

IOU Coaching Certification

Level 3: Professional Coaching

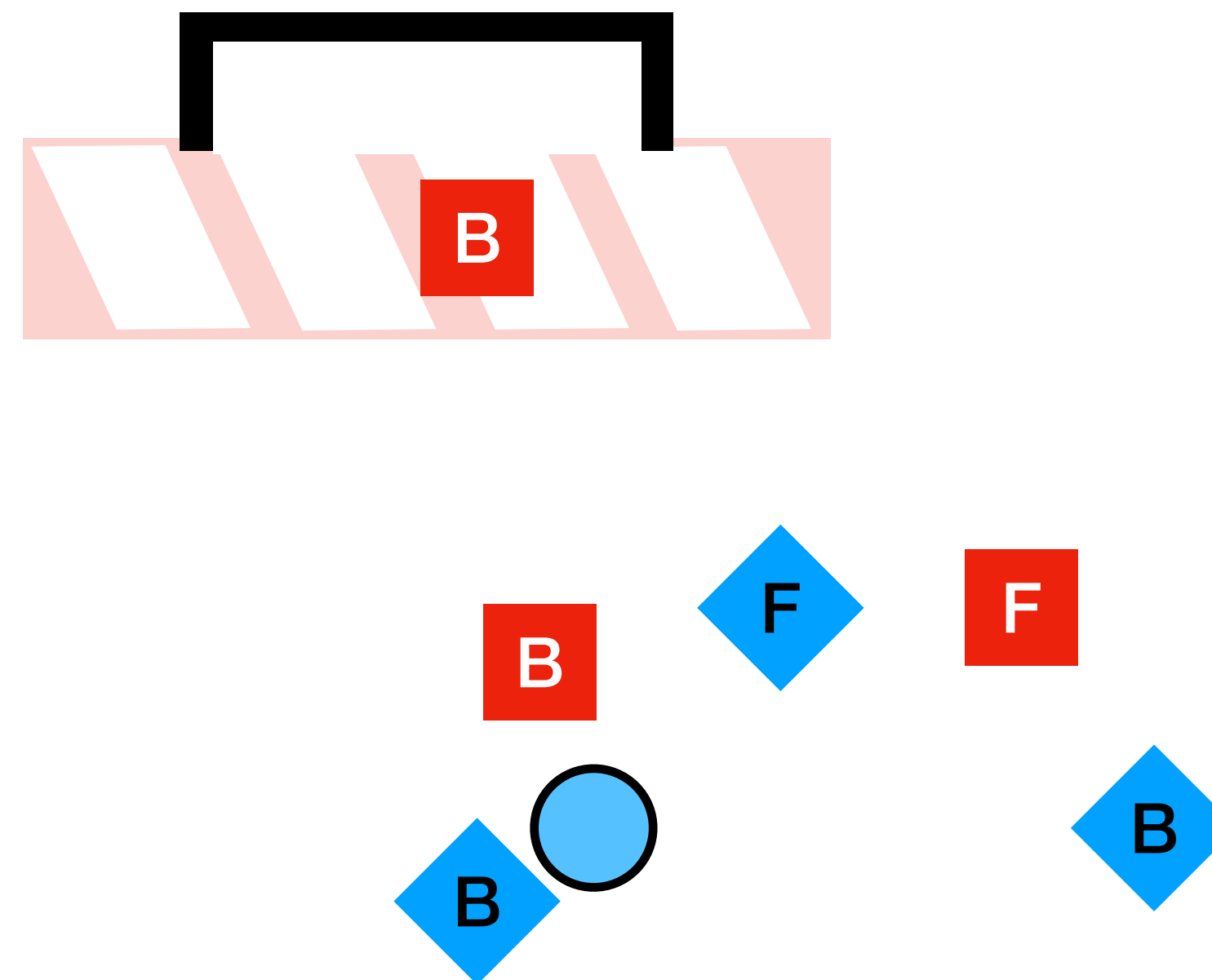
Section 1: Advanced Tactics

3v3 Tactics

- Offense: Standard, High, Low
- Defense: Man, Zone, Clamshell Zone
- Forecheck: Standard, All-or-Nothing, Man to Man

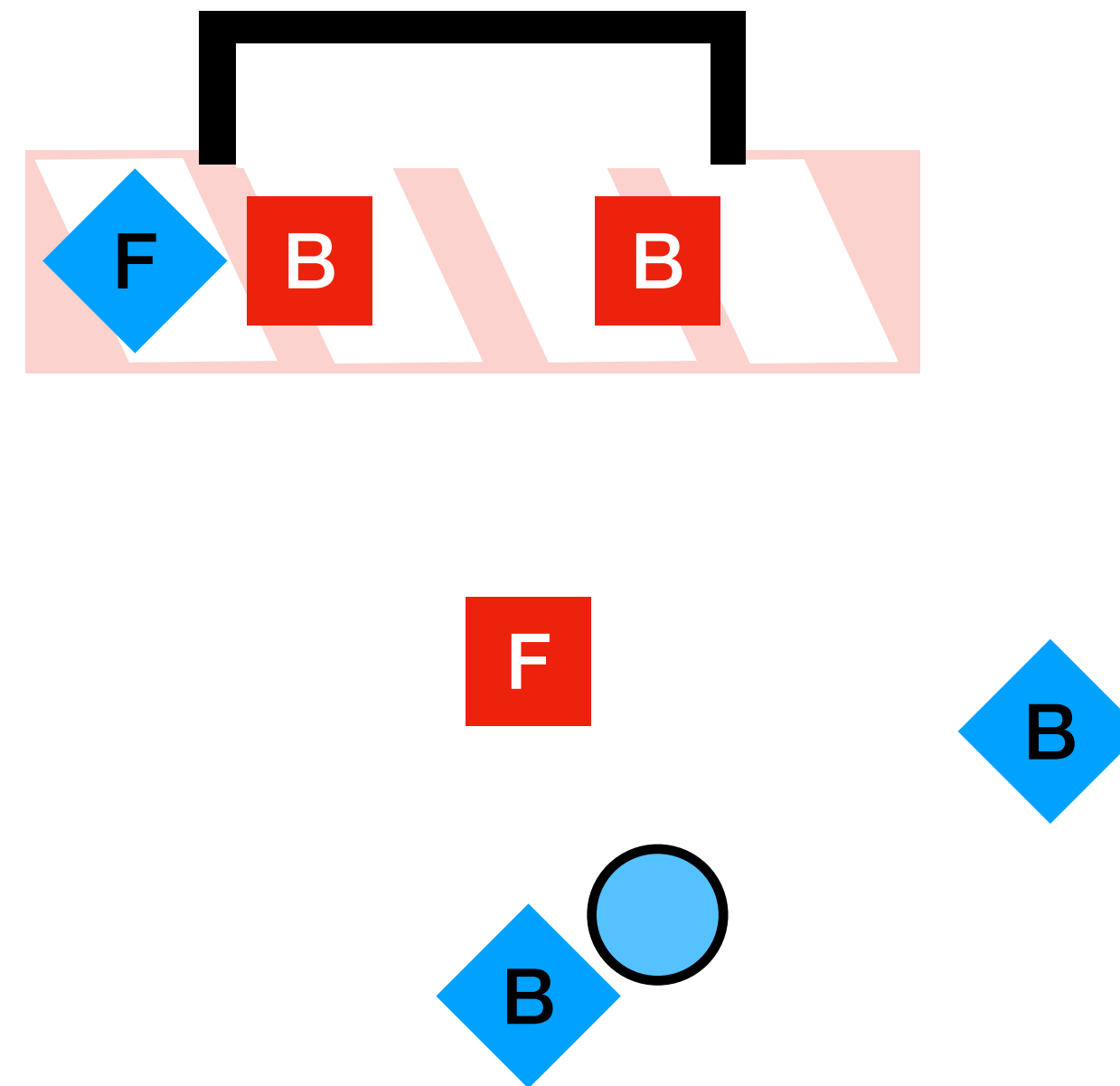
High Offense

- All 3 players stay back to support the ball
- Opposing team is forced to either play man to man and leave the goal open or to concede a 3v2 in the high area



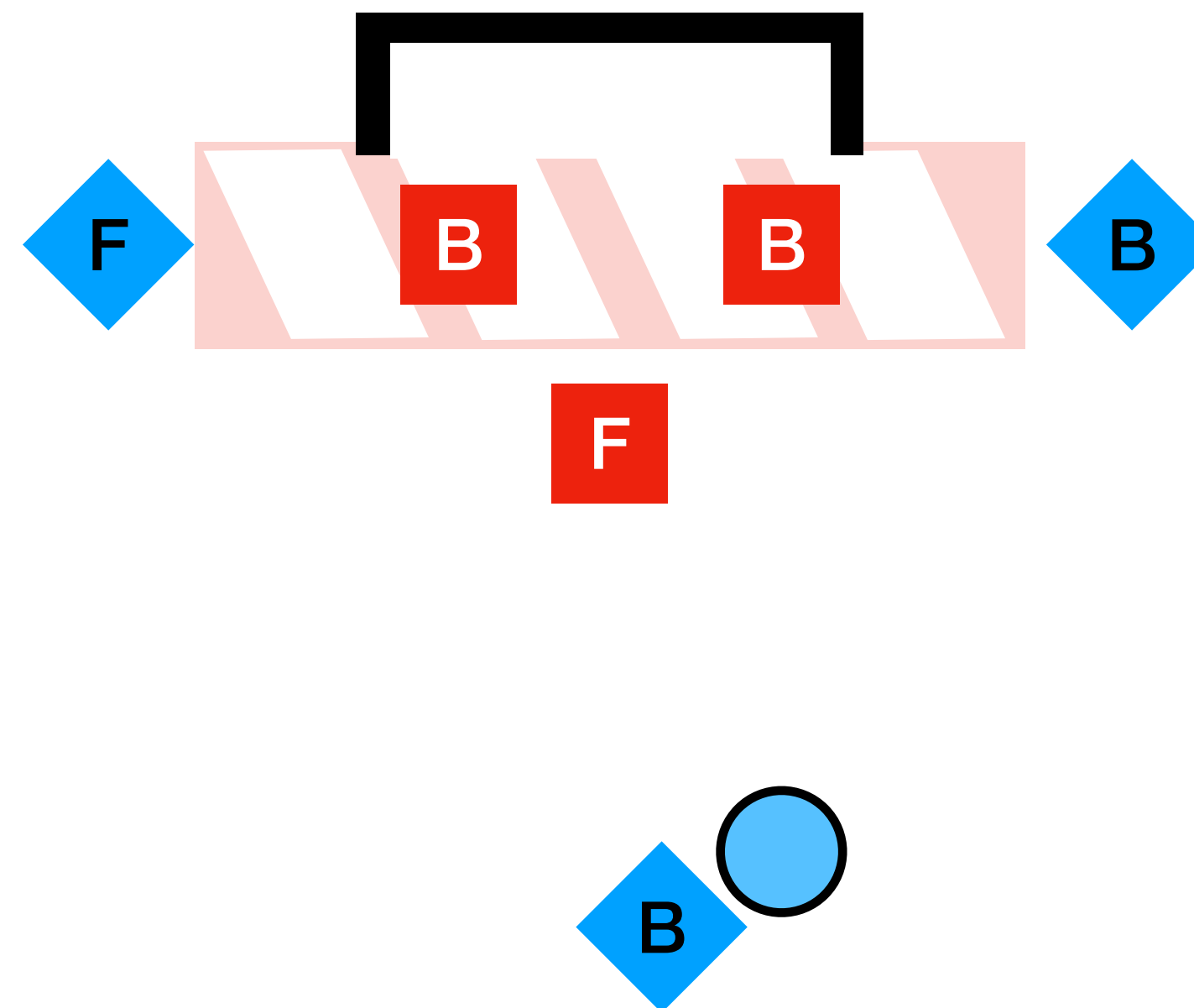
Standard Offense

- Backs stay high, forward goes to the crease
- Creates 2v1 high and gives the team net front presence



Low Offense

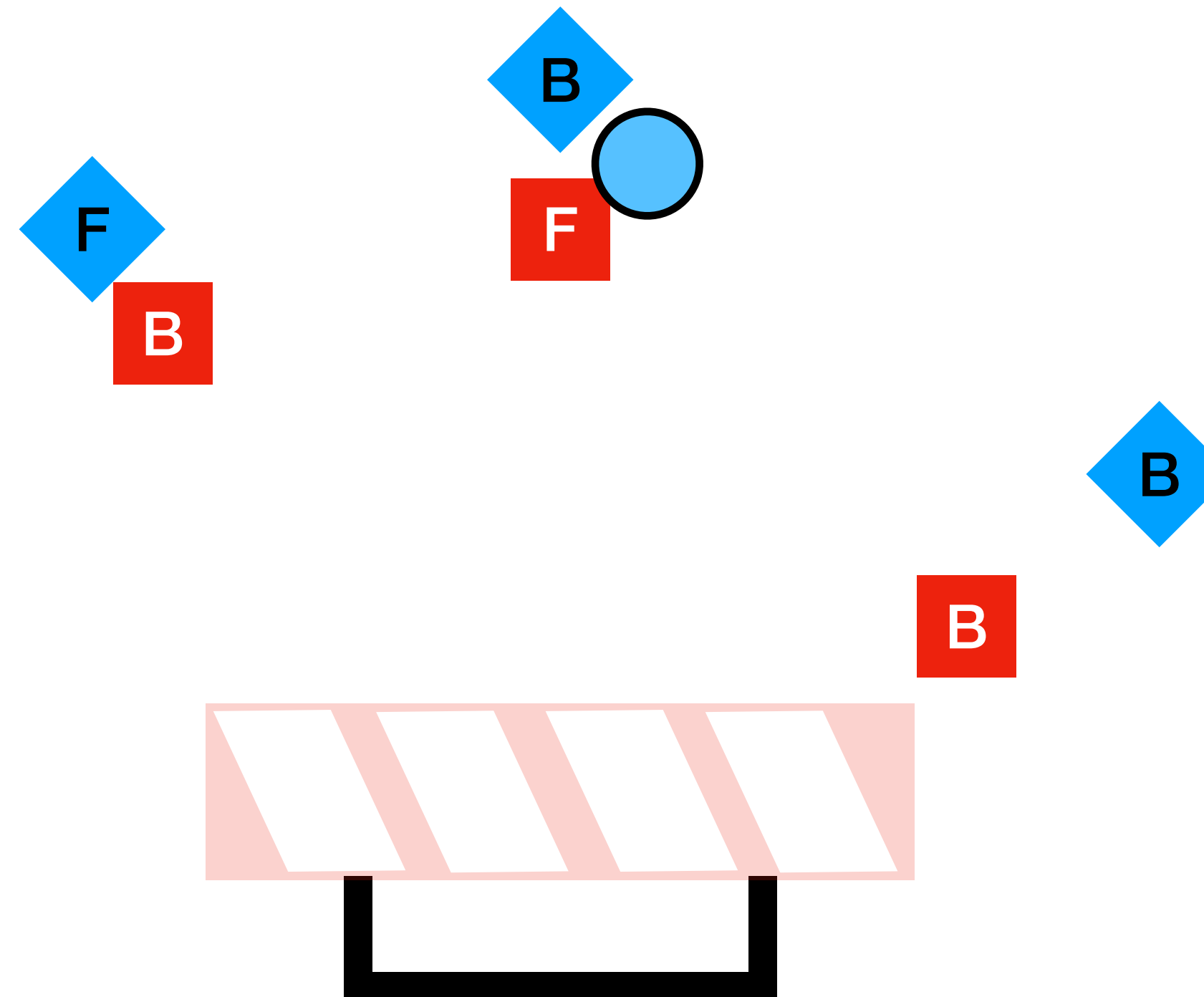
- Two players find positions near or inside the crease
- Draws defense into dropping into a triangle



Man Defense

Efficiency Rating: 200
100% Crease (1:1)
100% Outside (2:2)

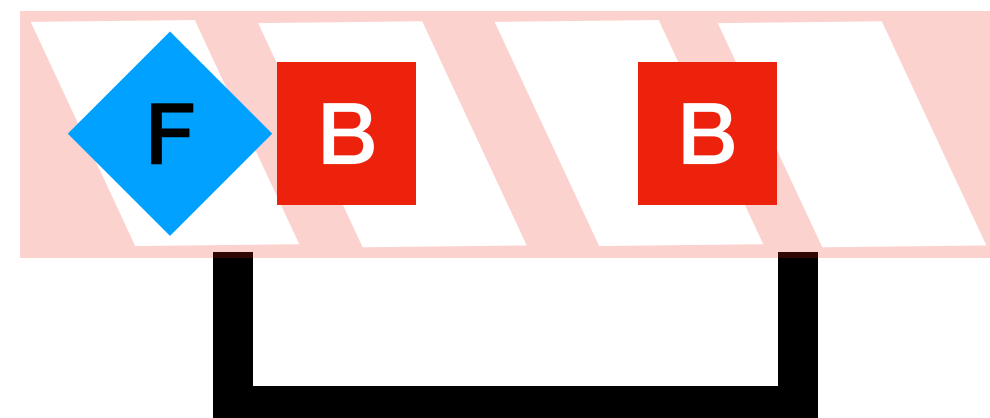
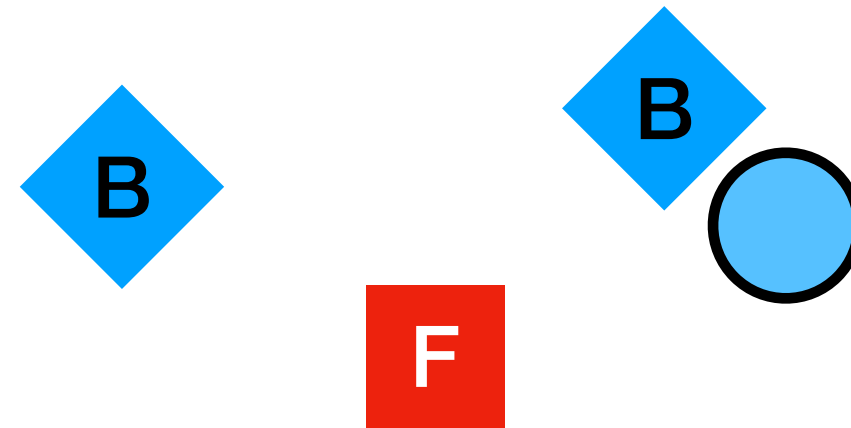
- Players match up man to man
- Prevents offense from having any mismatches, but leaves the goal open



Zone Defense

Efficiency Rating: 250
200% Crease (2:1)
50% Outside (1:2)

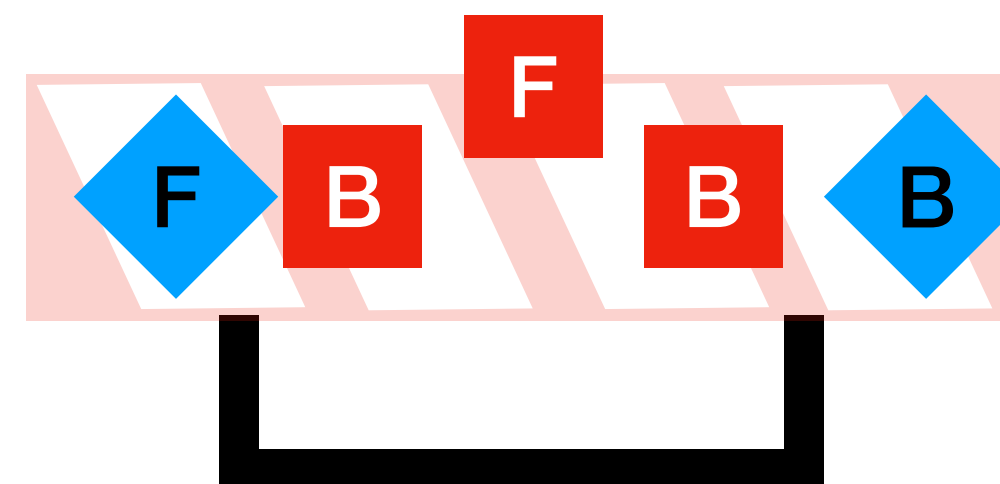
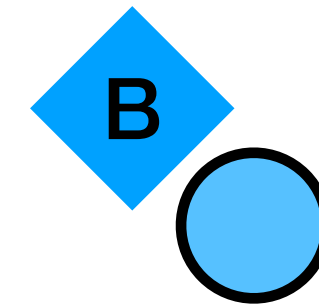
- Forward defends high, backs defend the crease
- Creates 2v1 advantage in the goal, but a 1v2 high



Clamshell Zone Defense

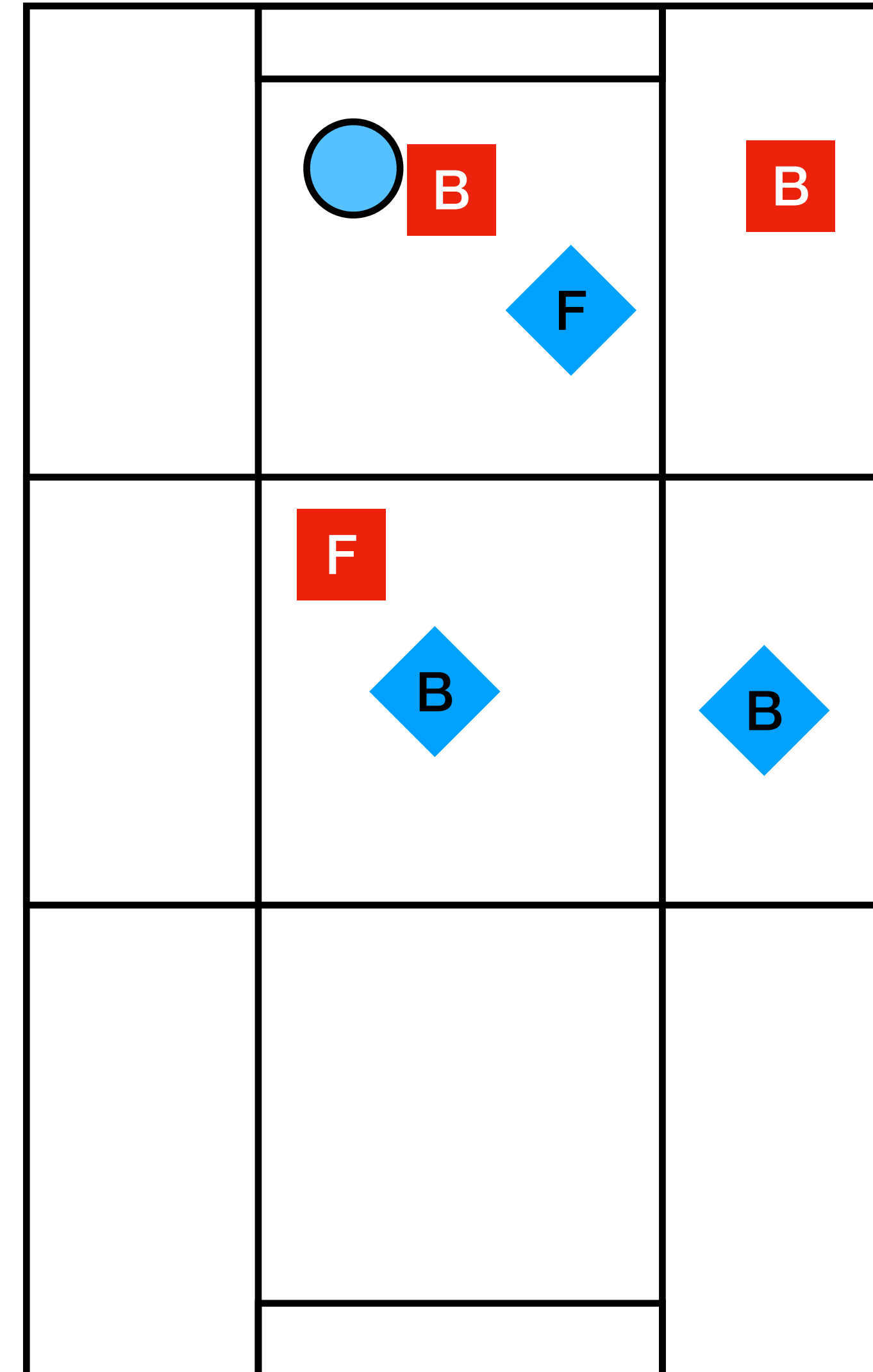
Efficiency Rating: 150
150% Crease (3:2)
0% Outside (0:1)

