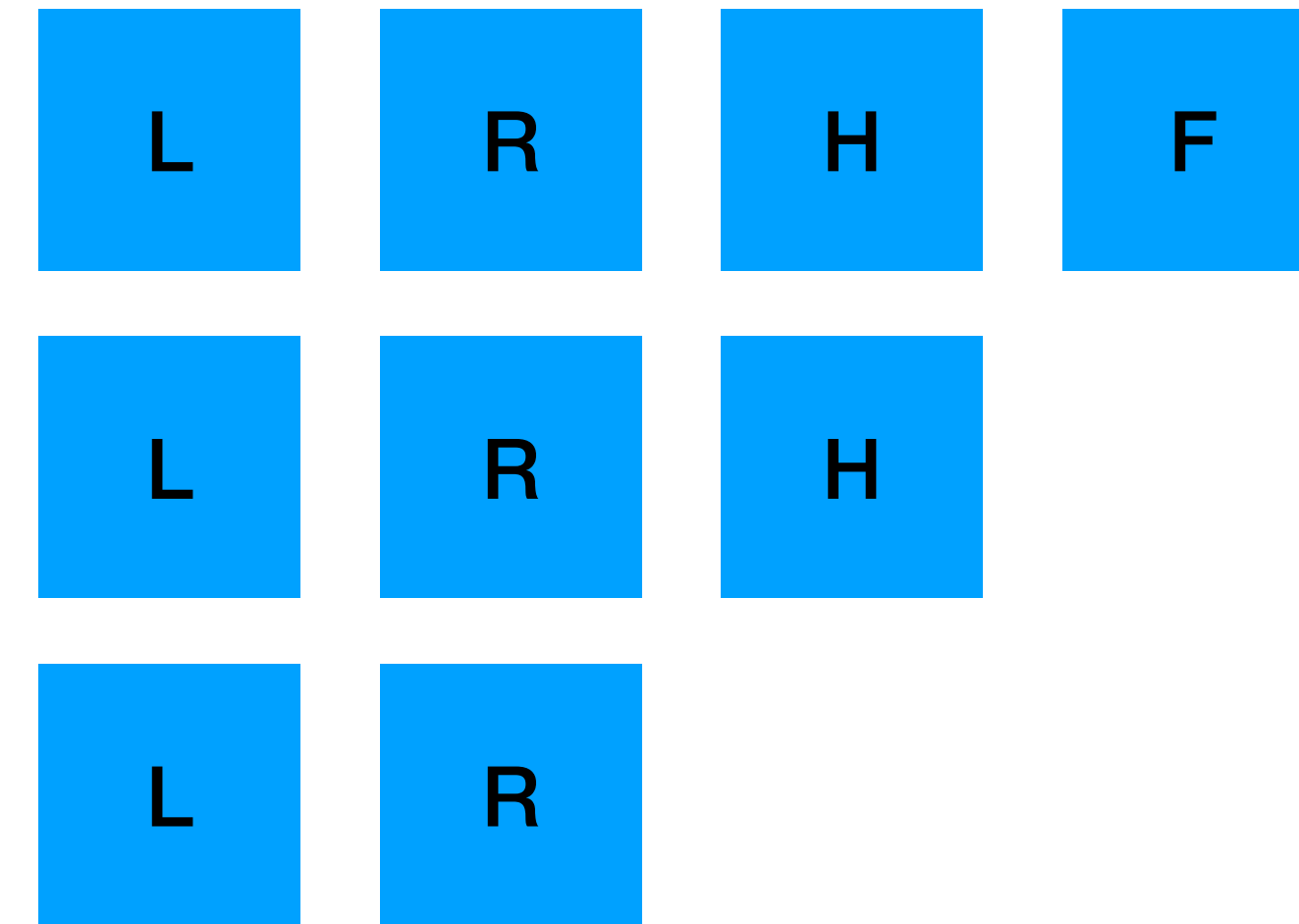
- When in an offensive position, the face-off taker can attempt a shot on goal as soon as play begins rather than trying to win it to a teammate
- Generally a low-percentage shot, but can take defense by surprise