- Collapse the forward into the crease
- Creates a 3v2 in the crease, lets the ball carrier go free



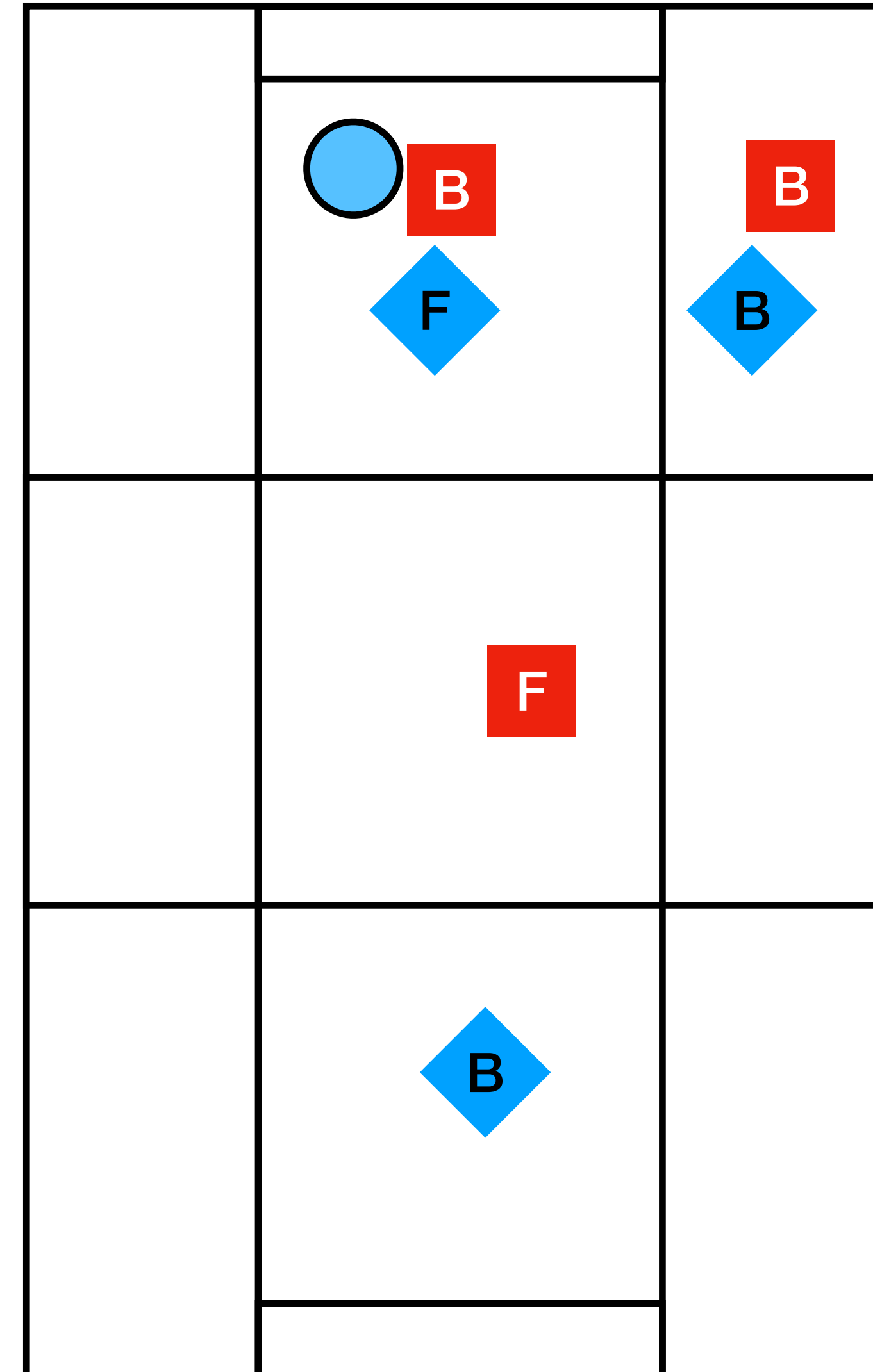
Standard Forecheck

- Forward pressures, backs defend neutral zone
- If there is an opportunity to apply more pressure, one of the backs steps up into the offensive zone
- If there is a threat of a long ball, one of the backs drops back into the defensive zone



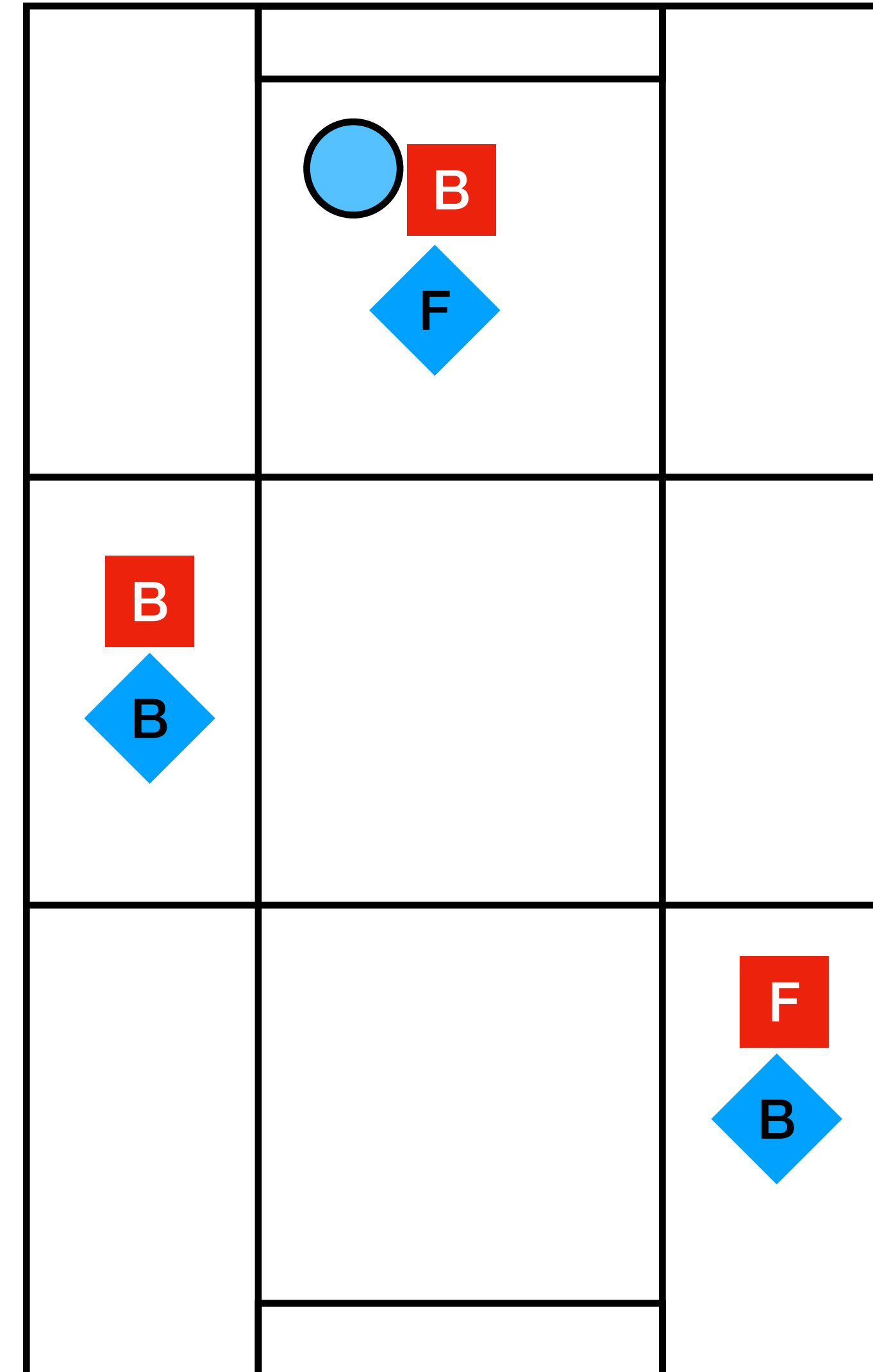
All-Or-Nothing Forecheck

- Forward and one back pressure
- One back stays back in the defensive zone
- Leaves the neutral zone open, but allows the team to use two-man pressure concepts and prevents easy long shots



Full-Field Man to Man Forecheck

- Players play man to man against opponents
- Takes away passing opportunities
- Exposed if one player gets beaten



Roster Construction

- When deciding who to put in your game day 10, consider:
 - What is the purpose of my team? (win now, build for later, non-competitive)
 - Should I rotate the team from last game?
 - What are the strengths of my squad?
- In your interchange substitutes consider:
 - How can an interchange impact the active roster?
 - Which players will make you prepared for any situation?
- Give players roles that suit their skillsets and your tactics

Roles

Diagram Key:

The player goes to this position often



The player goes to this position sometimes



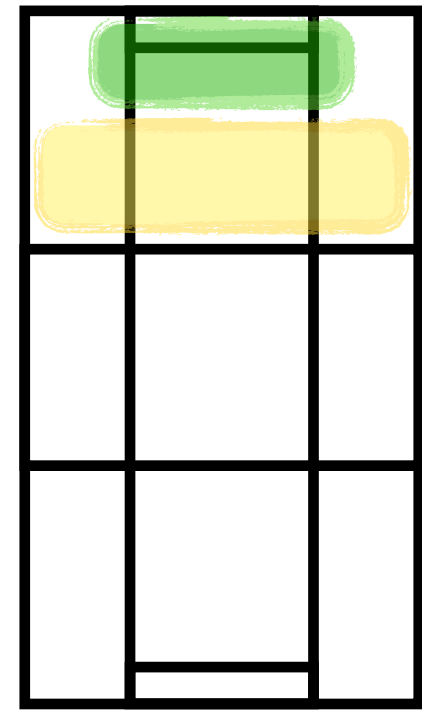
Forward Roles

Because of how many forwards are on the roster and forwards are involved in play all over the field, there is a lot of room for different specializations at the forward position based on tactical scheme, player skills, builds, and preferences.

Poaching Forward

“Power Forward”, “Traditional Forward”, “High Forward”

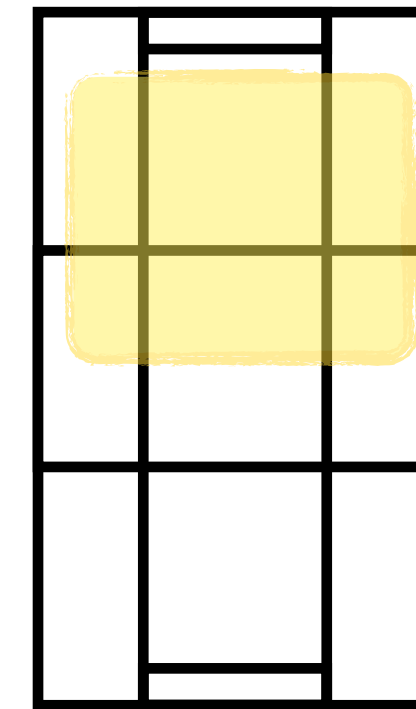
Offense: Wants to disrupt opponent in and around crease



Offense

Gets into the crease
Looks to harass
Sometimes pops out for a shot

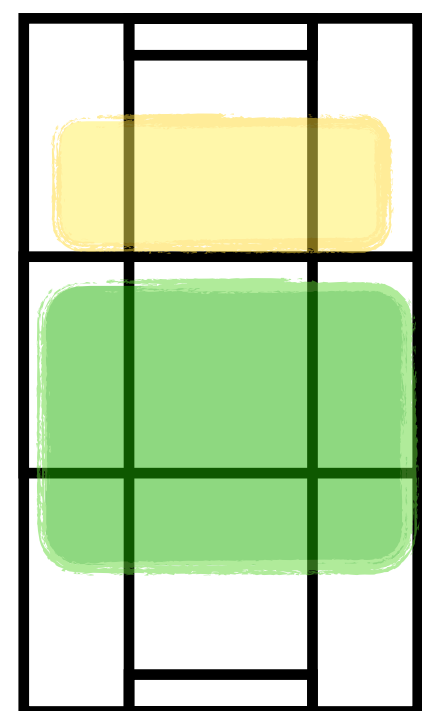
Forecheck: Wants to win back the ball as high up the field as possible



Forecheck

Applies pressure on the forecheck

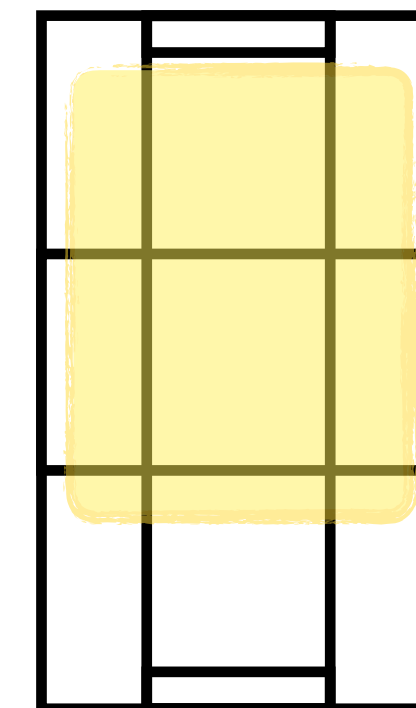
Defense: Thinks about starting counterattacks



Defense

Defends in midfield
Occasionally cheats up to counter

Breakout: Stretches the field vertically



Breakout

Goes to neutral or offensive zone

Physical: Lean build, powerful build

Half Forward

“Dropping Forward”, “Post-up Forward”, “Low Forward”

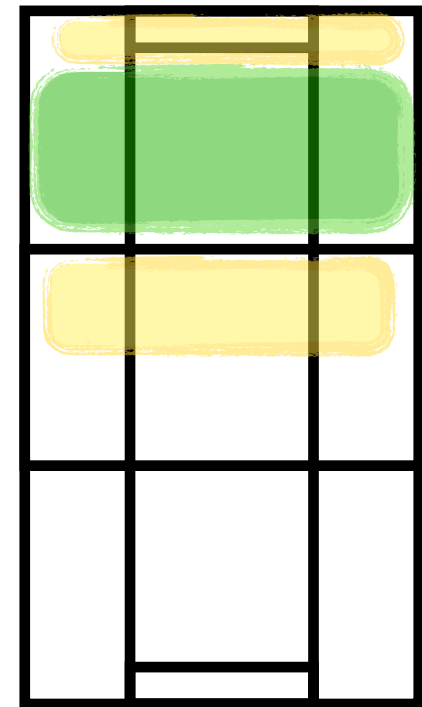
Offense: Joins the play late, naturally filling space farther back on the field

Forecheck: Wants to win back the ball as high up the field as possible

Defense: Focuses on defending the crease first and foremost

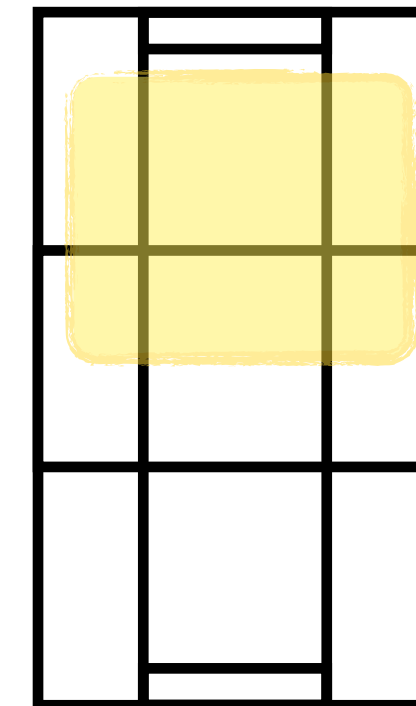
Breakout: Picks up the ball and uses power to carry it forward

Physical: Powerful build, low center of gravity



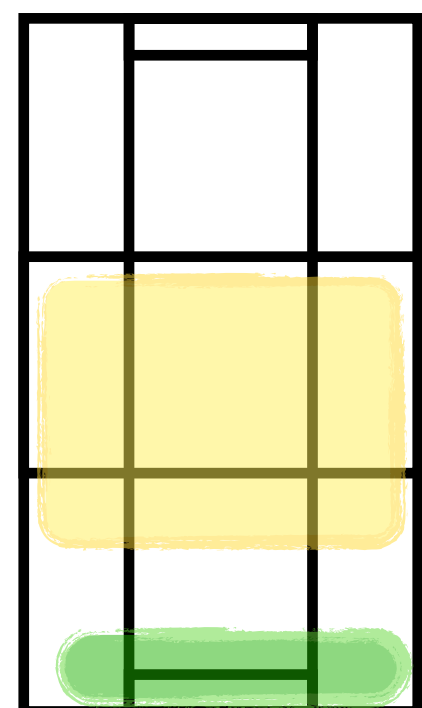
Offense

Fills space
Looks to screen or post up
Sometimes drops into crease
Sometimes drops into midfield



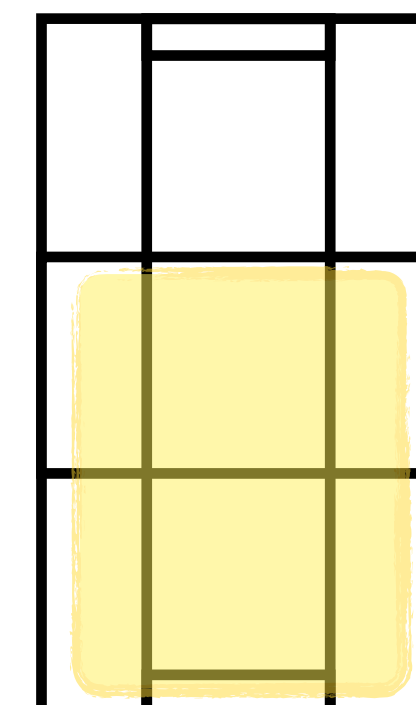
Forecheck

Applies pressure on the forecheck



Defense

Prefers to defend the goal crease
Also defends high in midfield



Breakout

Goes to neutral or offensive zone

Midfield Forward

“Target Forward”, “Center Forward”, “Tall Forward”, “Square Forward”

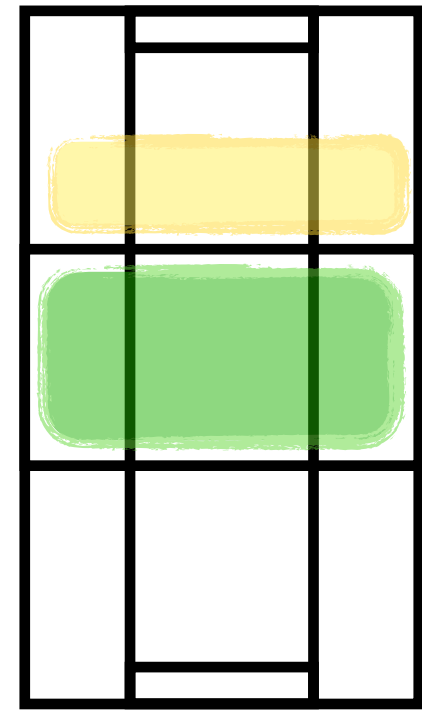
Offense: Naturally stays in midfield, uses size to post up

Forecheck: Defends the center square first, preventing quick transition

Defense: Prefers to defend the middle of the field

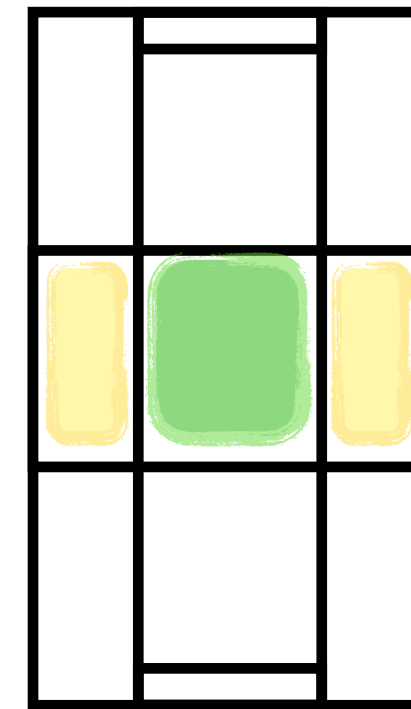
Breakout: Gets to the center square in order to link the field

Physical: Tall



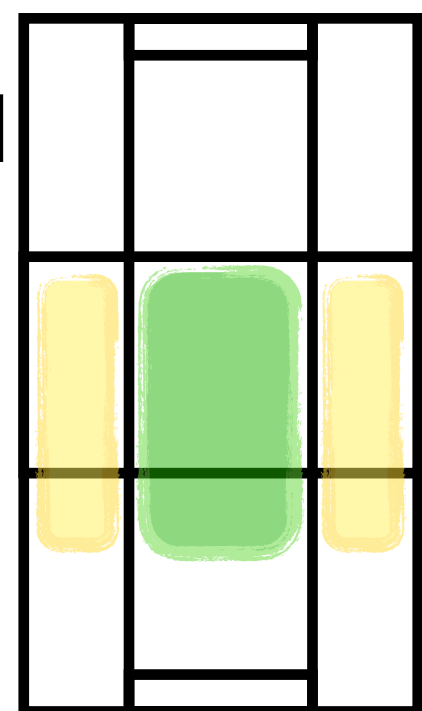
Offense

Sticks to midfield
Looks for long shots
Sometimes cuts
Sometimes posts up



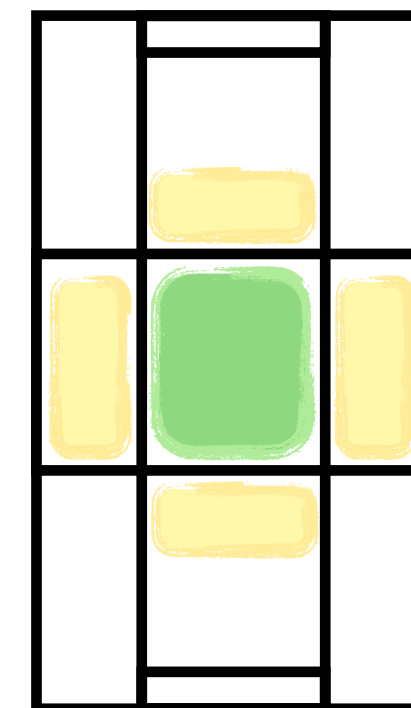
Forecheck

Defends the neutral zone on the forecheck



Defense

Sticks to midfield area
Gravitates towards center channel



Breakout

Generally gravitates towards the center square
Pops out to make a passing option

Crease to Crease Forward

“Box to Box Forward”, “Two-Way Power Forward”, “Highway Forward”, “Trolley Forward”

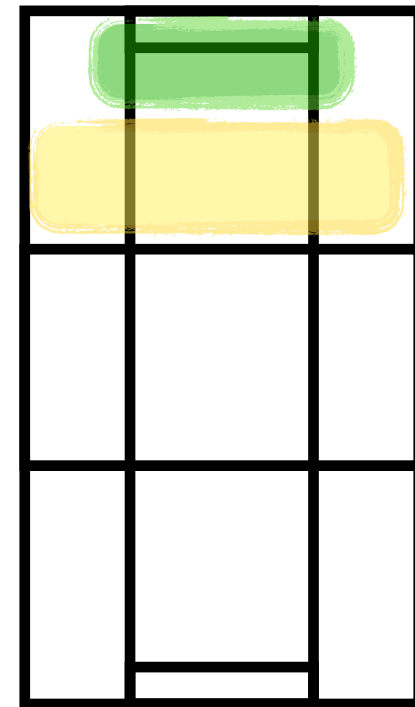
Offense: Wants to disrupt opponent in and around crease

Forecheck: Supports the forecheck, but first priority is getting back on defense

Defense: Primarily defends the crease

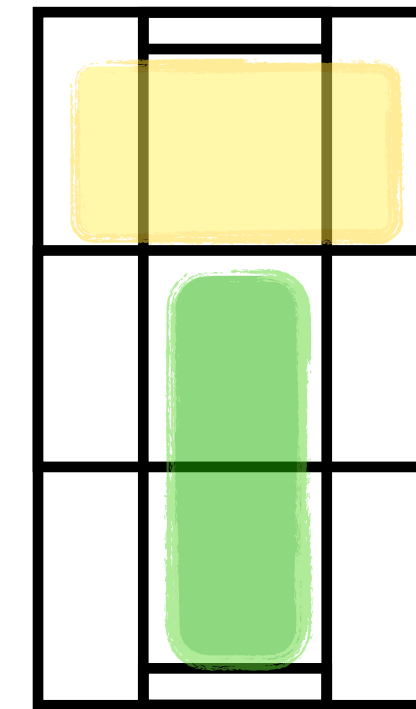
Breakout: Supports the breakout, but first priority is getting up on offense

Physical: Large build



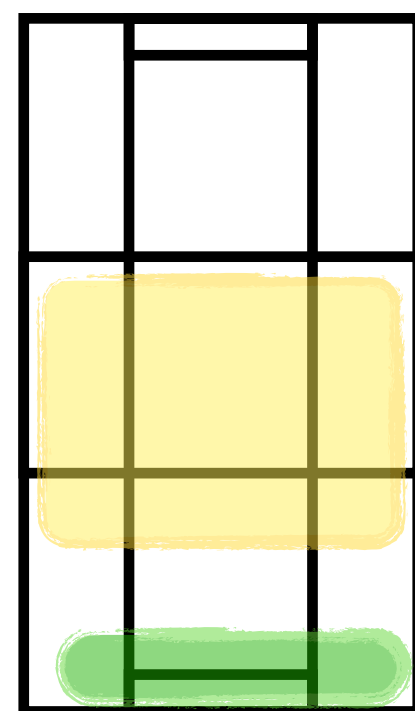
Offense

Gets into the crease
Looks to harass
Sometimes pops out for a shot



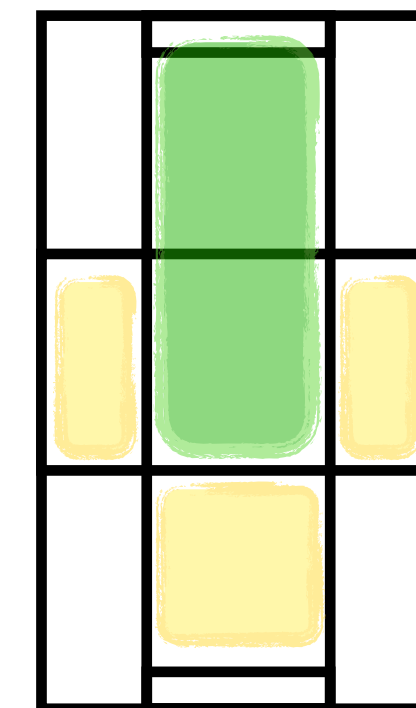
Forecheck

Applies some pressure
Focuses mainly on getting back to the goal crease



Defense

Prefers to defend the goal crease
Also defends high in midfield



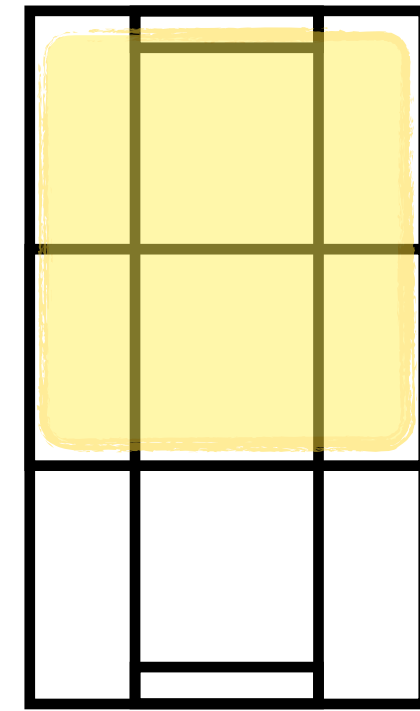
Breakout

Somewhat helps with the breakout
Focuses mainly on getting up to the goal crease

Shadow Forward

“Man to Man Forward”, “Following Forward”, “Marking Forward”, “Checking Forward”

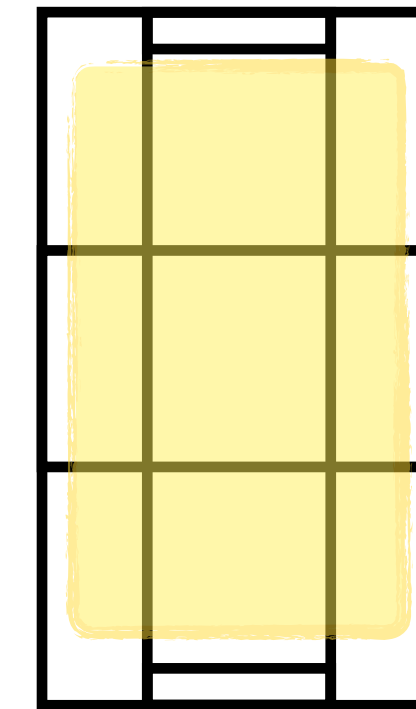
Offense: Looks to pressure marked player, either in the crease or open field



Offense

Goes after marked player
Can pressure crease
Can spread field
Can post up

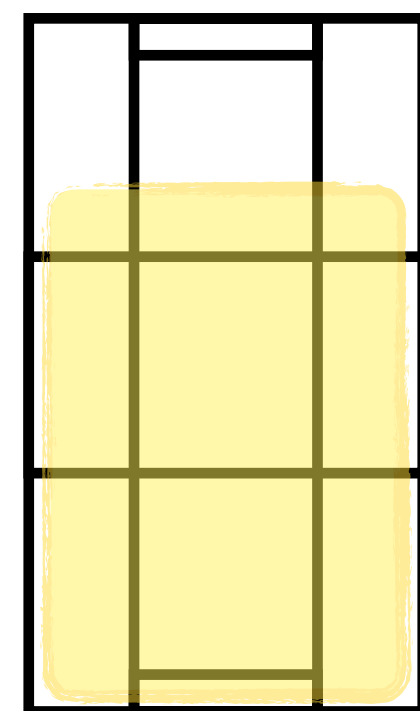
Forecheck: Covers marked player



Forecheck

Goes after marked player
Goes to area of field covered by mark

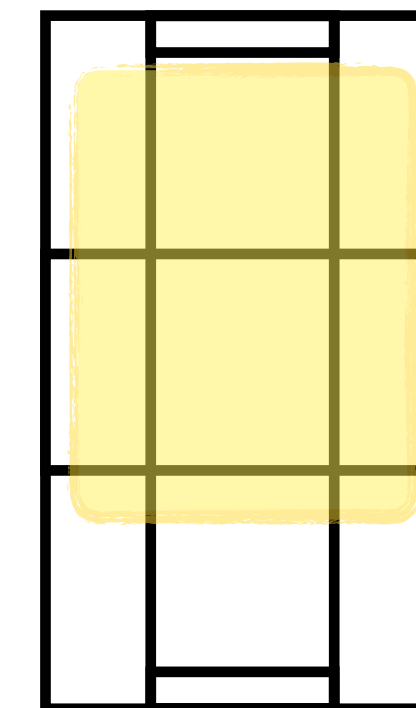
Defense: Covers marked player



Defense

Goes after marked player
Can defend midfield
Can defend crease

Breakout: Stretches the field vertically



Breakout

Goes to neutral or offensive zone

Physical: High-endurance, medium build

Back Roles

Fundamentally, the job of every back is the same: keep the ball out of the goal and move it up the field. The rules of the game shape how this is done, and this generally limits the possibilities for how the position can be played. Despite this, there are still several ways these roles can work together in different systems.

Crease Back

“Guard Back”, “Big Back”, “Half Back”

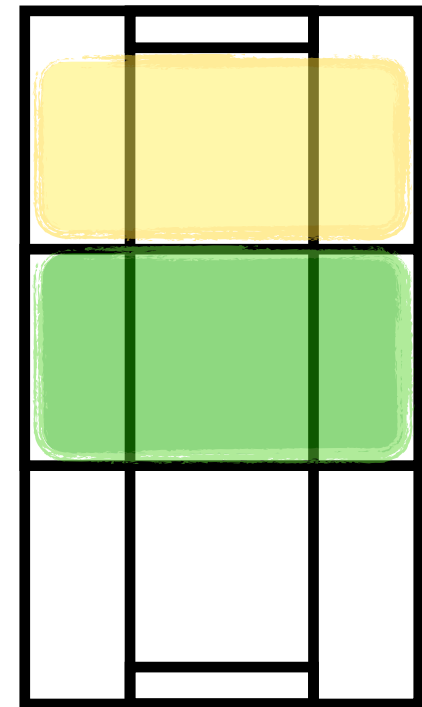
Offense: First step is forwards, wants to get into offensive zone to support play

Forecheck: First step is forwards, wants to step up and make contact

Defense: Seals out harassers, clears away screeners, collects rebounds

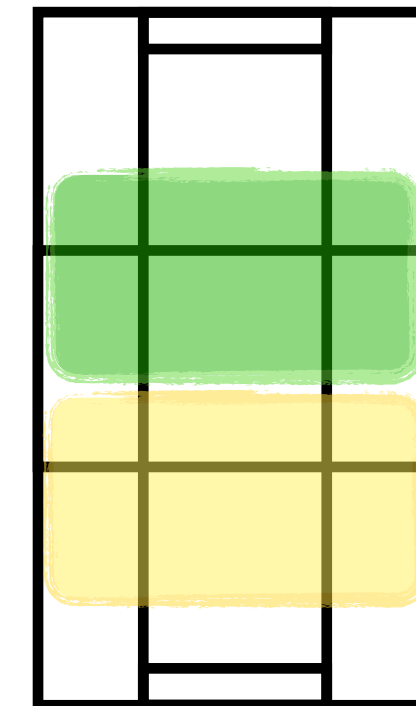
Breakout: Moves up with the ball

Physical: Tall, heavy, and strong



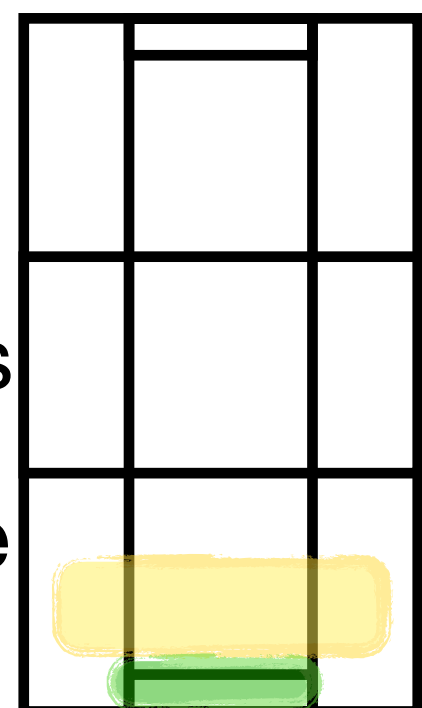
Offense

Defends midfield
Drops in to shooting positions
Posts up



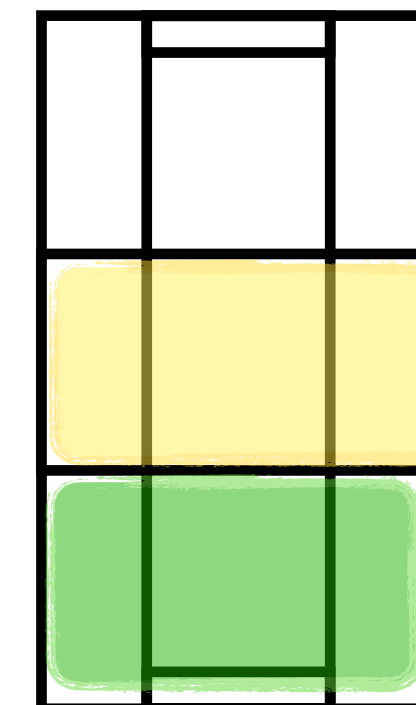
Forecheck

Defends midfield
Often jumps up to close down
Sometimes drops back to sweep



Defense

Plays in the crease
Protects partner from contact
Blocks shots under contact
Follows harassers out of crease



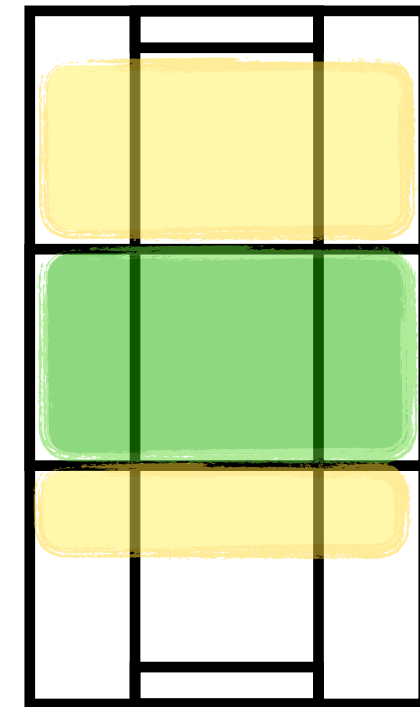
Breakout

Supports the ball close
Sometimes gets into midfield

Loose Back

“Stopper Back”, “Small Back”, “Full Back”

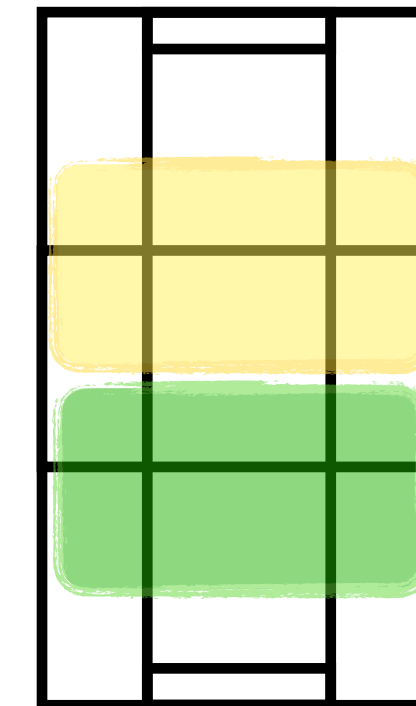
Offense: First step is backwards, ready to defend counter



Offense

Defends midfield
Drops in to shooting positions
Drops back to defend counters

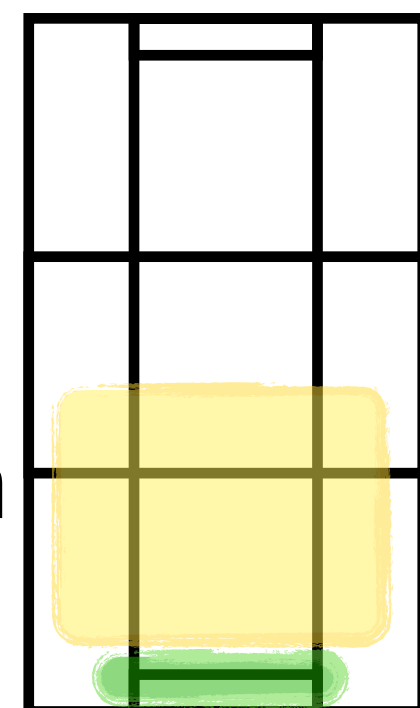
Forecheck: First step is backwards, ready to sweep up loose ball



Forecheck

Defends midfield
Often drops back to sweep
Sometimes jumps up to close down

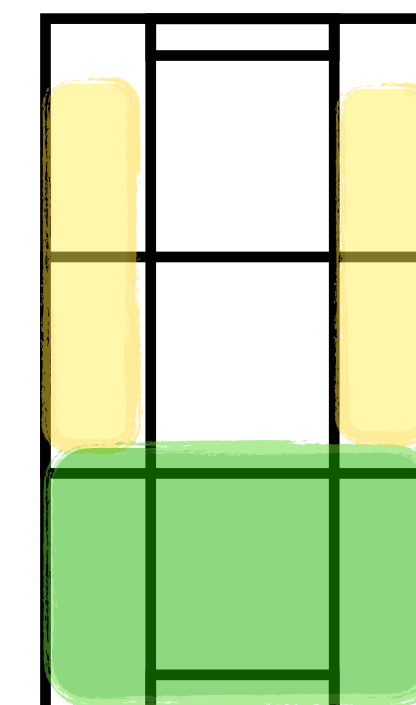
Defense: Acts as a goalkeeper



Defense

Stops shots
Avoids contact
Comes out to help forwards
Charges out to play ball

Breakout: Moves up with the ball



Breakout

Supports the ball close
Sometimes runs channels

Physical: Short, wiry, and agile

False Back

“Man-to-Man Back”, “Extra Forward”, “Rover”

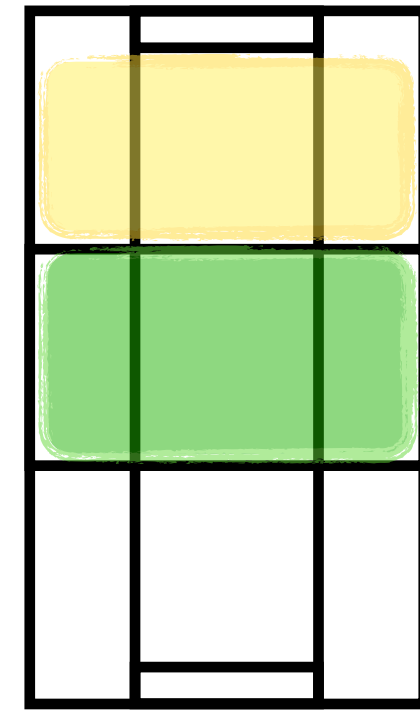
Offense: First step is forwards, wants to get into offensive zone to support play

Forecheck: Covers marked player

Defense: Covers marked player

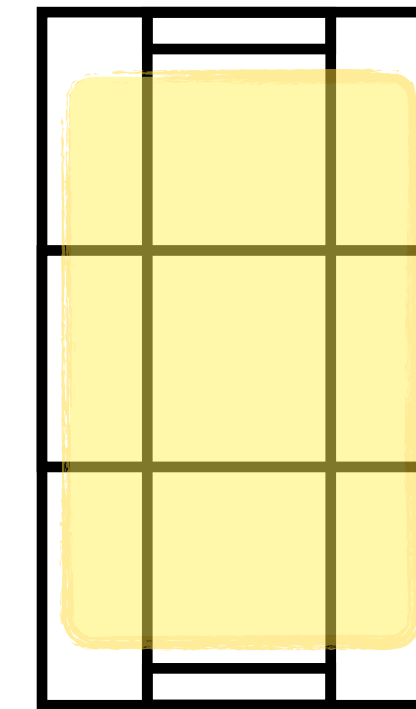
Breakout: Moves up with the ball

Physical: High-endurance, medium build



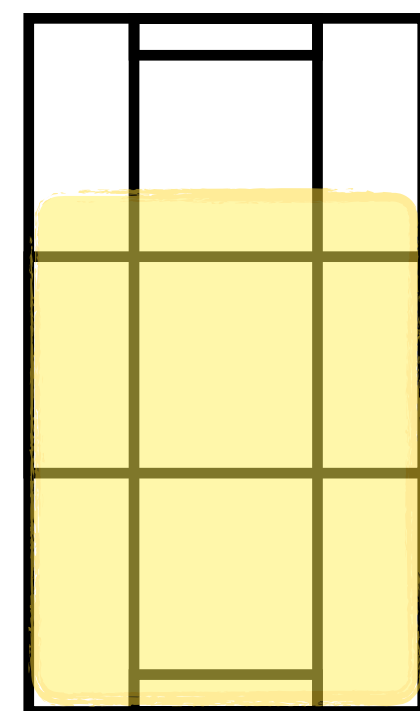
Offense

Gets into the crease
Looks to harass
Sometimes pops out for a shot



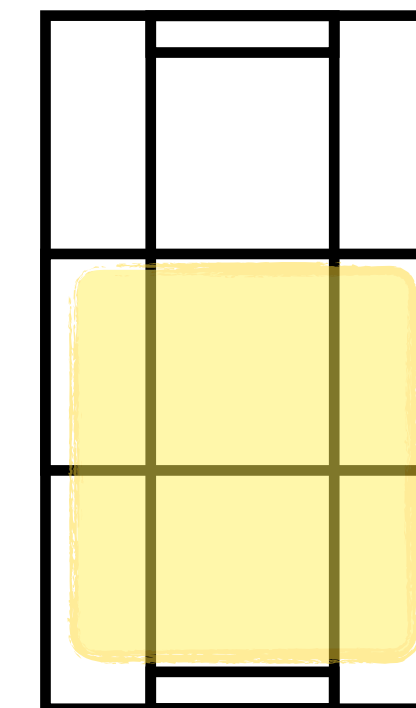
Forecheck

Applies pressure on the forecheck



Defense

Plays in midfield
Occasionally jumps up to counter



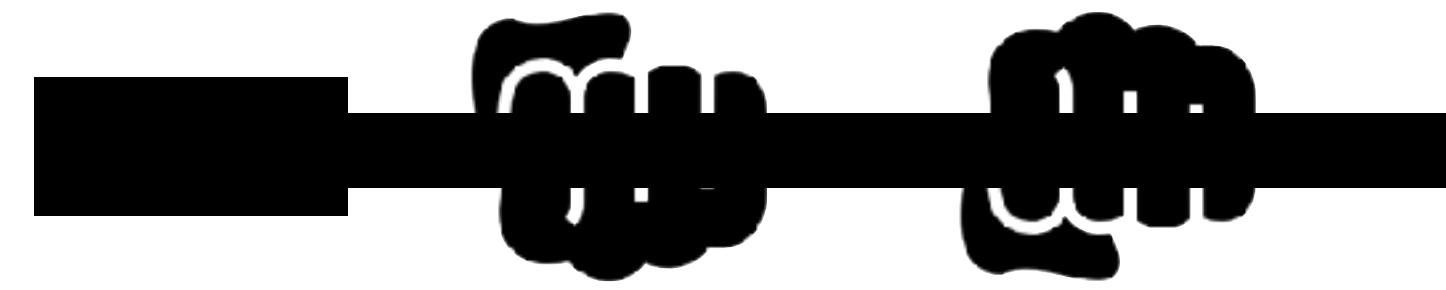
Breakout

Supports the ball back

Supplemental Roles

- In addition to their primary tactical roles, there may be strategic benefit to giving players supplementary assignments
- In special cases, players may be good enough at supplemental roles to warrant a roster spot even if they lack the skill in the rest of the game to warrant a place in the team
- Most of the time, these should be seen as “nice to haves” rather than “must haves” except if your strategy is built around a particular niche
 - Teams that want to build off of set pieces can deliberately put the ball out of play and build around face-off specialist(s)
 - Teams that have a younger, smaller, or agitating player in need of protection may want to have a shin-kicker on the field with them at all times to deter the other team from physically intimidating them
 - Teams that want to build around a tough, physically grinding identity may want to have multiple capable shin kickers to try and generate lots of 3-on-3, wearing down opponents’ toughness with shin-kicking and their endurance with 3-on-3
 - Teams that play a very aggressive defense, such as those with an extreme focus on possession, may be prone to taking more fouls, making a penalty shot stopping specialist especially valuable