Substitution Concepts

General Substitution

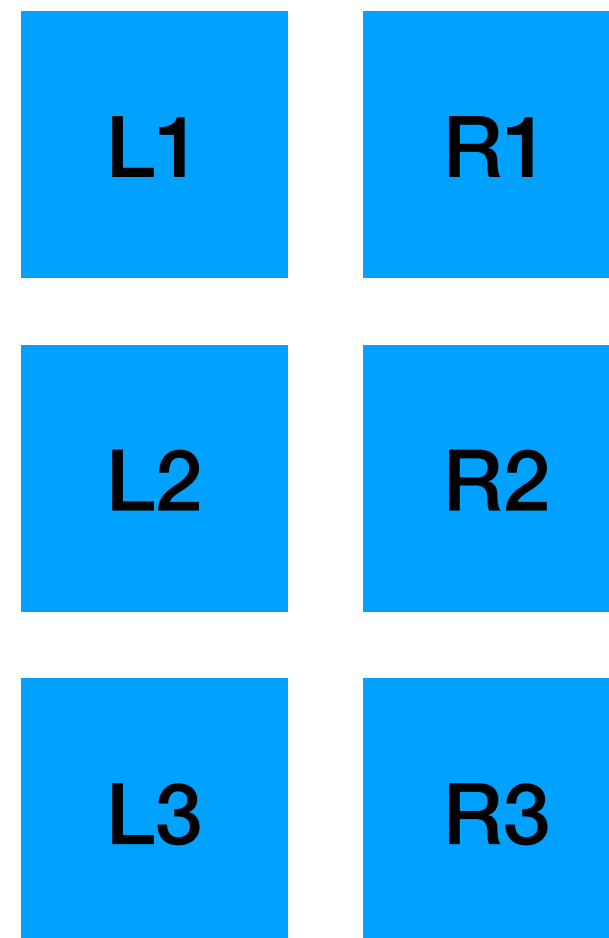
- Standard Roster is 3 pairs of forwards, 2 halfbacks, and a fullback
- Forwards play the least, and are expected to bring most energy. They change in “pairs” and are expected to change at the same time
- Halfbacks change less often and switch for each other
- Fullbacks generally play the entire game



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
 - Face-off specialist who can set up set plays



Common specializations

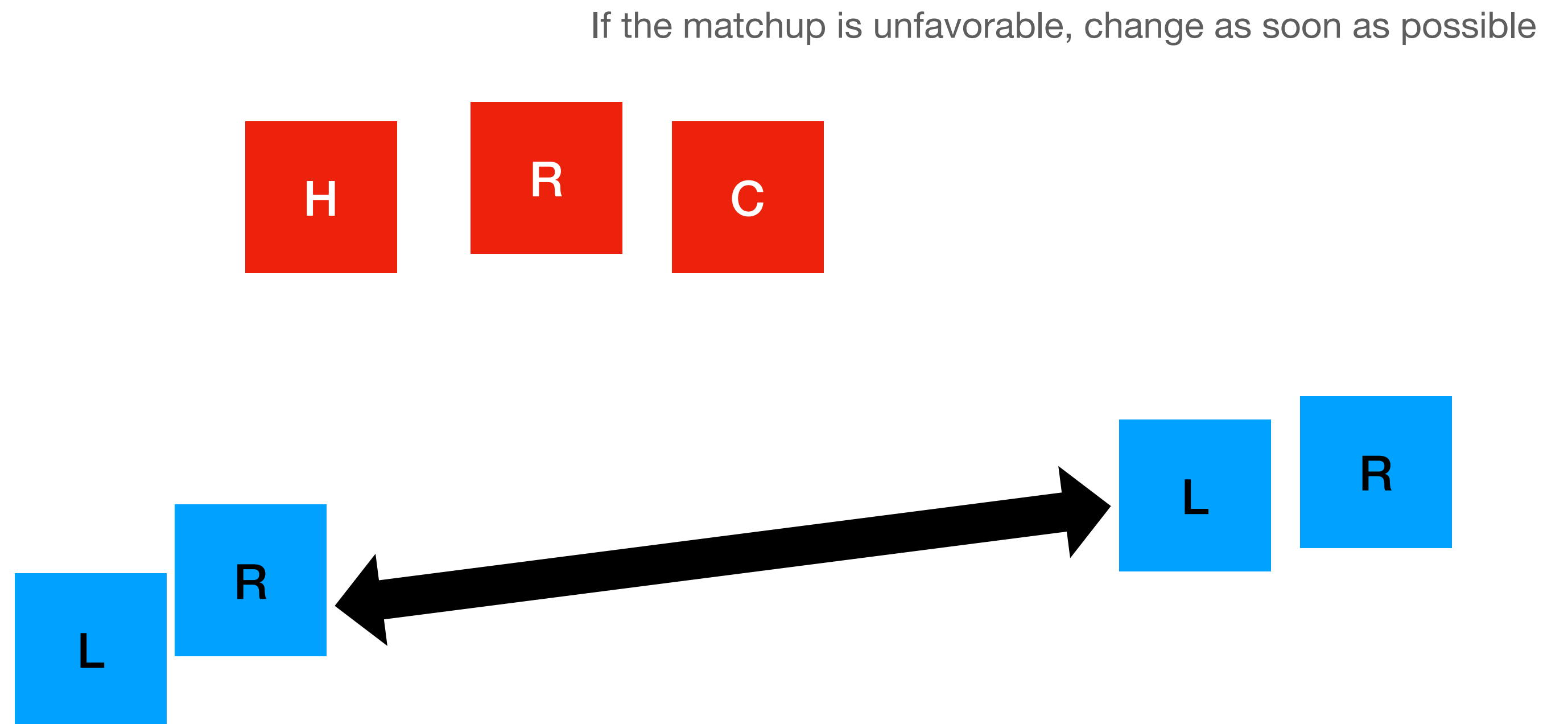
1st Pair: Primary Scoring Pair
Expected to provide the most offense