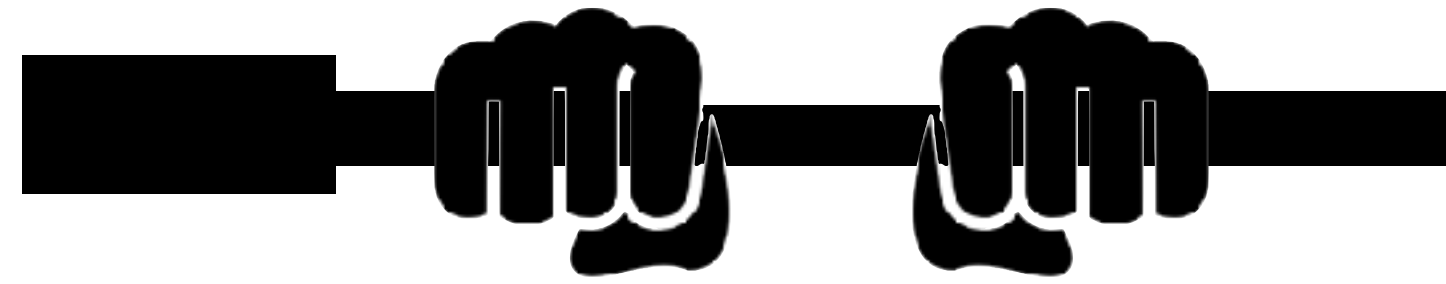
Face-Off, Get-Off



Right handed standard grip



Left handed standard grip



Right handed motorcycle grip



Left handed motorcycle grip



Right handed rowing grip



Left handed rowing grip

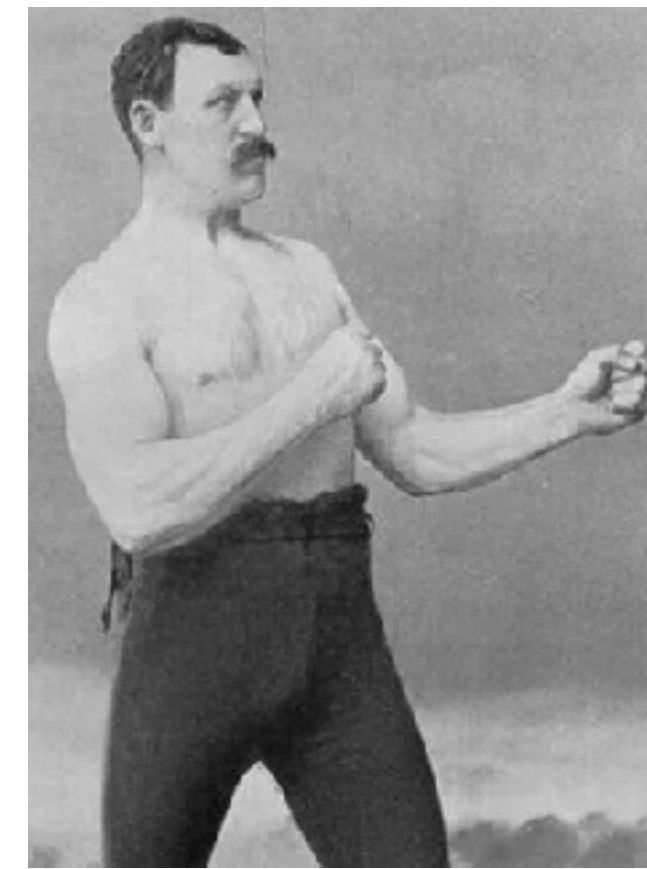
- Increases number of possessions and scoring chances
- Expands options from set plays
- Make the change during substitution period of free hit
- Comes onto the field to take face-offs, then gets off to fix player rotations and minutes
- If they win the face-off, stay on for the set play or any immediate scoring chances, then get off
- If they lose the face-off, stay on the field to defend
- Typically a forward, but doesn't need to be

Being comfortable in multiple grips can improve a player's ability to win balls in multiple directions and against different opponents

Shin Kicker

“Enforcer”, “Bully”, “Sheriff”, “Muscle”

- Useful for creating 3v3 scenarios
 - Generally higher scoring, helpful for coming back in games
 - Can tire out teams who are less mobile
 - Takes a particular opposing player off the field, creating a “trade”
- Can physically wear down opponents
 - Players with bruised bodies may struggle in or shy away from contact areas
 - Shin kicking is tiring, potentially exhausting opponents
- Can be the entire reason a player is on the team
 - Look for athletes from combat sports. Wrestlers, Muay Thai fighters, and MMA fighters do especially well
 - Look for good “locker room players” who can bring up the mood of the team even if they aren’t playing much
 - Very skilled shin kickers can energize your team with dominant physical play



An experienced shin-kicker has a good stance before engaging:

Weak arm extended to keep distance and grapple

Strong arm kept tight to block rib punches

Head back and out of harm’s way

Staggered feet with weight on back foot, freeing front foot to kick or be kicked



In a “Arm Clinch” players are tied up at the arms or shoulders and generally can only kick



In a “Mixed Clinch” fighters are in a neck clinch on one side and in an arm clinch on the other. If both fighters are right handed, this is an advantage for the one with a right-hand neck clinch



In a “Neck Clinch” players are tied up at the head and are in range of punches

Penalty Shot Stopper

- Defends penalty shots
- Must be comfortable either defending the goal through contact or charging out to play the ball
- Typically a back, but doesn't need to be

Team Needs

To have a balanced roster, your team must have:

- Goal Prevention
- Ball Winning
- Ball Progression
- Inside Scoring
- Outside Scoring
- Offensive Crease Presence
- Defensive Crease Presence

Of the four players on the field at any time, they must combine to have at least one skill from each team need covered

That means one line can have a player who is good at pop-out shooting and another can have a player who is good at deflections, and both would have good inside scoring

Goal Prevention

- Shot-stopping backfield
- Lockdown in-zone defense
- Ball-hounding forecheck
- Strong ball security

Ball Winning

- Forechecking forwards
- Face-off winning forwards
- 1-on-1 backs
- Sweeping from the backfield

Ball progression

Ways to move the ball up field

- Intricate short passing
- Skillful speedy carrier
- Strong post-up carrier
- Speedy dump and chase
- Tall center square target
- Free hit kicker

Inside Scoring

Scoring in and around goal crease to pin back opposition

- Rebounding
- Deflections
- Cutting
- Pop-out shooting
- Quick counterattacking

Outside Scoring

Scoring from midfield and backfield to stretch out opposition

- Backfield boot
- Midfield settled shooting (boot or stick)
- Midfield counterattacking shooting (boot or stick)
- Post-up shooting

Defending With The Ball

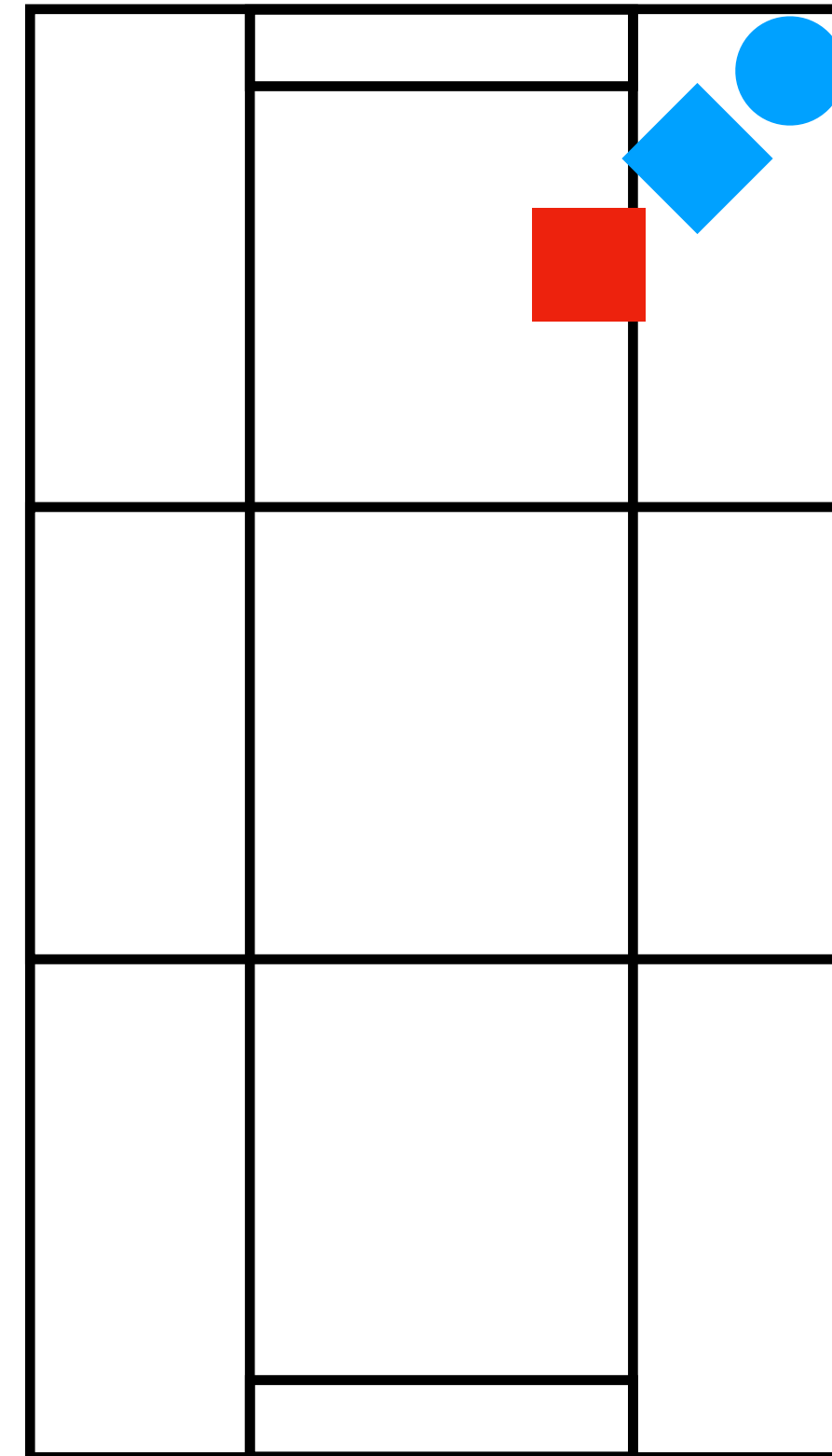
In order to close out a victory or to chew up clock when a player is in the sin bin, defending with the ball is a more efficient tactic than defending without it.

If the opposing team doesn't have the ball, they can't score.

While each of the 3 strategies to defend with the ball are described separately, all of them can and will be used simultaneously to control possession and clock as much as possible.

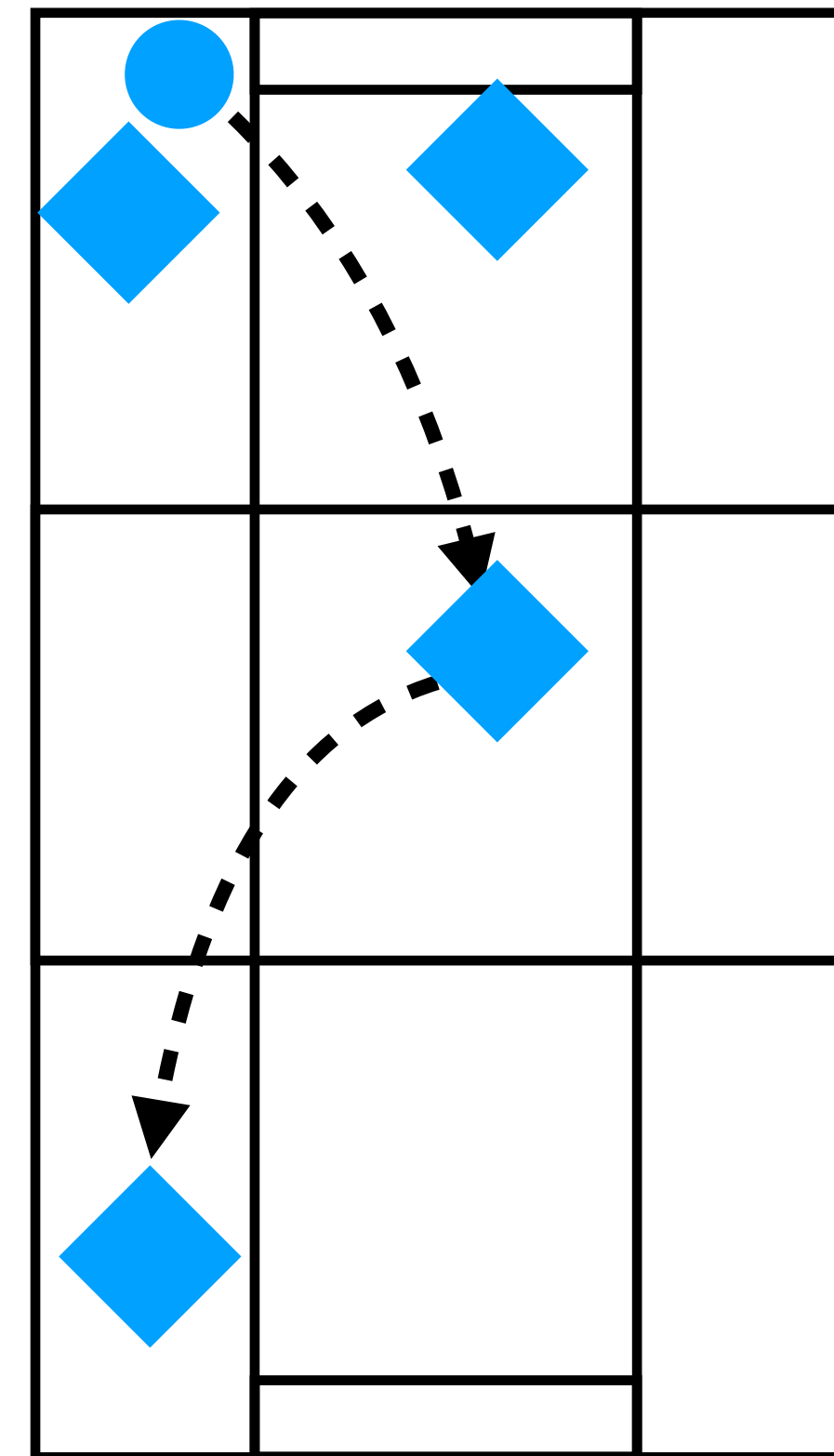
Corner Hold-Up

- Player puts ball near corner of the field, stops it there, and shields it
 - Good shielding involves facing the ball, putting the back to the opponent
 - Good lateral movement and physical strength is vital
 - Some stick handling may be necessary to keep the ball in play and away from opponents
- If opponent touches it, it will likely go out of bounds



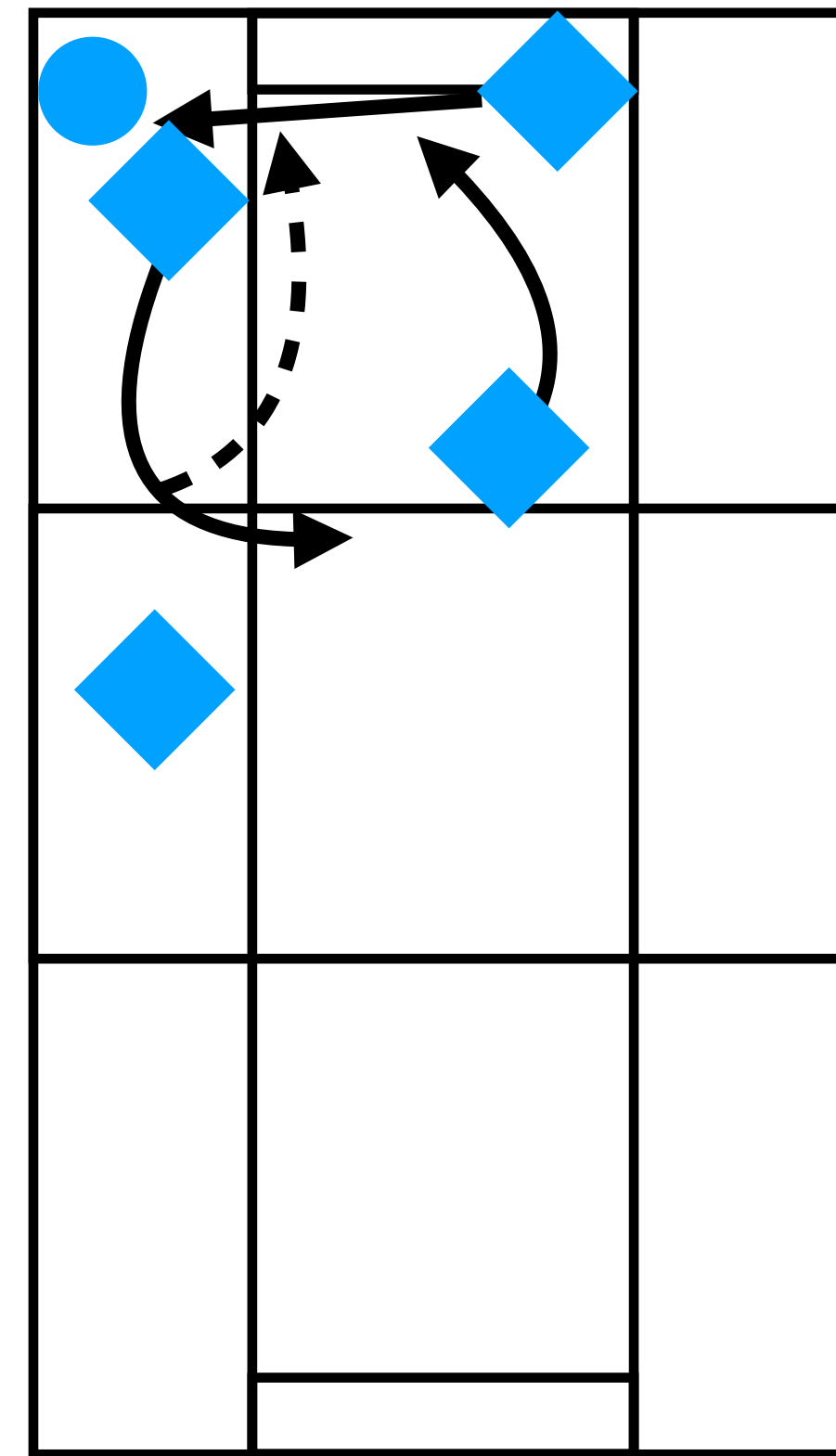
Ragging

- Players hold the ball as long as possible, then when pressured send backwards passes to relieve pressure
- Eventually, the ball gets passed back into the defensive zone. From here, the team has multiple options:
 - Work the ball back up the field (then either take a scoring chance or rag again)
 - Hold the ball up at the defensive corner
- Requires teamwork- every player needs to be ready to rag
- Requires opponent respecting the chance you may score. Passive play will be punished by aggressive defense, but if the defense respects that you may score, that opens up space to rag the ball



Extended Cycling

- Team gets into offensive position, then continuously cycles the ball
- The defense has to respect the chance that you may attack and try to score (and you still can), forcing them to play a proper defensive structure
- If the team is under too much pressure, can drop the ball back and rag



Set Play Concepts

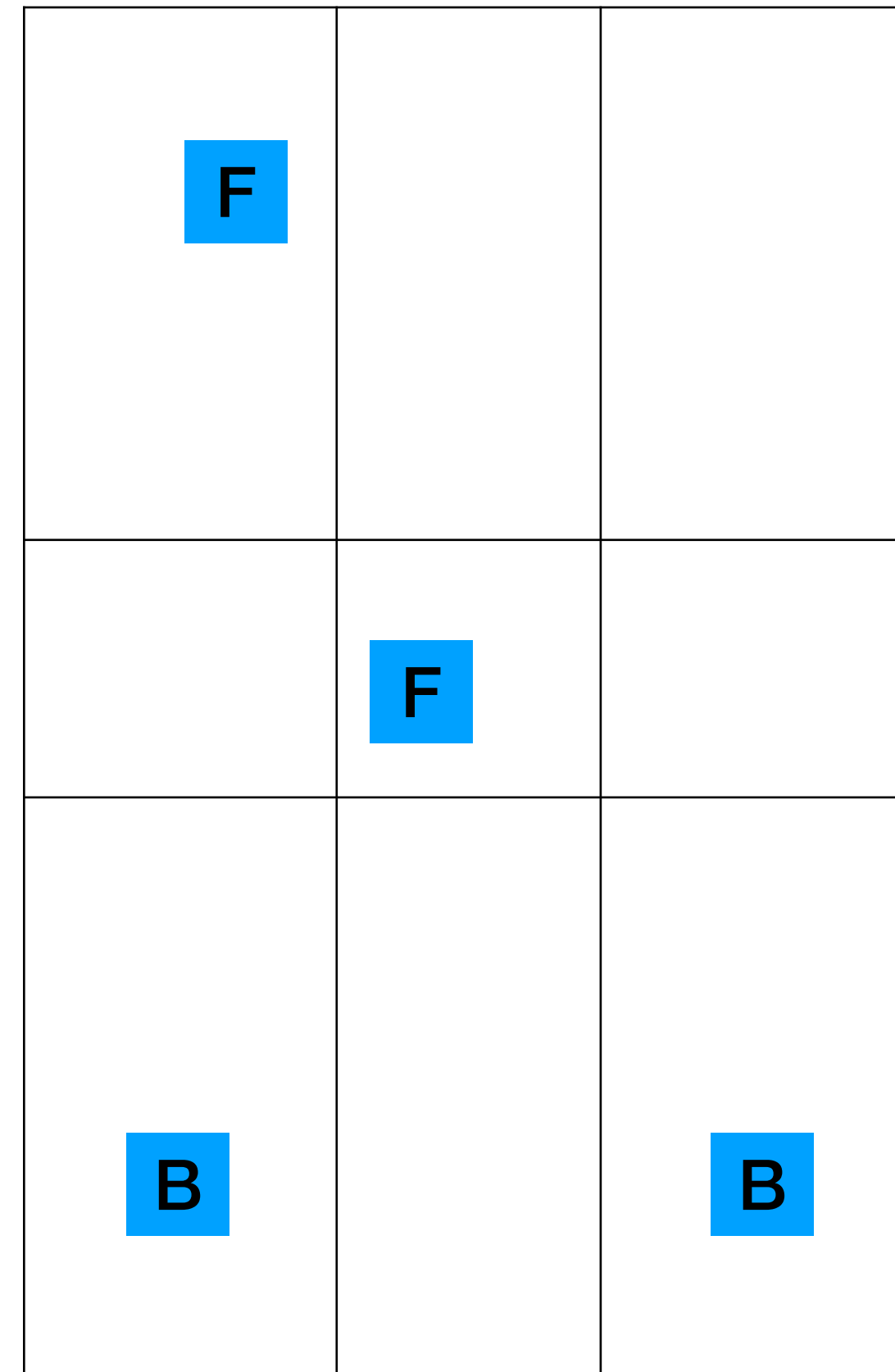
- Light colored lines refer to “options” - plays that a player may choose to make
- Solid colored lines refer to “routes” - movements that players must make in order to complete the play

Set Breakout Plays

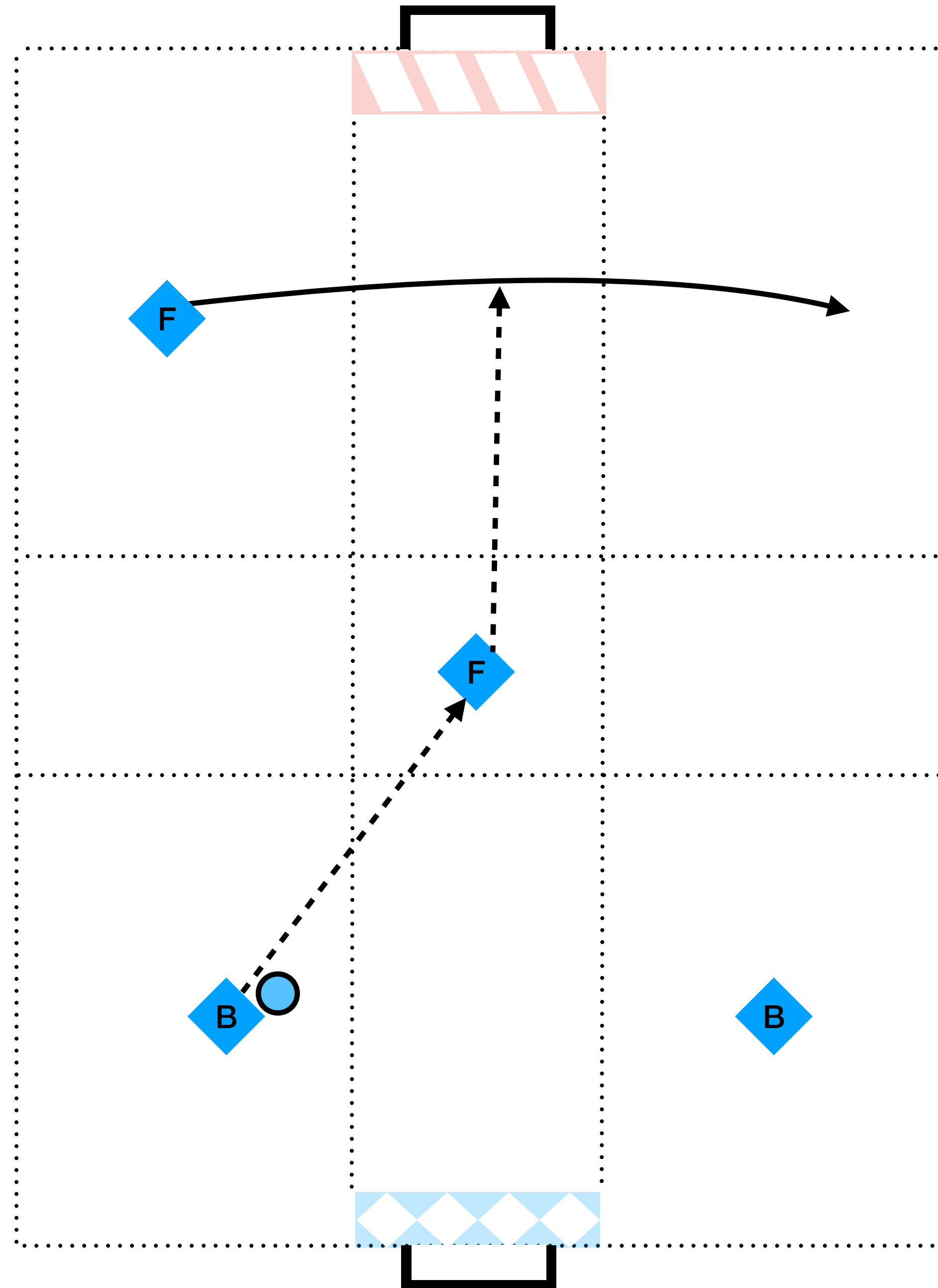
- A good time to run plays is immediately after a defensive face-off win or after a penalty shot stop. Generally, the longer the play goes on, the more difficult it is to execute a set play
- Effective set breakout play can threaten both the long shot and the quick counterattack, nullifying any forechecking opportunity
- Have a shorthand to call plays- code words, hand signals, signs, or a pre-planned script
- For subsequent plays after the set play, revert to traditional breakout principles (like a lateral spread) instead of strict assignments
- This section will show example plays for each of the common formations