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

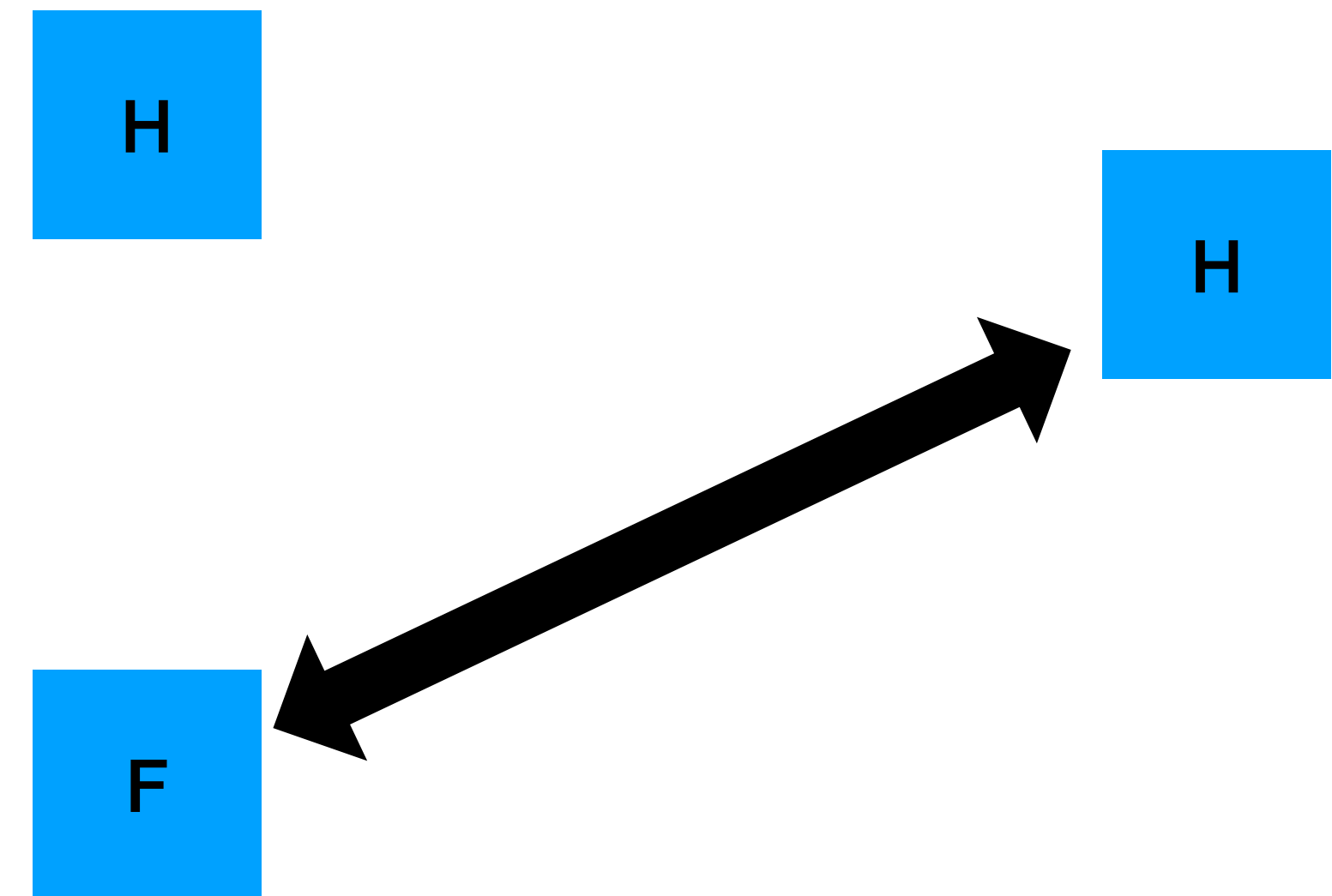
Matchups

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



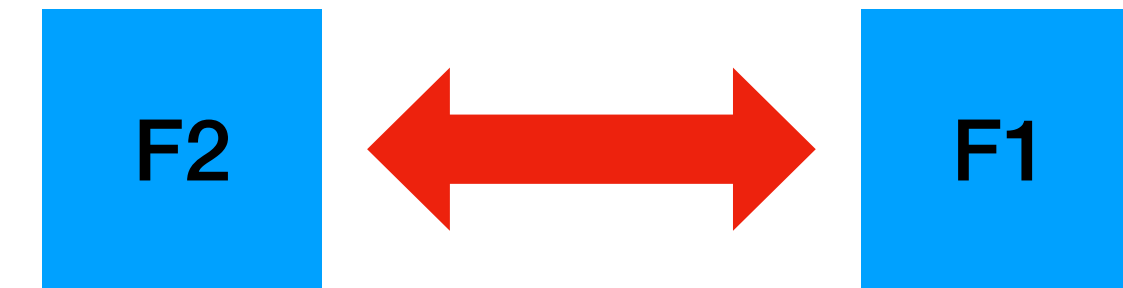
Fullback Rest Substitution

- Fullback may need a rest to deal with minor injury, equipment malfunction, or exhaustion from a very intense spell of play
- Halfback can be used to fill in for short period
- If fullback needs to rest more than 5 minutes in a game, consider using an interchange instead



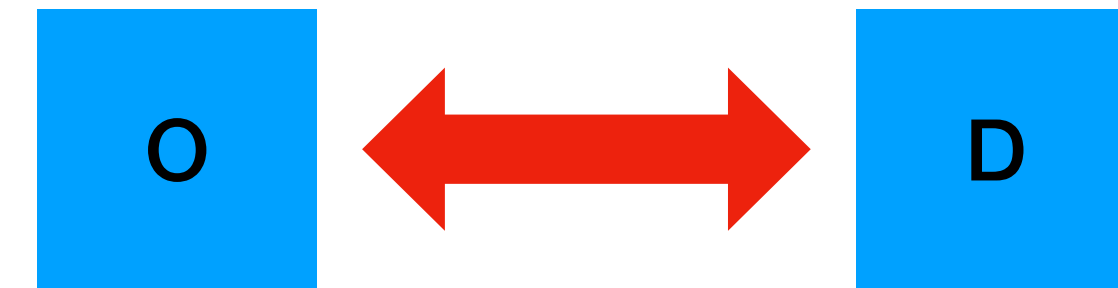
Tactical Interchange: Pulled Fullback

- If your fullback is struggling in the game, replacing them with a fullback from the reserve squad may be the best use of your interchange
- Fullbacks need to warm up, consider using a time-out or having another bench player warm them up away from the playing area



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 halfback) 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

Fullback

Fullbacks always need to be good shot stoppers, but their mentality can vary greatly

Goalkeeper

“Shot Stopper”

- Defensive stalwart who wants no goals against
- Wants the ball far away from the goal
- Quick counterattack
- 2-back offenses



Point Guard

“4th Forward”

- Offensive creator who happens to defend th goal
- Wants the ball
- Methodical breakout
- 1-back offenses

Halfback

While physical strength and defensive skill are important for the halfback, players vary in their interpretation of the role

Physical Defender

“Bruiser”

- Purely defensive mindset
- Intimidates attackers
- Triangle or Pack Line Defense
- Funnel or Diamond Offense