Wishbone

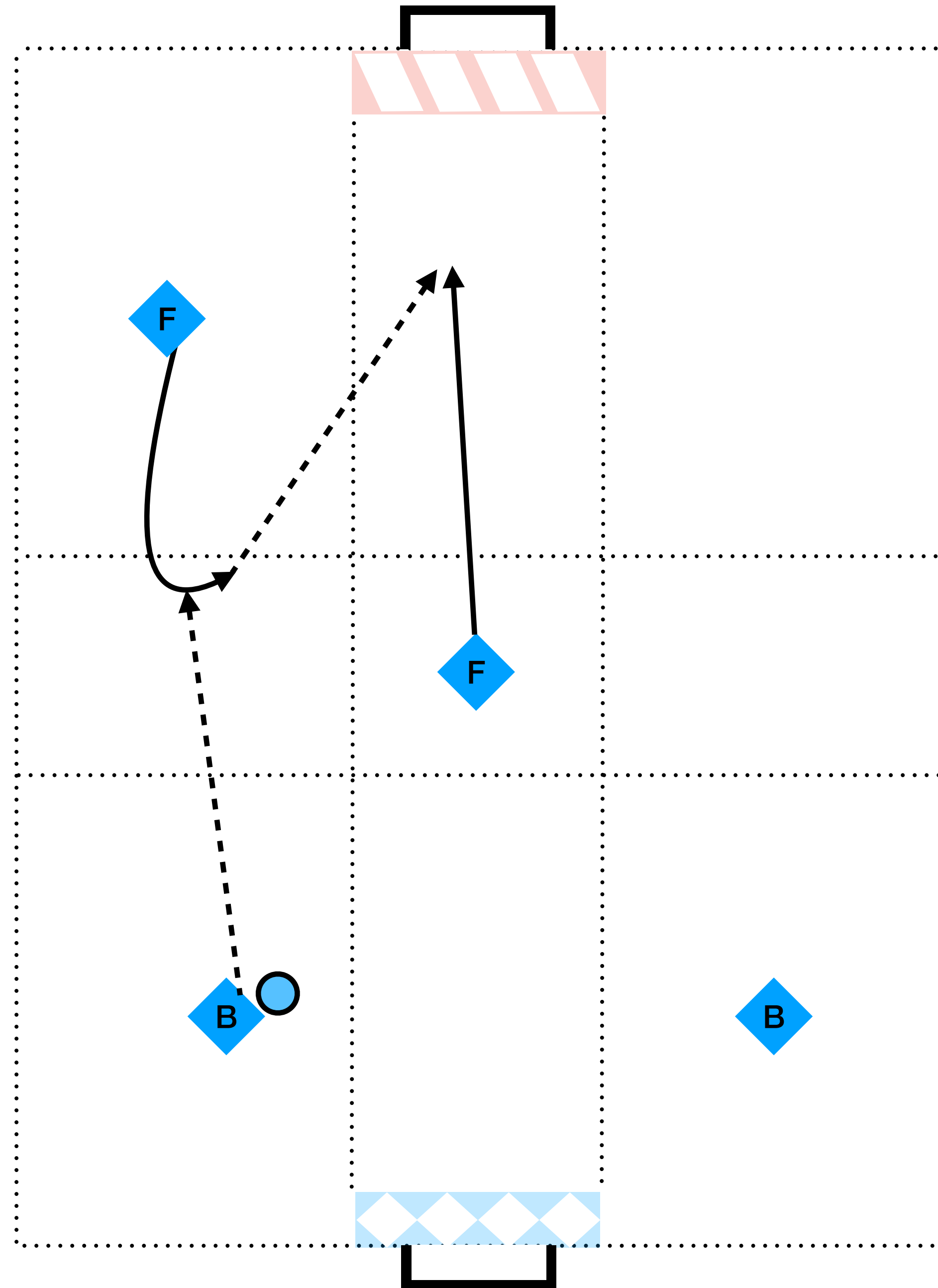
- One forward fills the middle square and the backs spread to the corners, other forward lurks offside
- Backs try to spread the field, but may need to come short to offer pass options
- Classic long-ball setup that forces defense to respect long shot and quick counterattack
- This setup is immediately ready to attack, defend, forecheck, or retain the ball, making it ideal for a very fast back-and-forth type of play



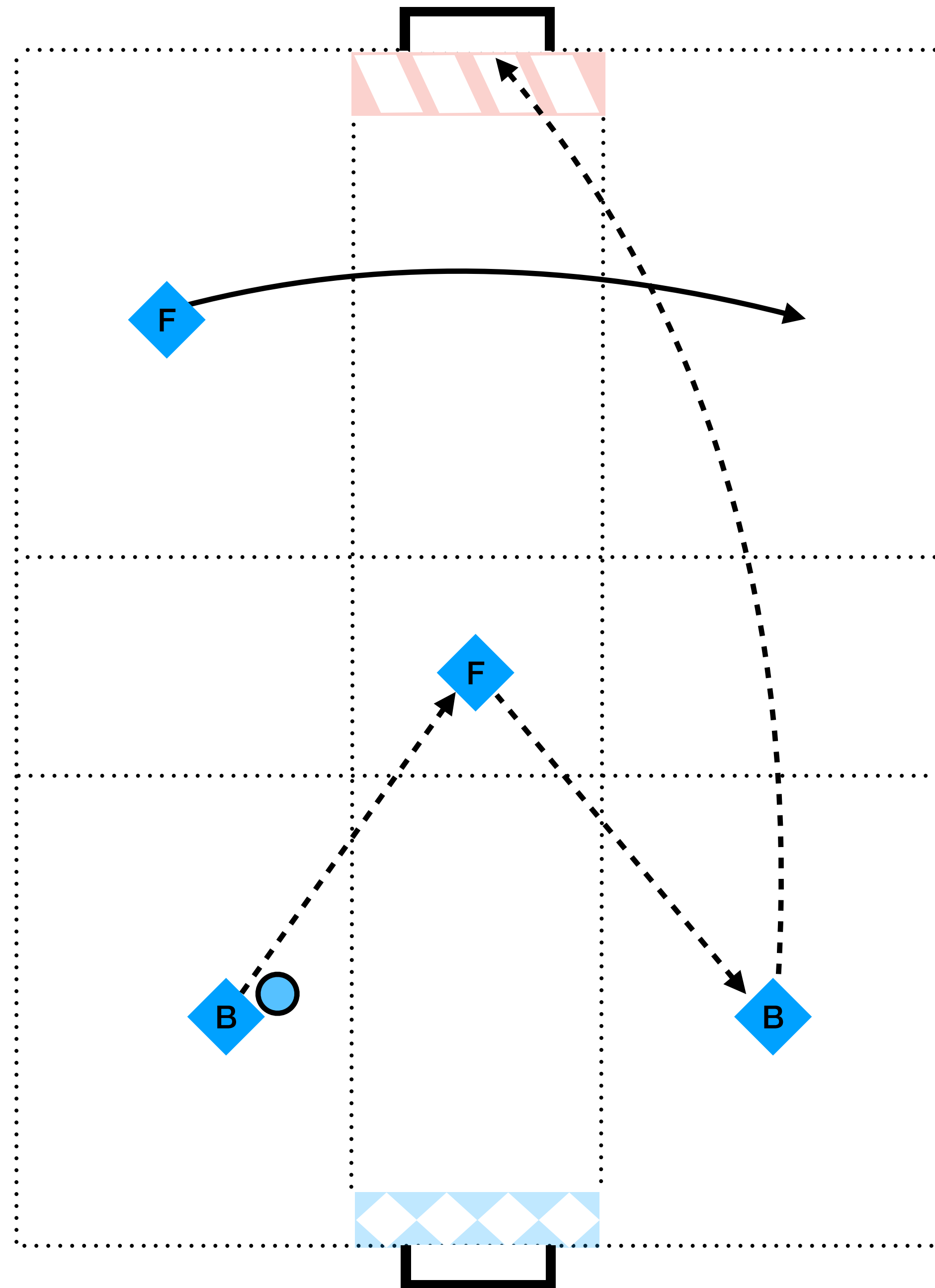
Square and Up



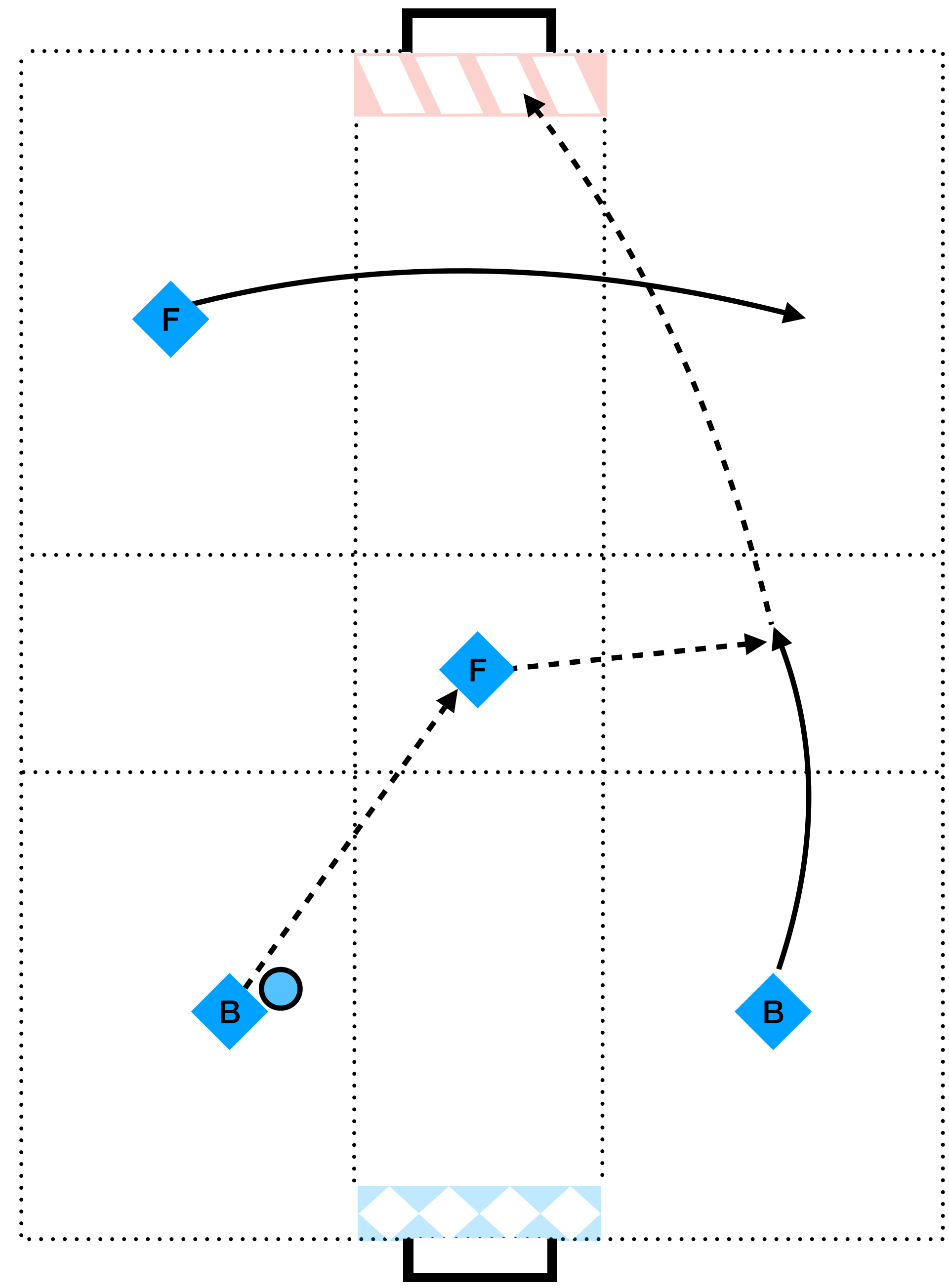
Hook and Up



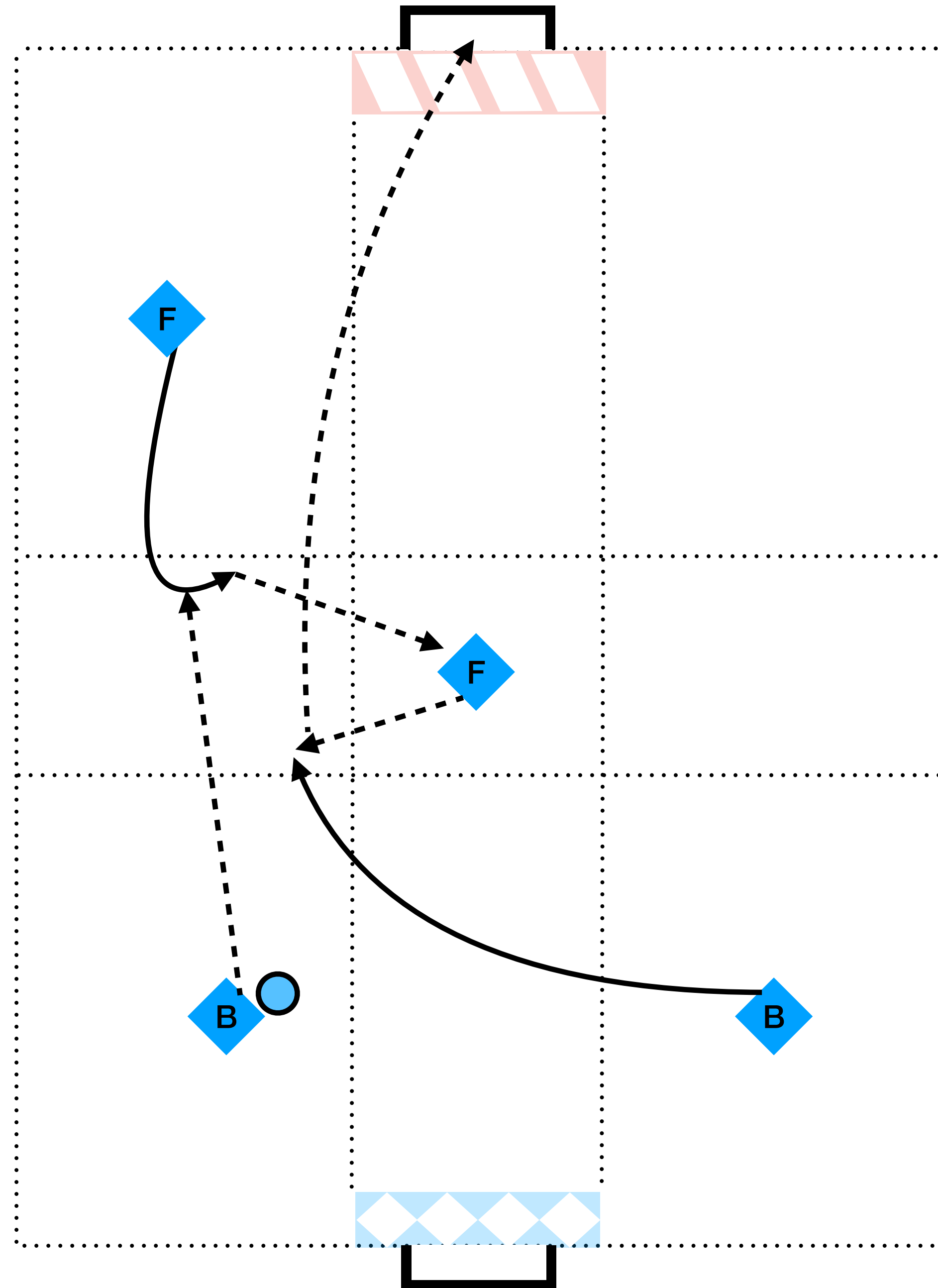
Wall Pass



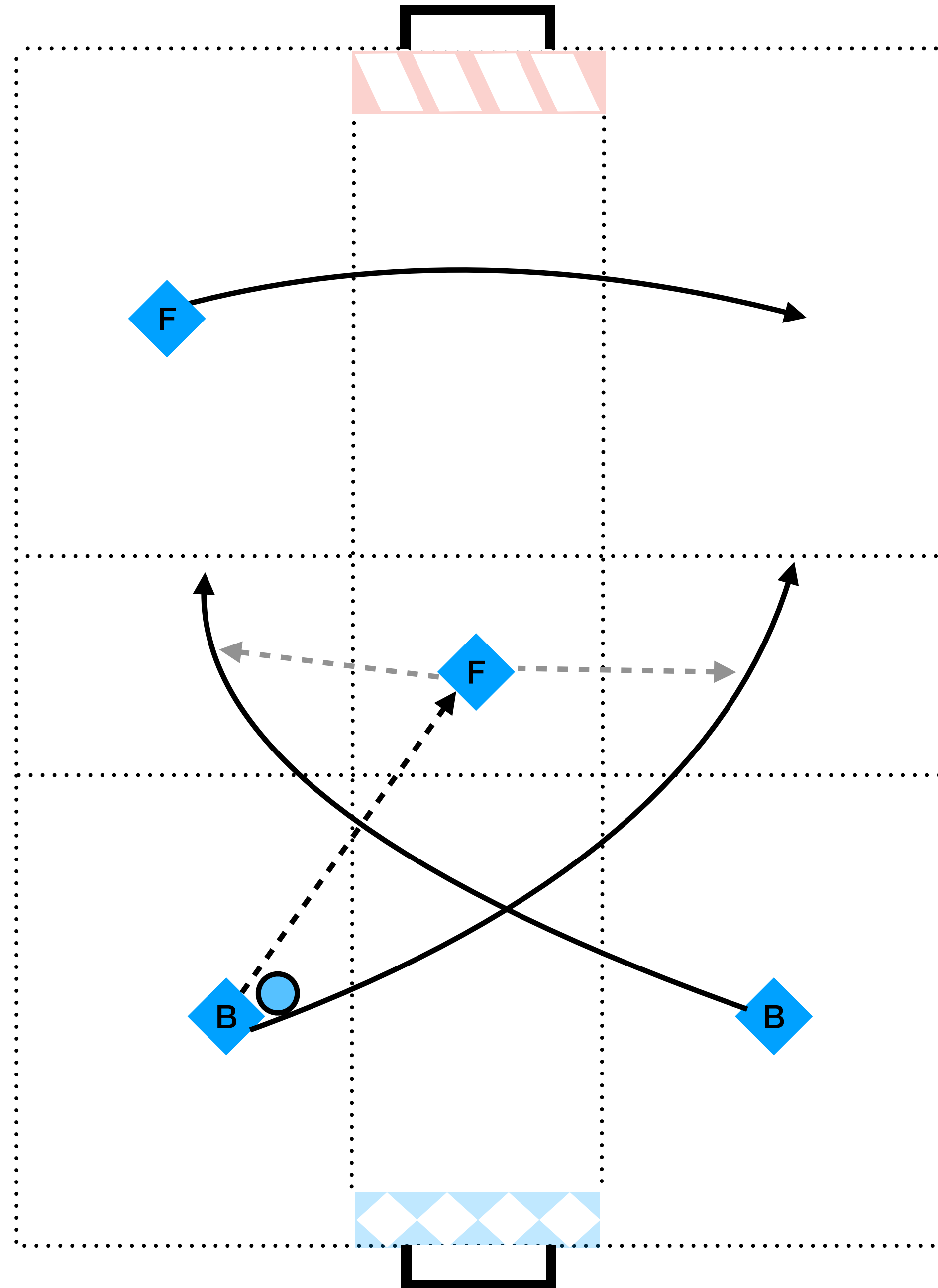
Overlap



Hook and Drop

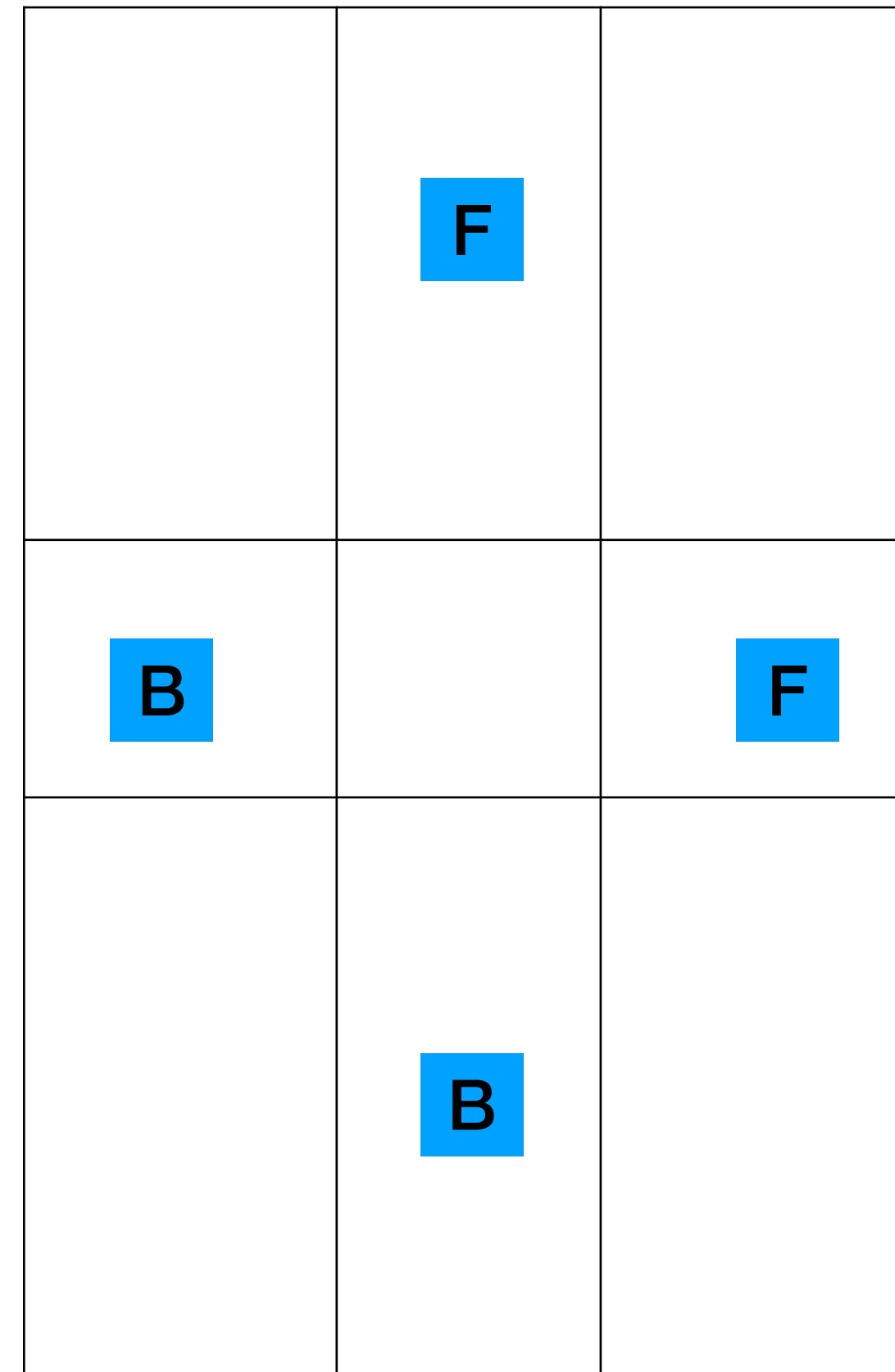


Backs Cross

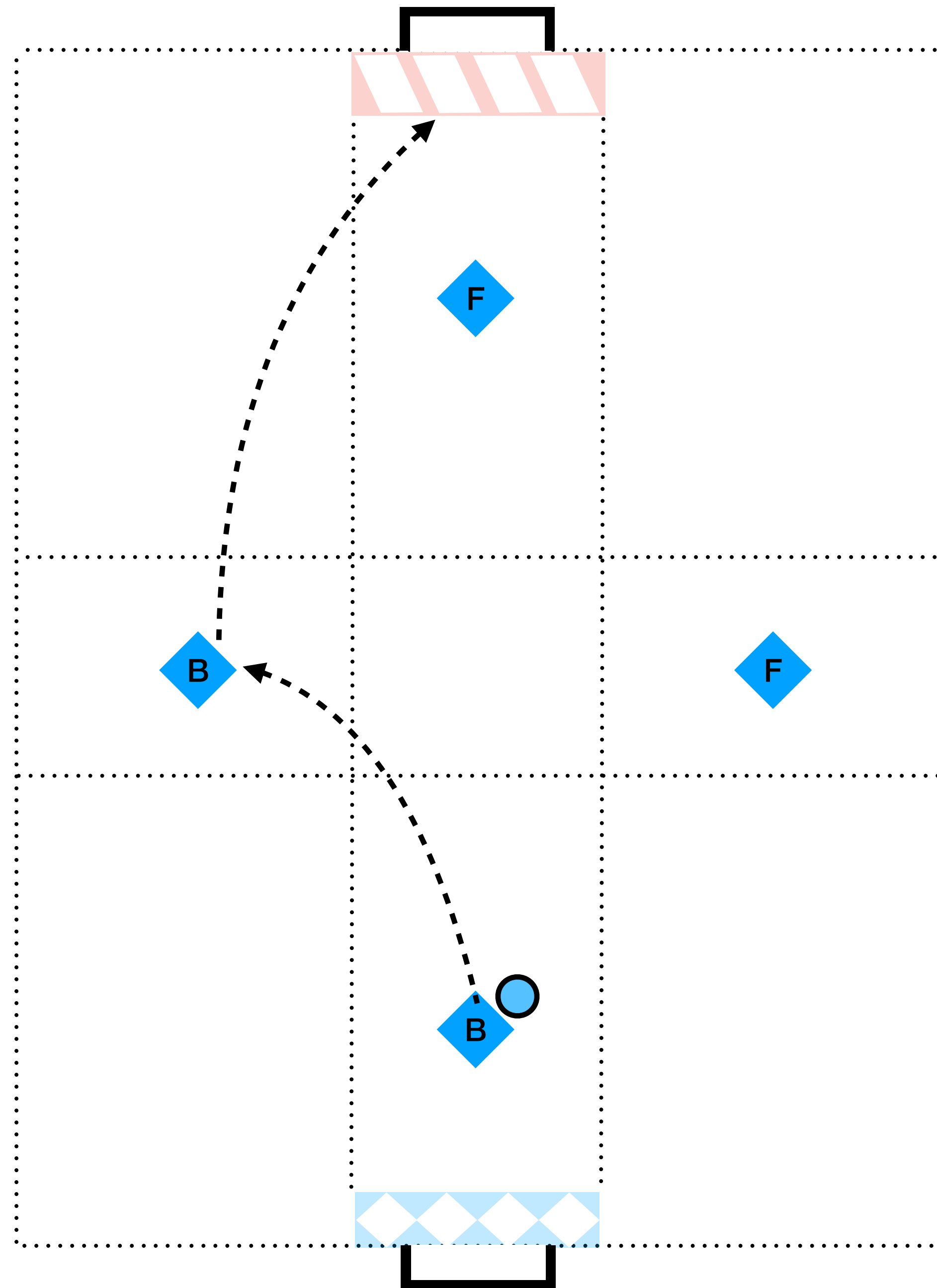


Diamond

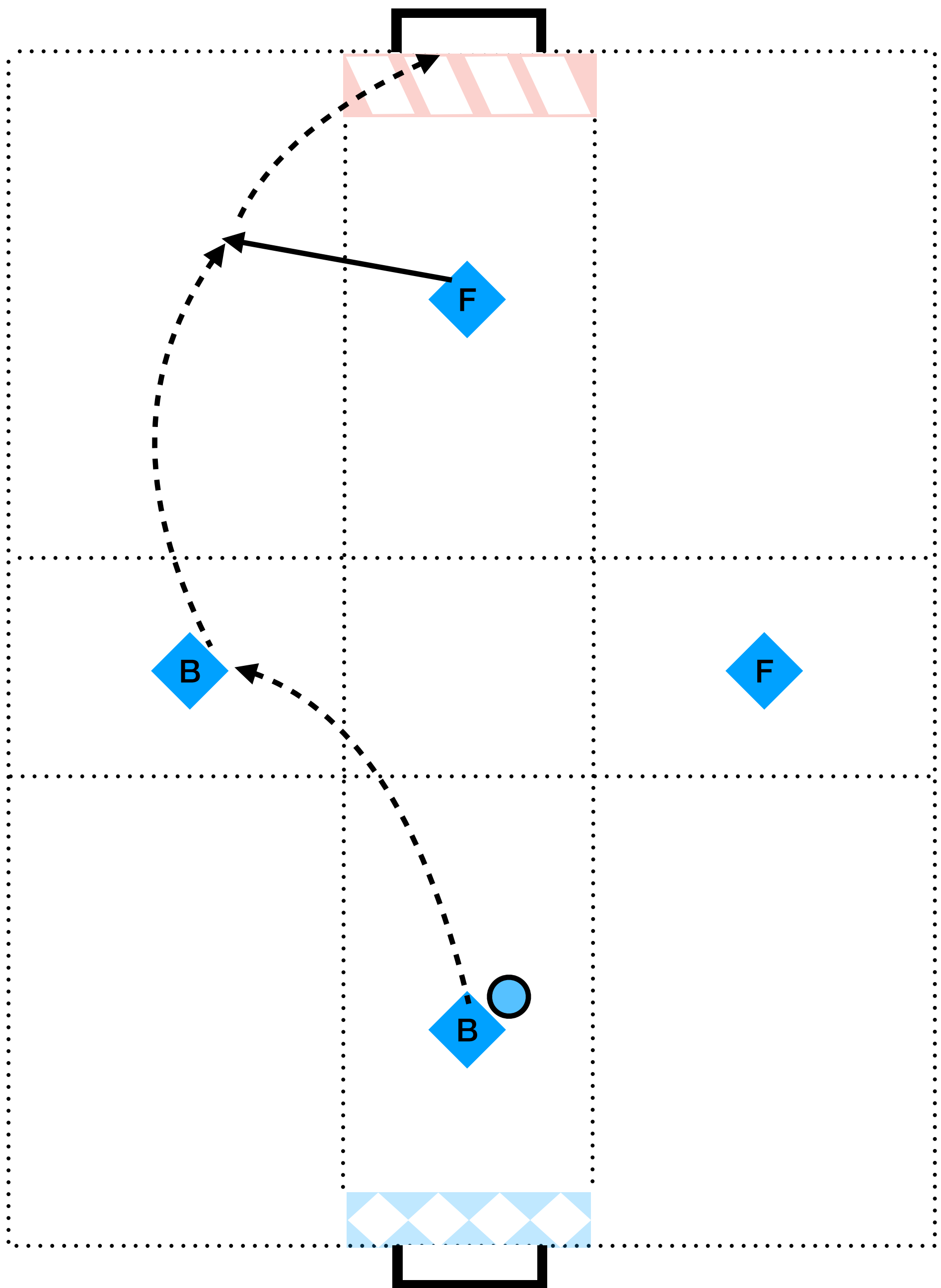
- One forward stays offside
- One forward and one back split out wide on the wings
- Spread out formation gives multiple passing avenues but relies on ball handling back to make long passes pressure
- Offers variety of option-heavy plays, ideal for players who can make decisions and passes under pressure
- Two players in the neutral zone is decent for a dump and chase, but lurking forward needs to be careful not to be caught with a two line pass