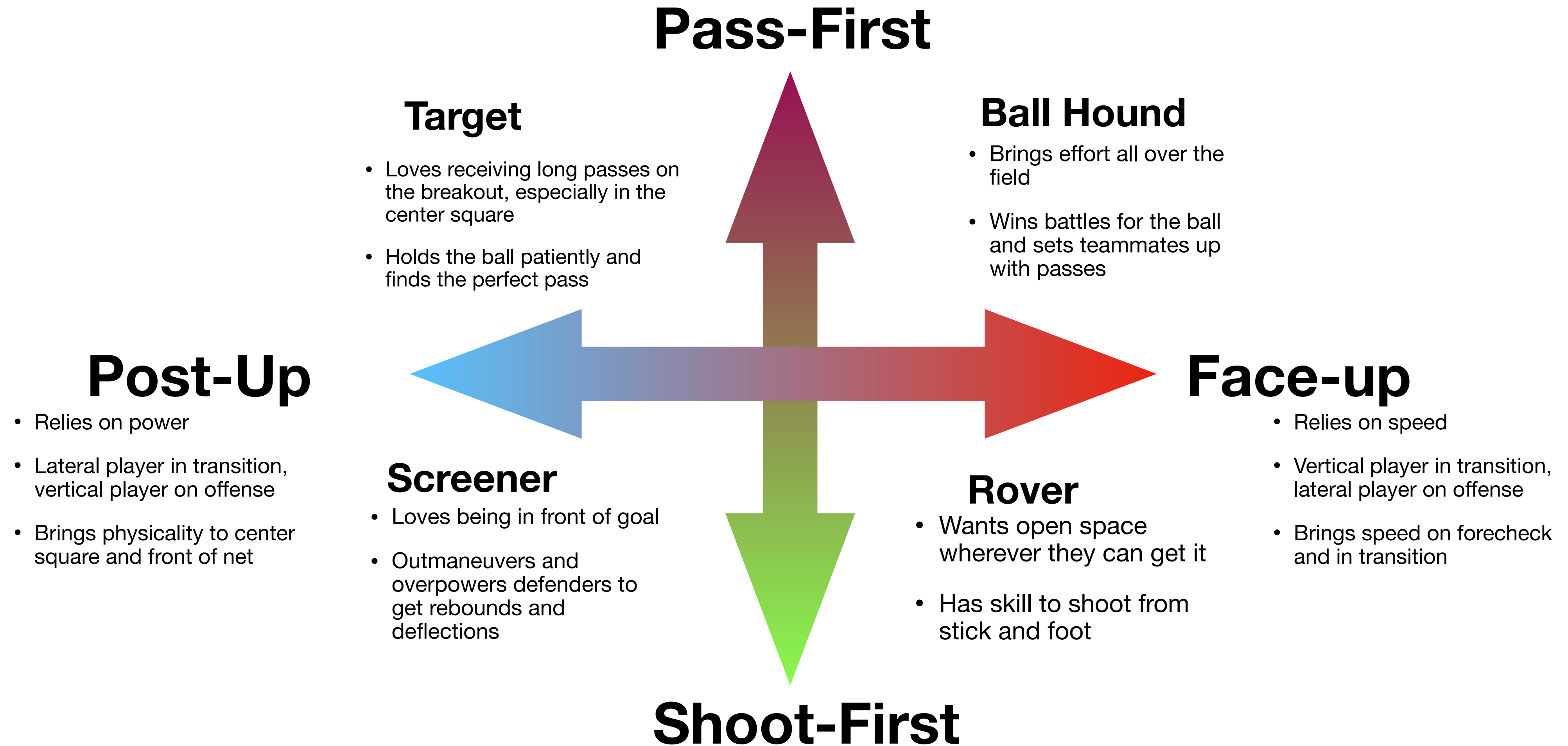
Crease to Crease

“Coast to Coast”

- Mobile, likes to be involved on offense
- Has good ball skills
- Swarm or Man Defense
- Wishbone or Box Offense

Forward

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



Finding Synergies

- Players synergize when their playing styles mesh together in a certain phase of play
- These can come from contrasting styles
 - A pass-first forward can set up passes for a shoot-first forward
 - A defensive back can hold the fort while an offensive back leaves their position to create
- These can come from similar styles
 - Two screening forwards in a pair can be a nightmare to cover in front of the goal
 - Two ball-hounding forwards in a pair can put pressure on the opposing breakout to go faster than they would like
 - Two roving forwards can make it impossible for defenders to keep their assignments