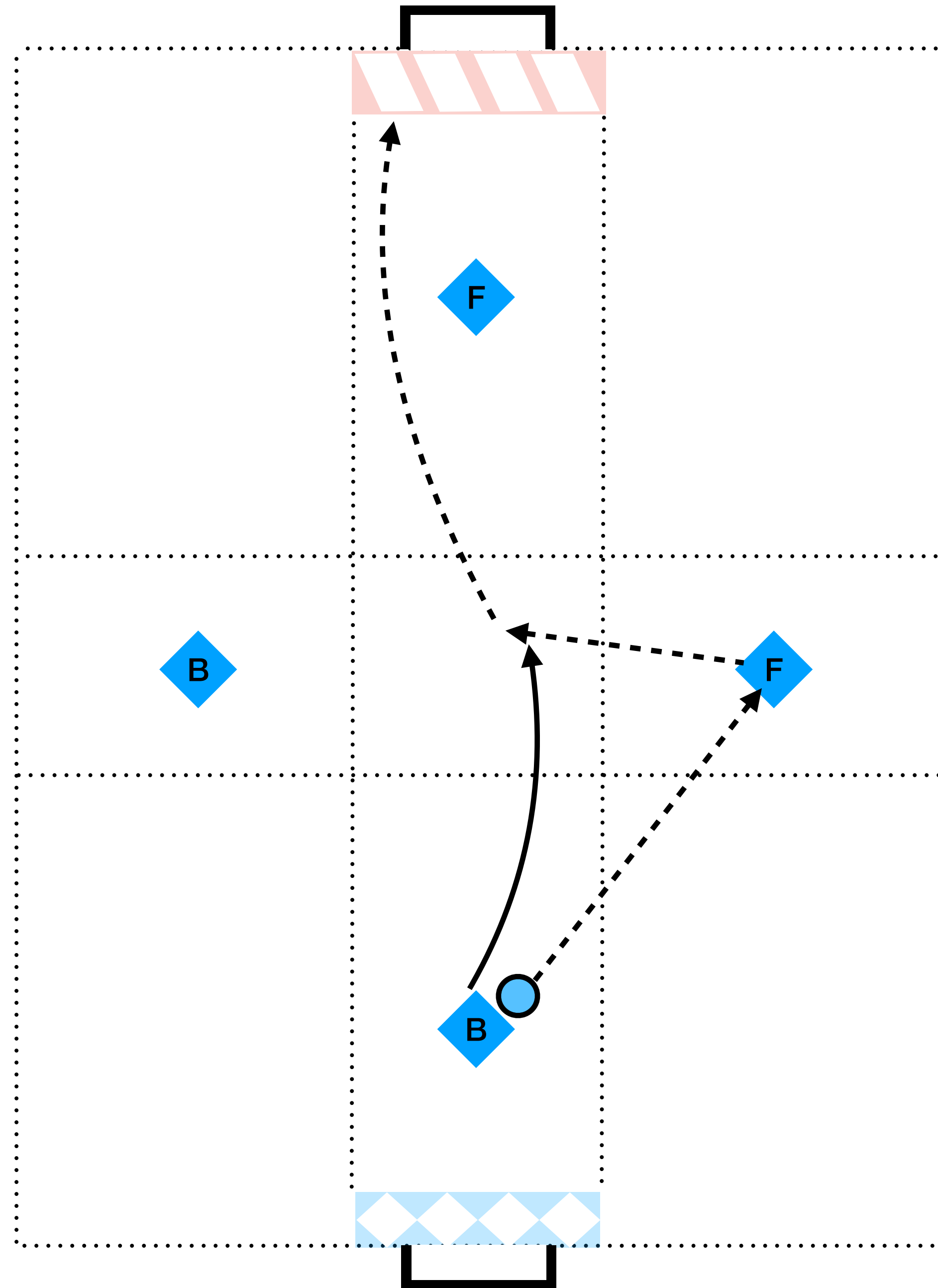
Wing Boot



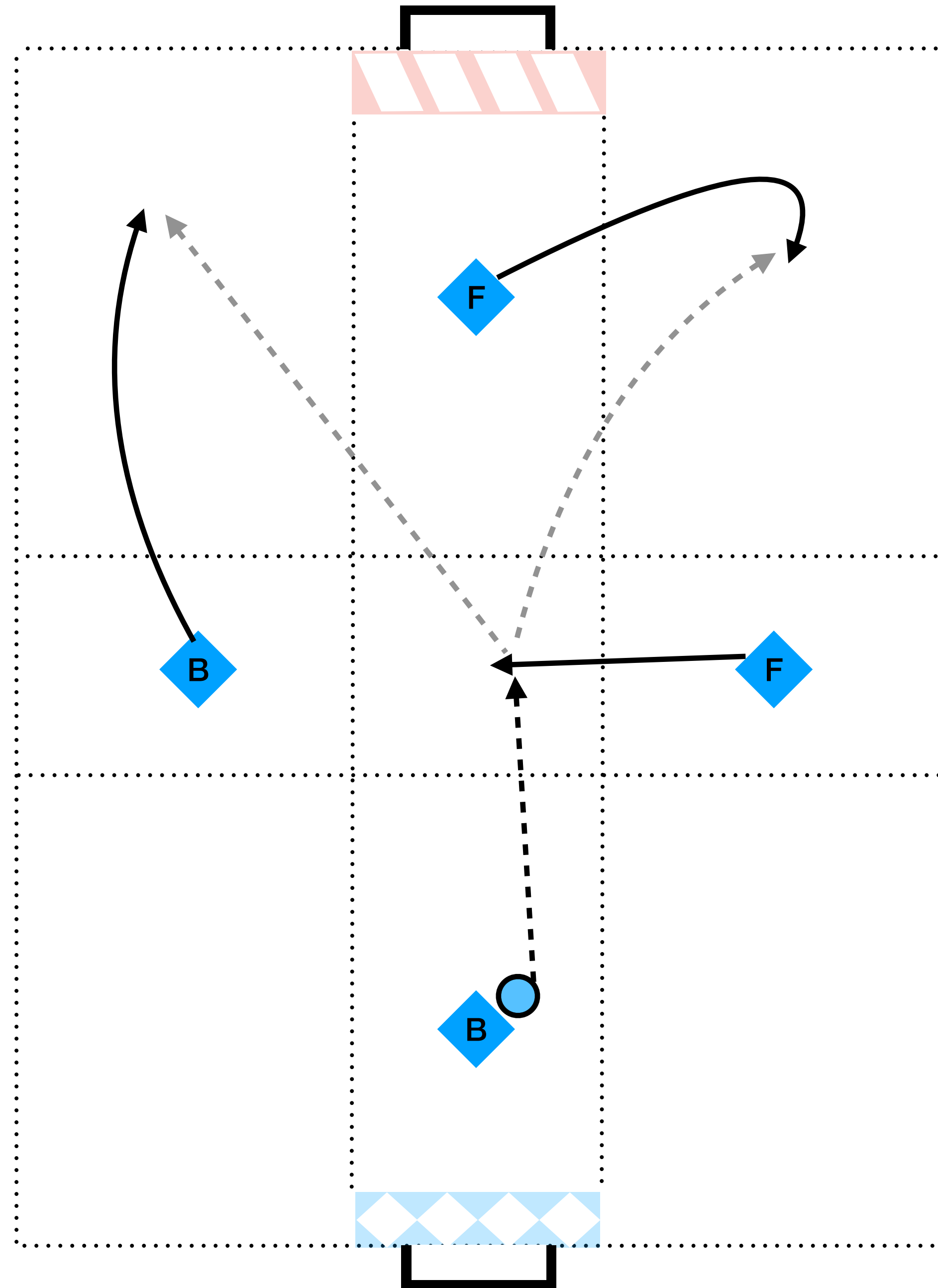
Wing and Up



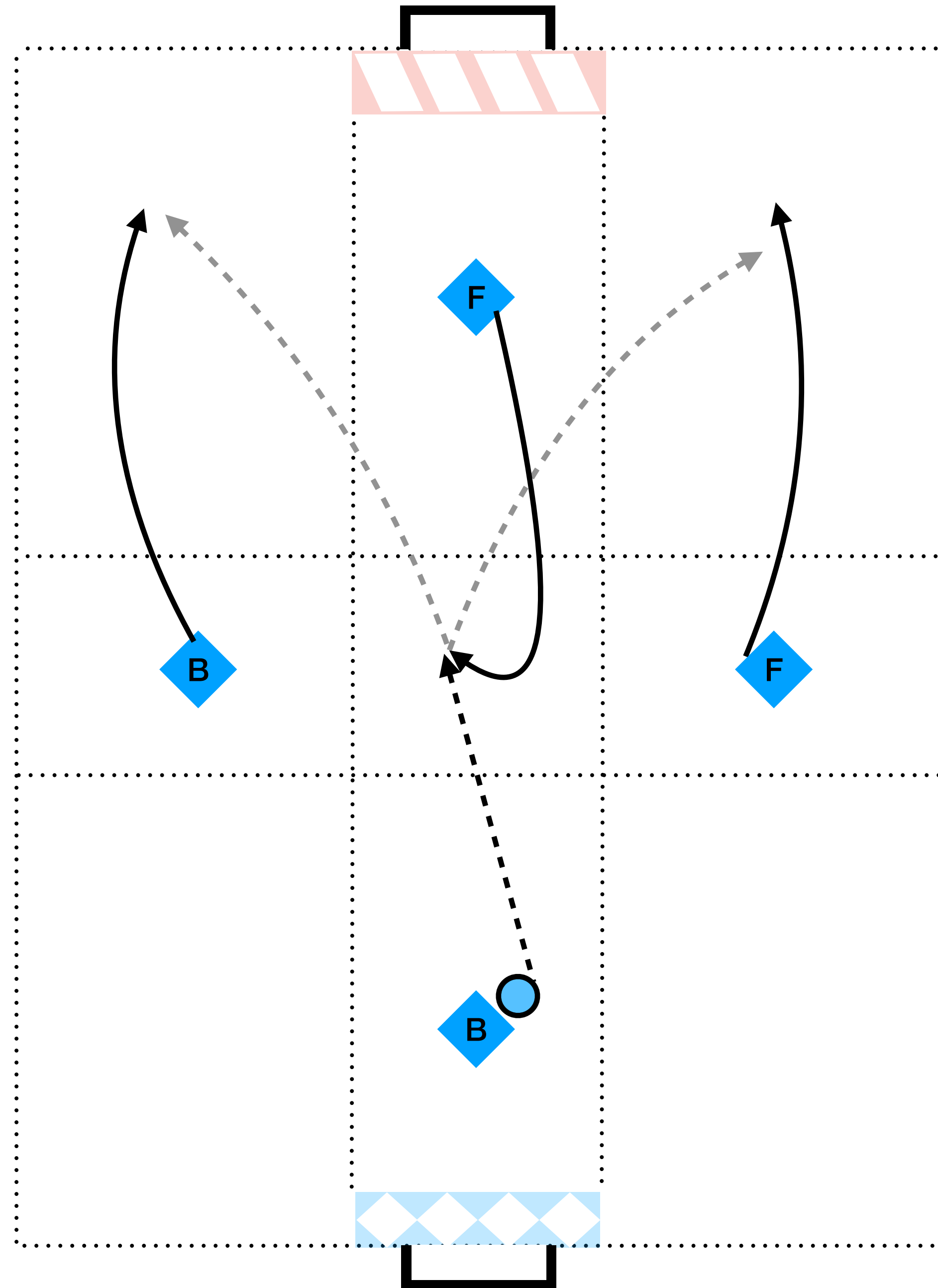
Underlap



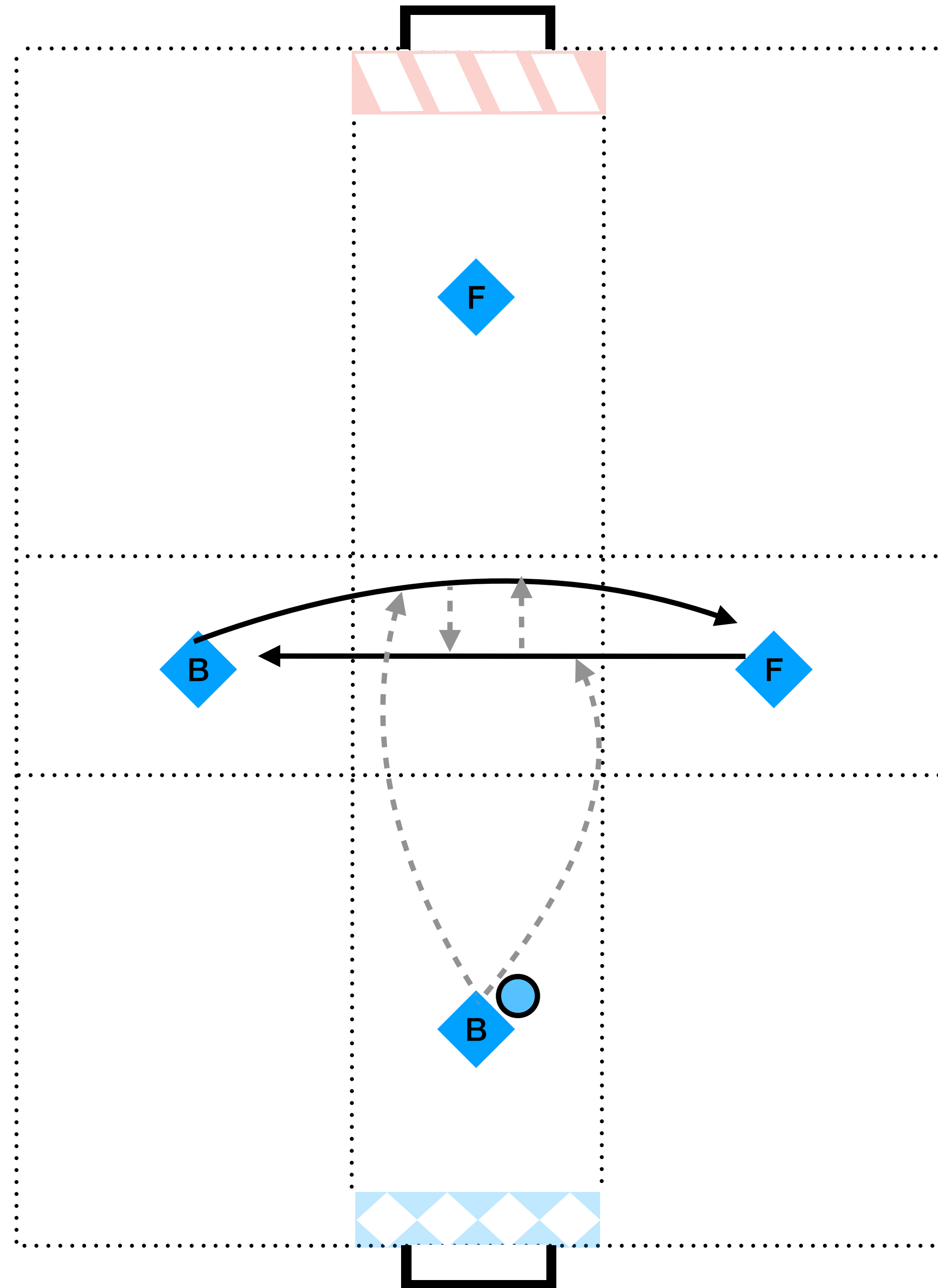
Bisgara



Volpiana

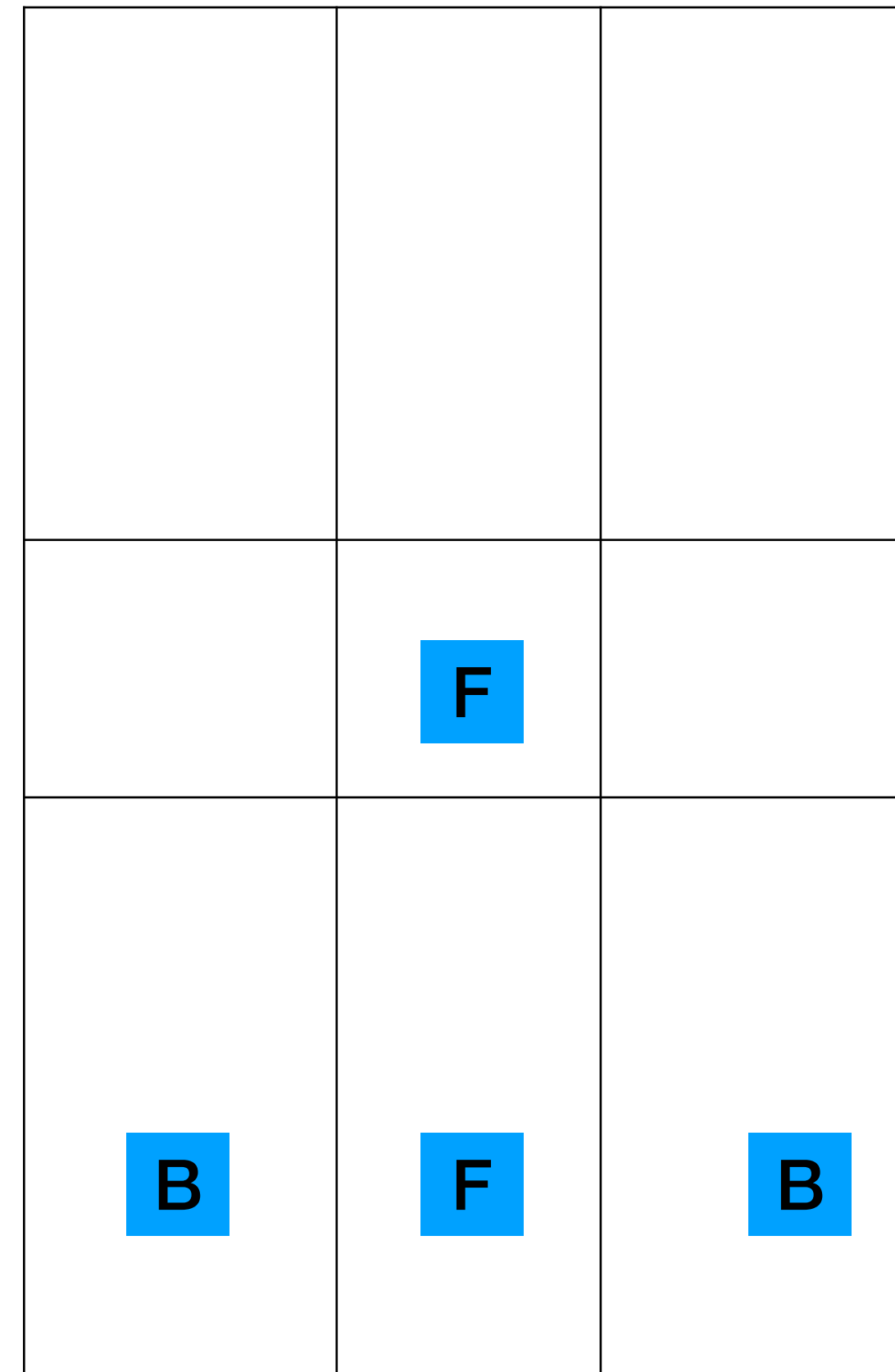


Mesh

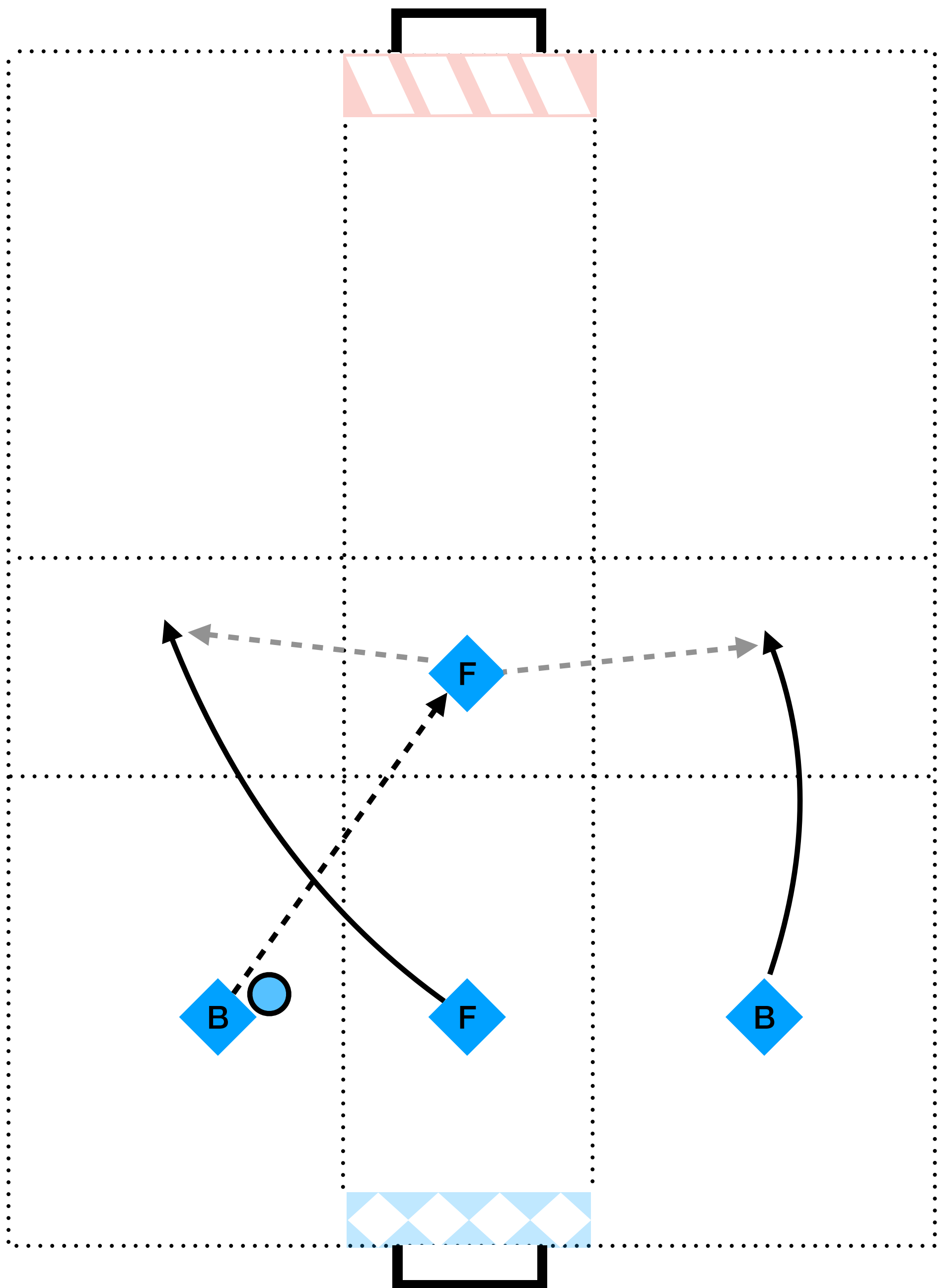


T-Bone

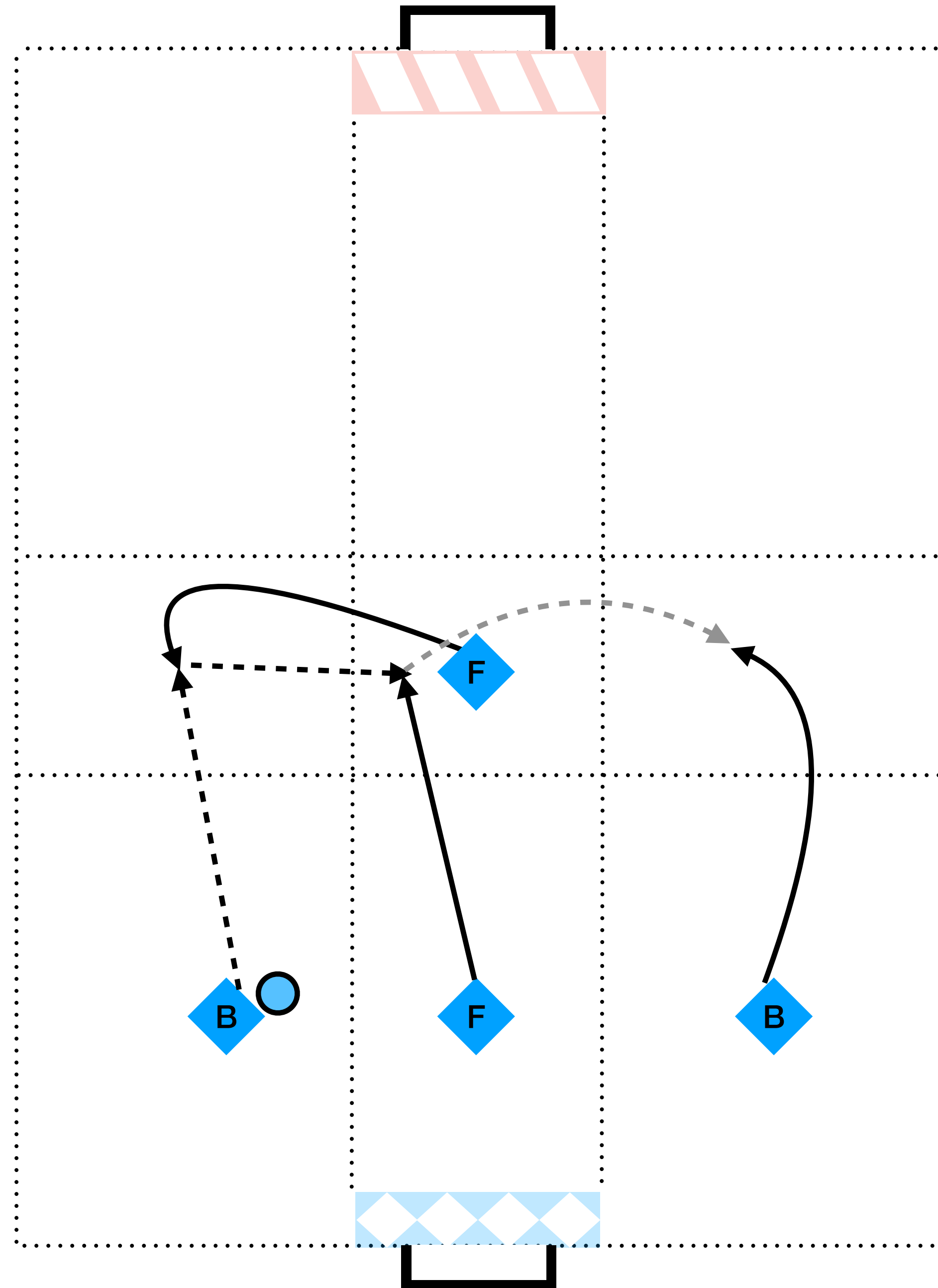
- One forward fills center square, the other drops back
- Similar actions to the wishbone, but trades transition speed for more solidity
- Can perform several plays out of the same actions- can be difficult for defenders to read



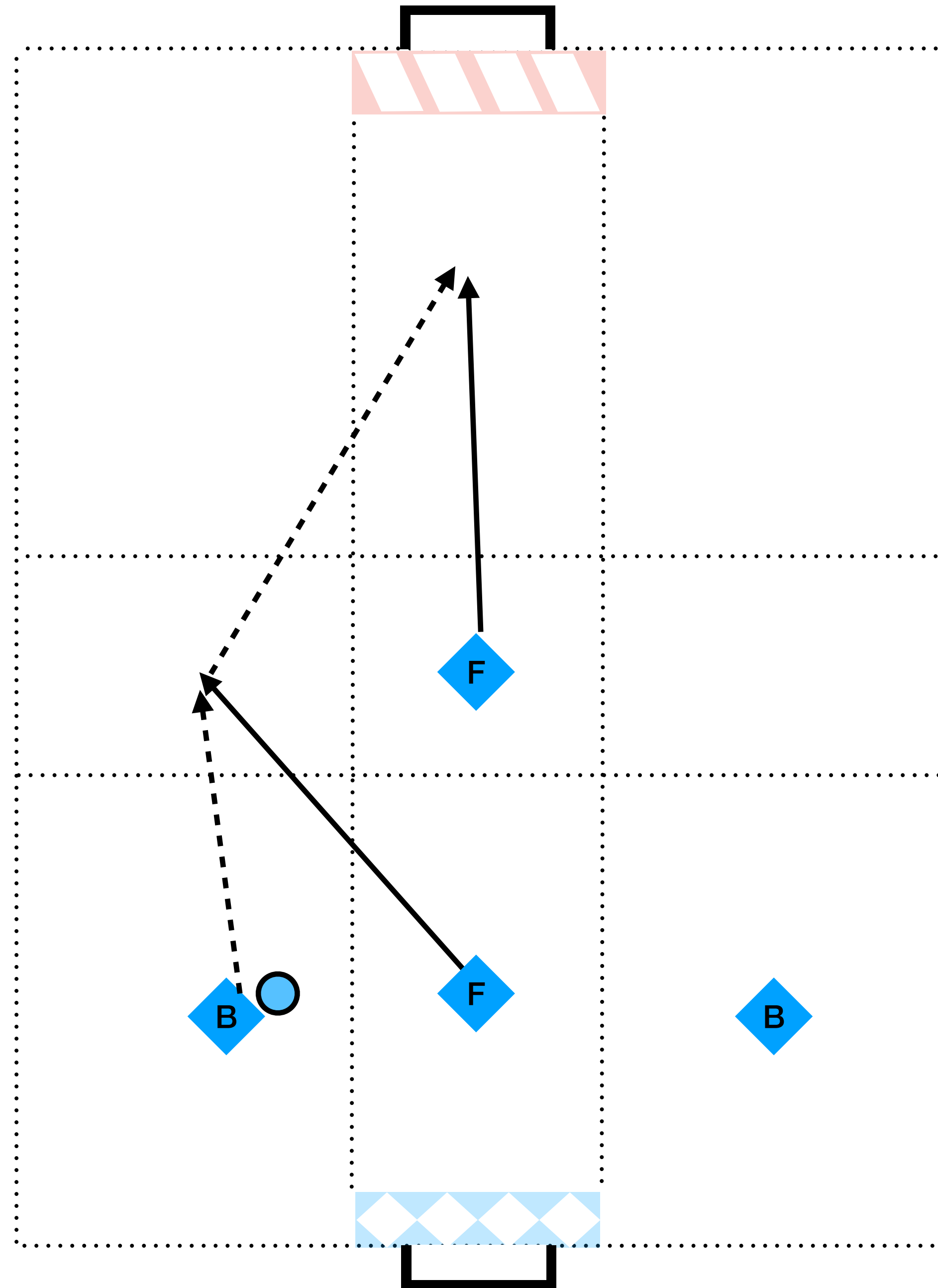
Split Overlap



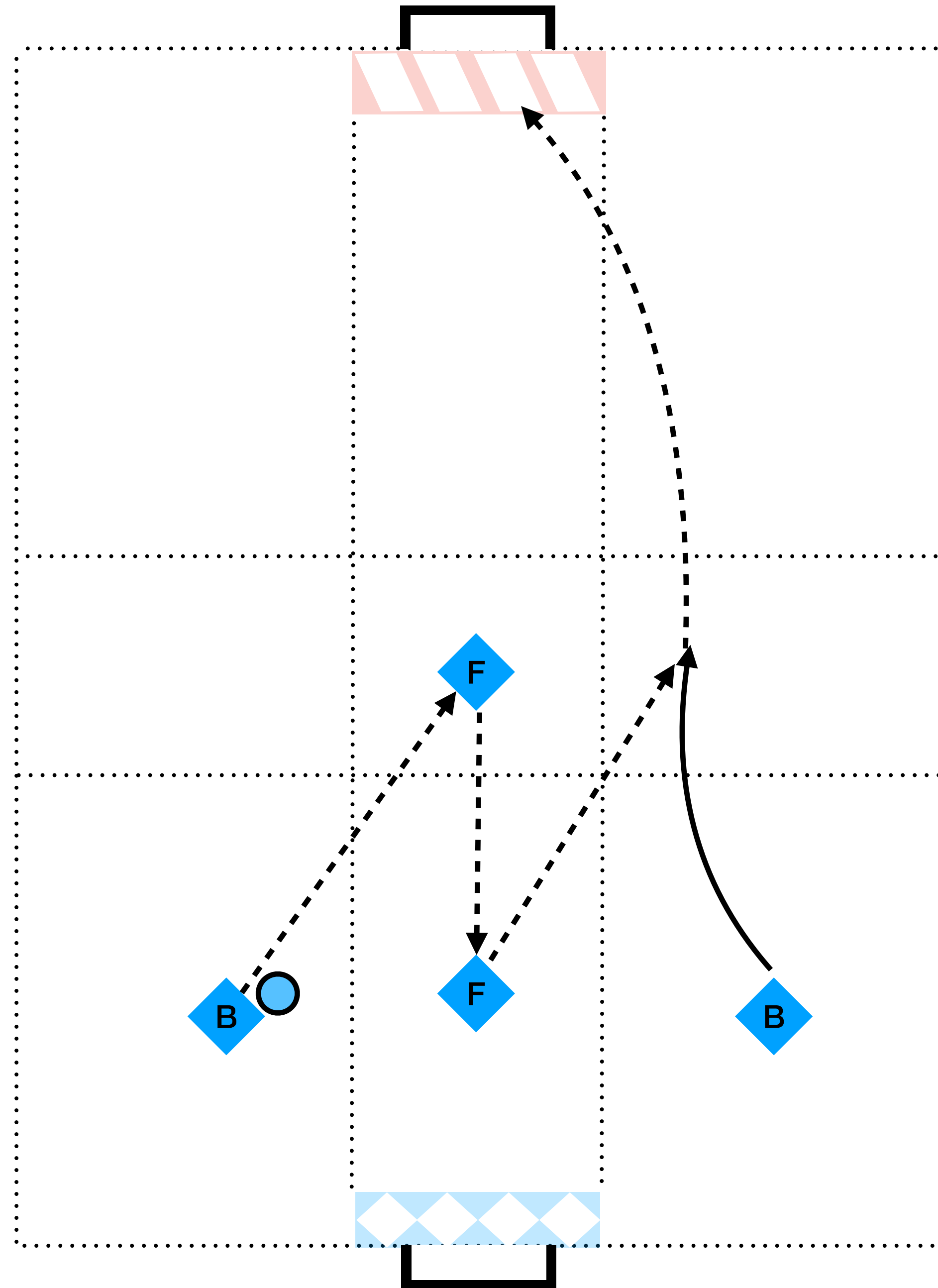
Double Overlap



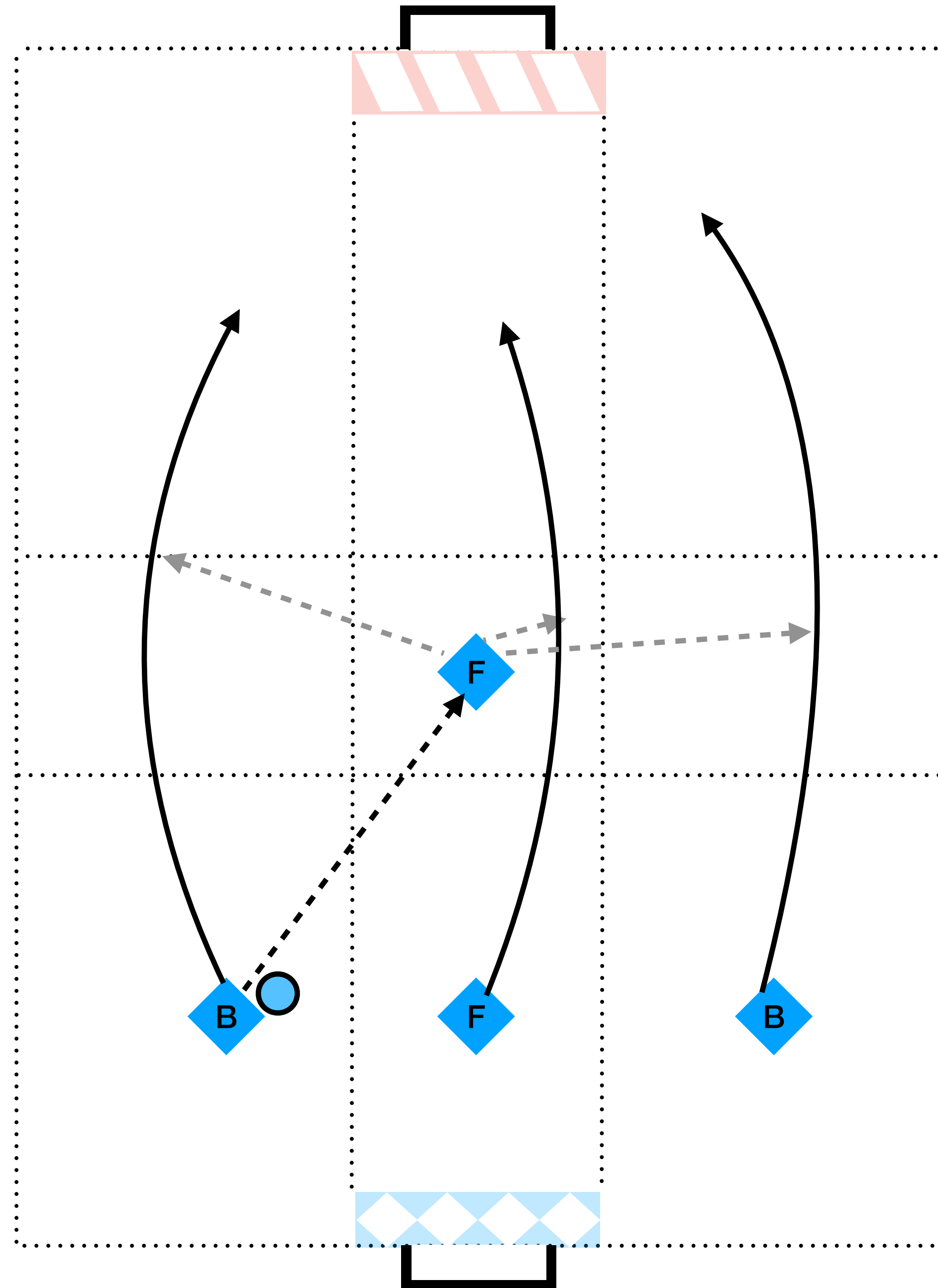
Wing and Up



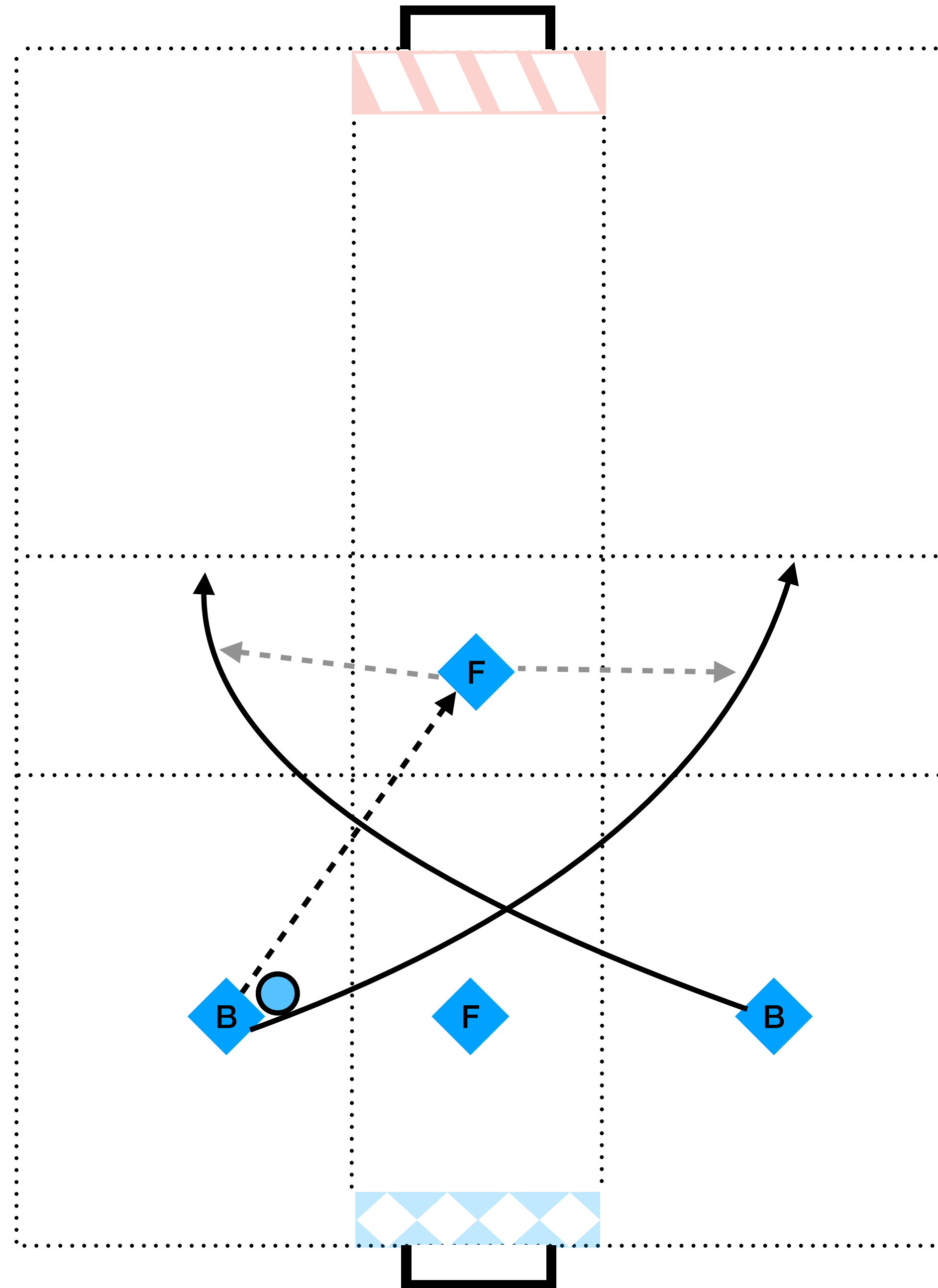
Double Wall Pass



Three Verticals

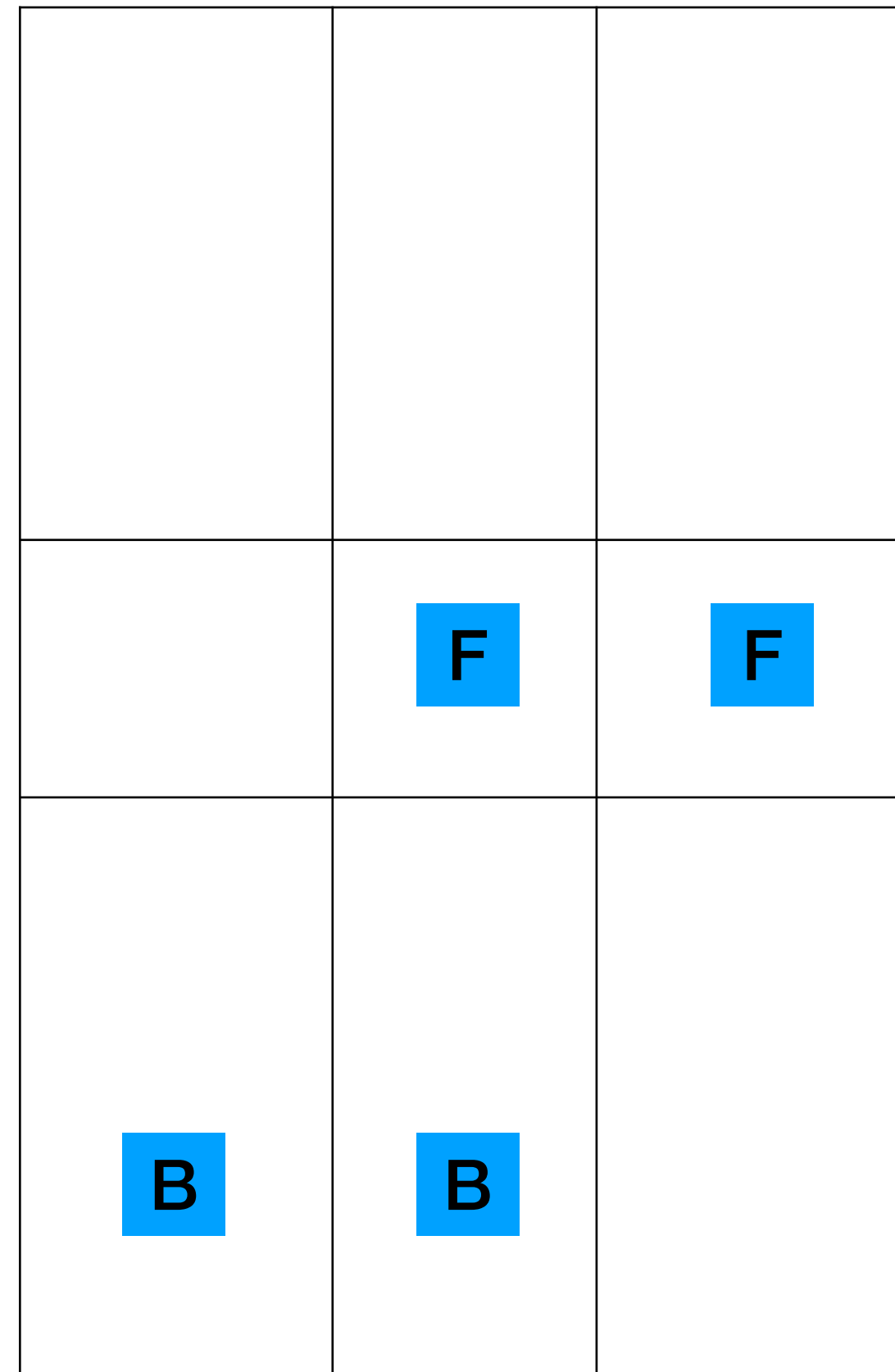


Backs Cross

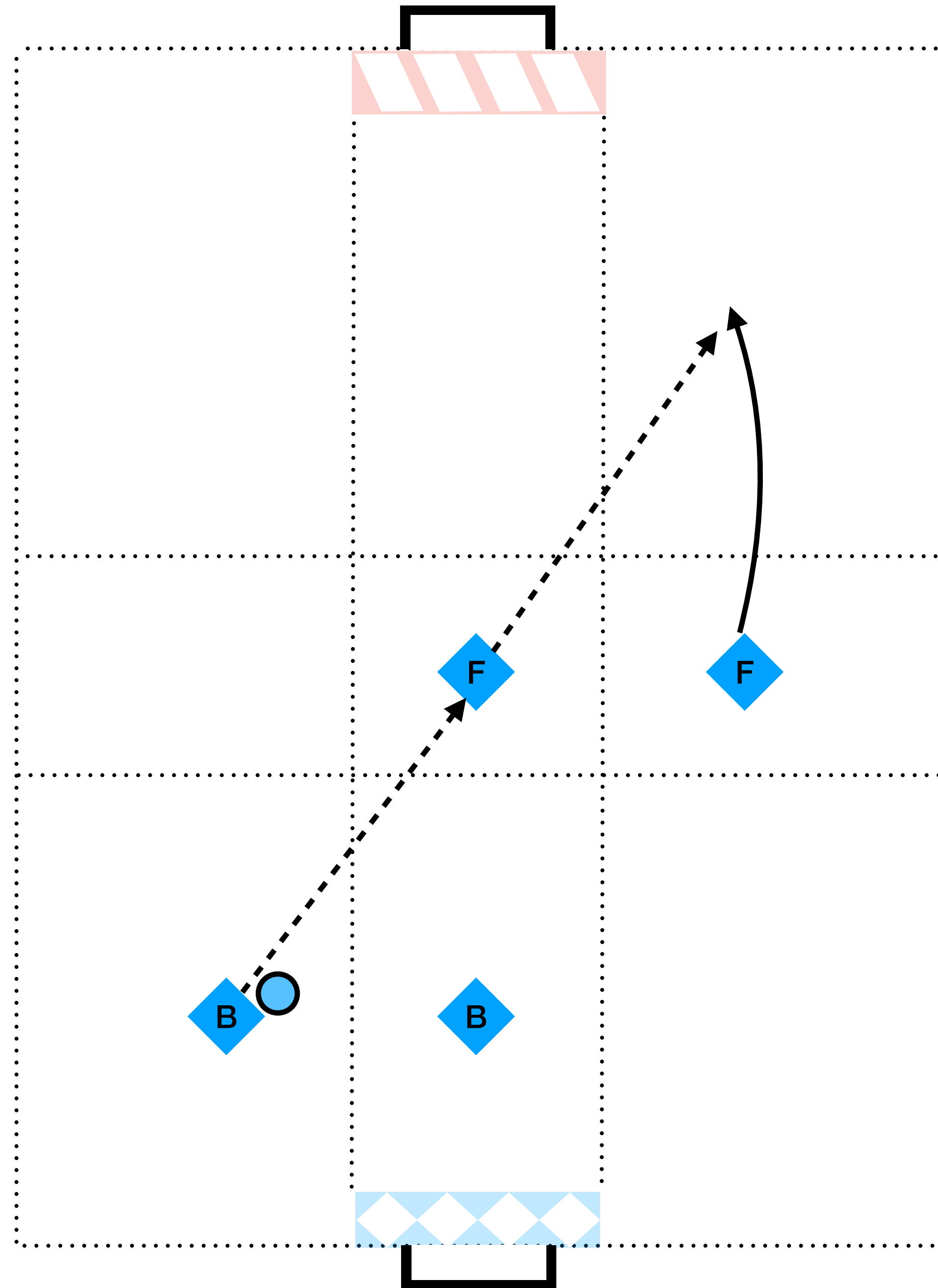


Zig-Zag

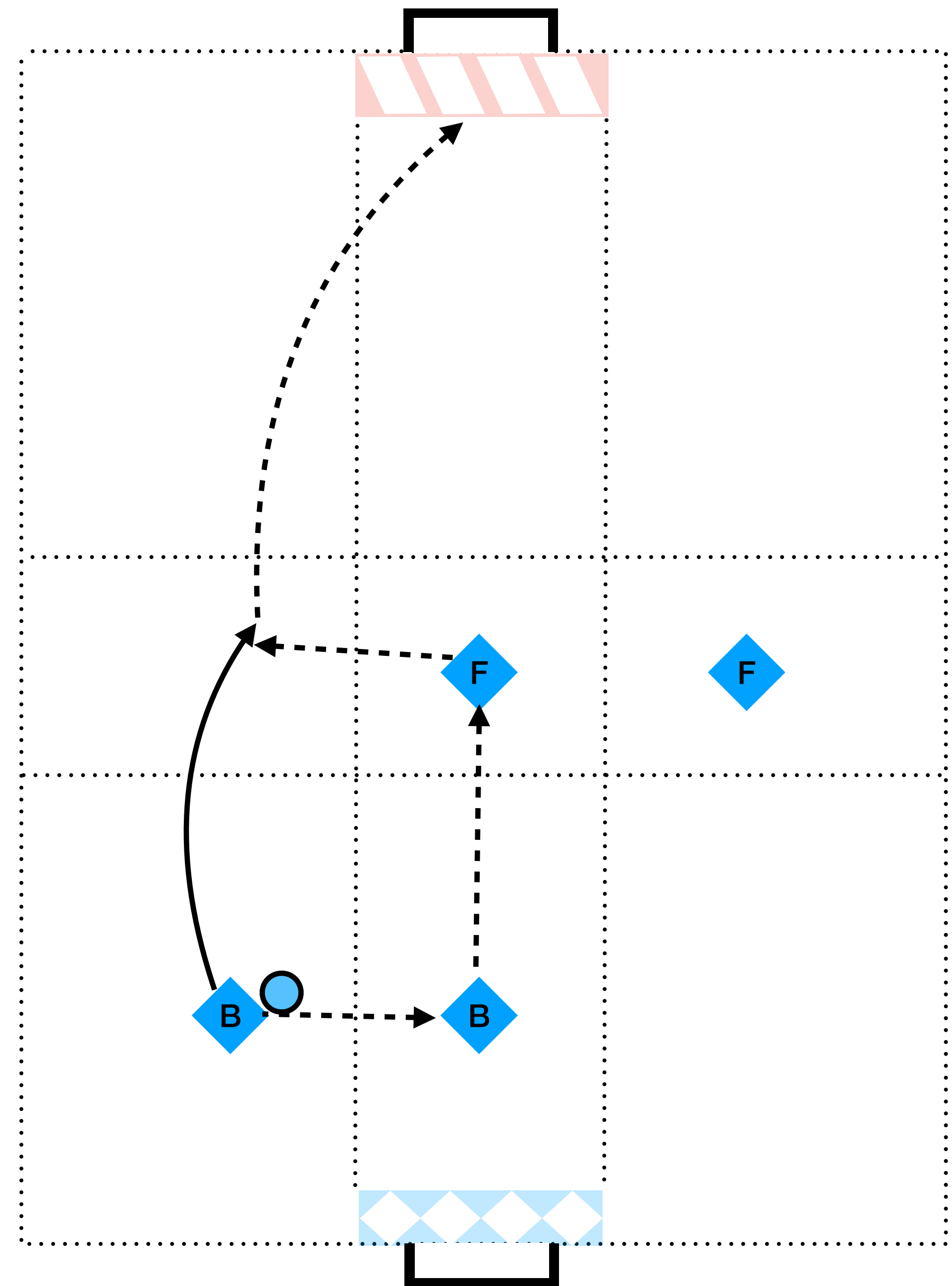
- Both forwards stay in the neutral zone, offset from the backs
- Deliberately leaves wide space to run onto
- Opportunities for multiple pass plays and to have either forward act as the pivot or run in behind
- Excellent position for a dump and chase if the play goes poorly



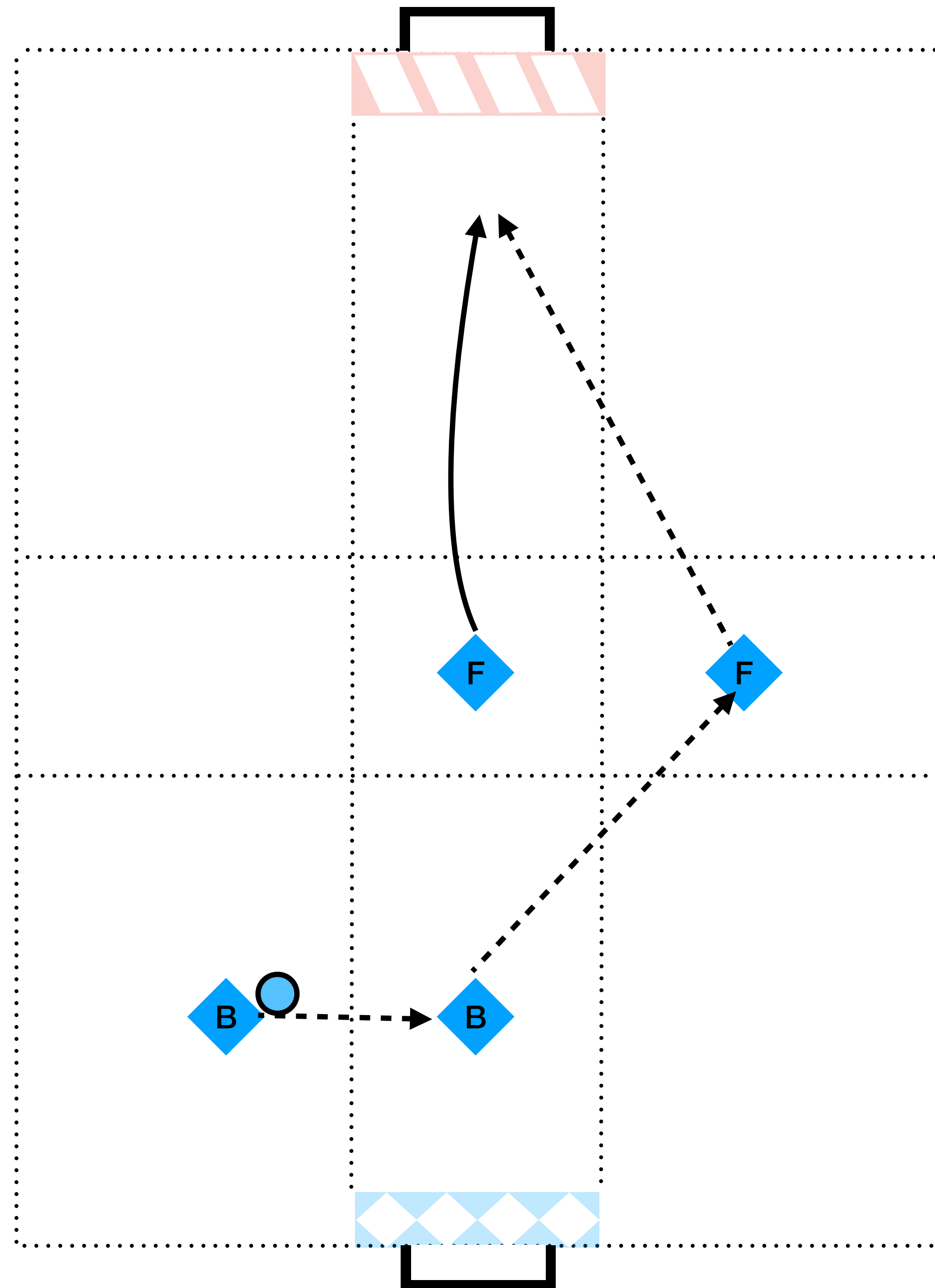
Square and Up



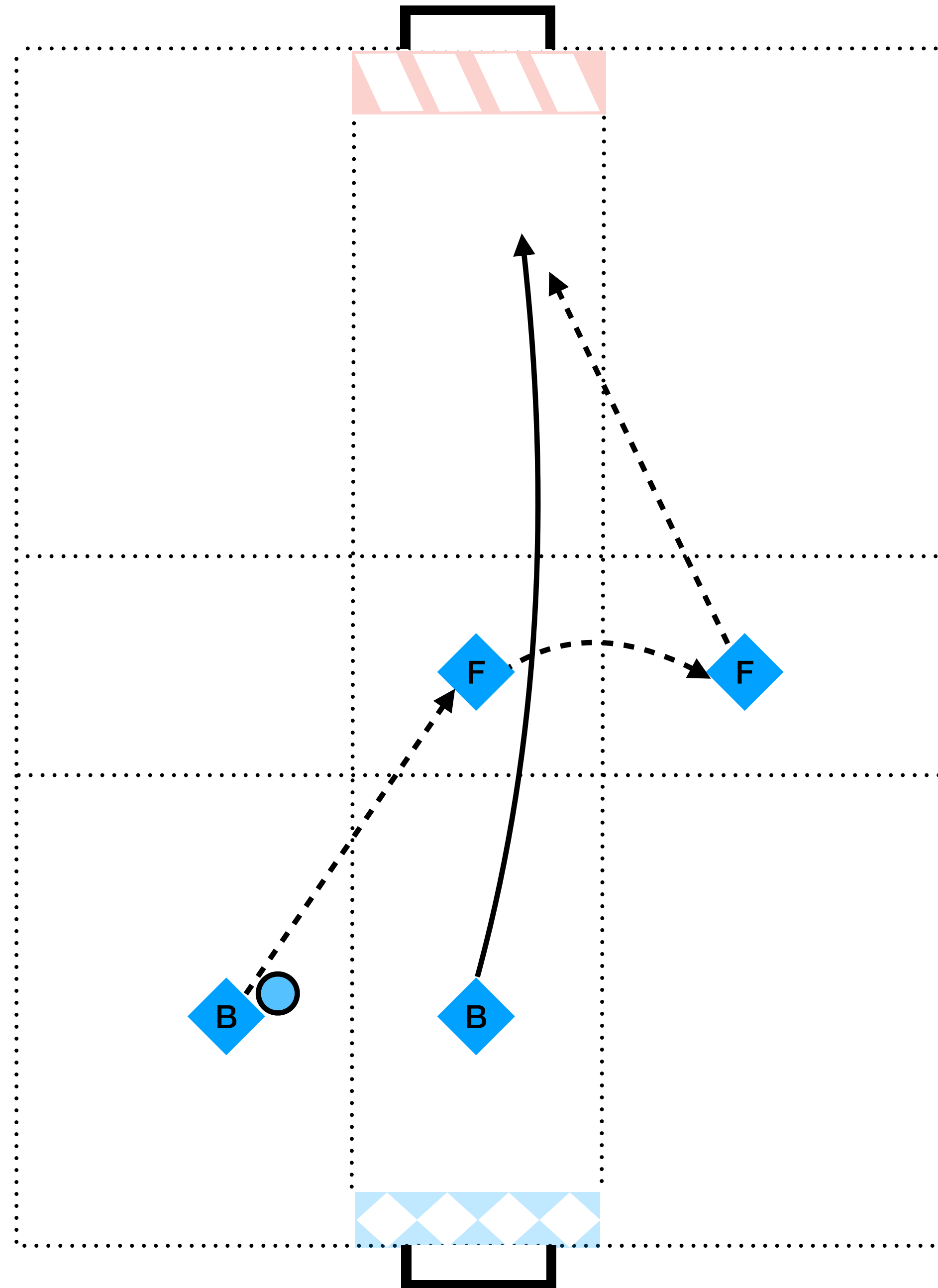
Overlap



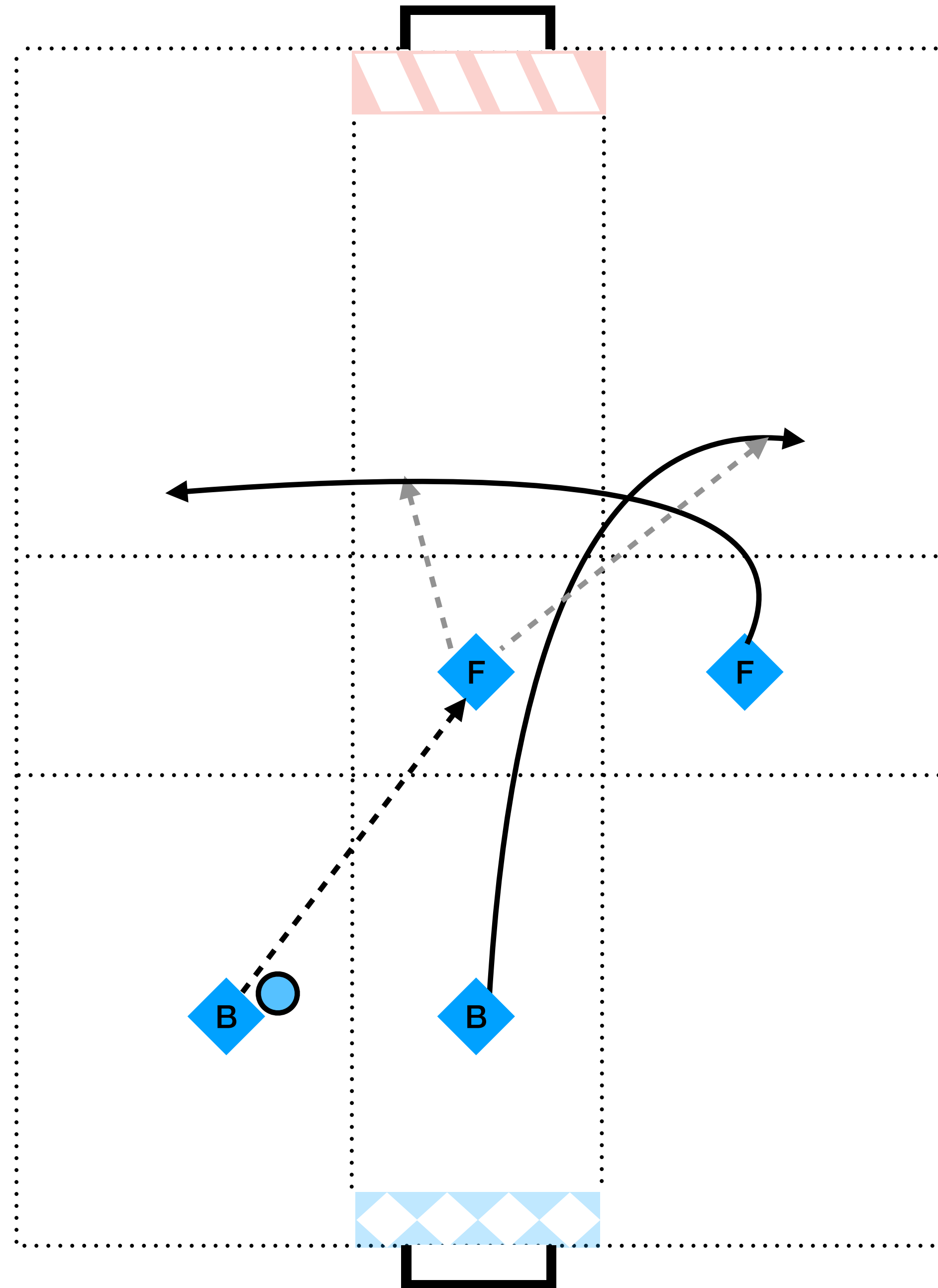
Wing and Up



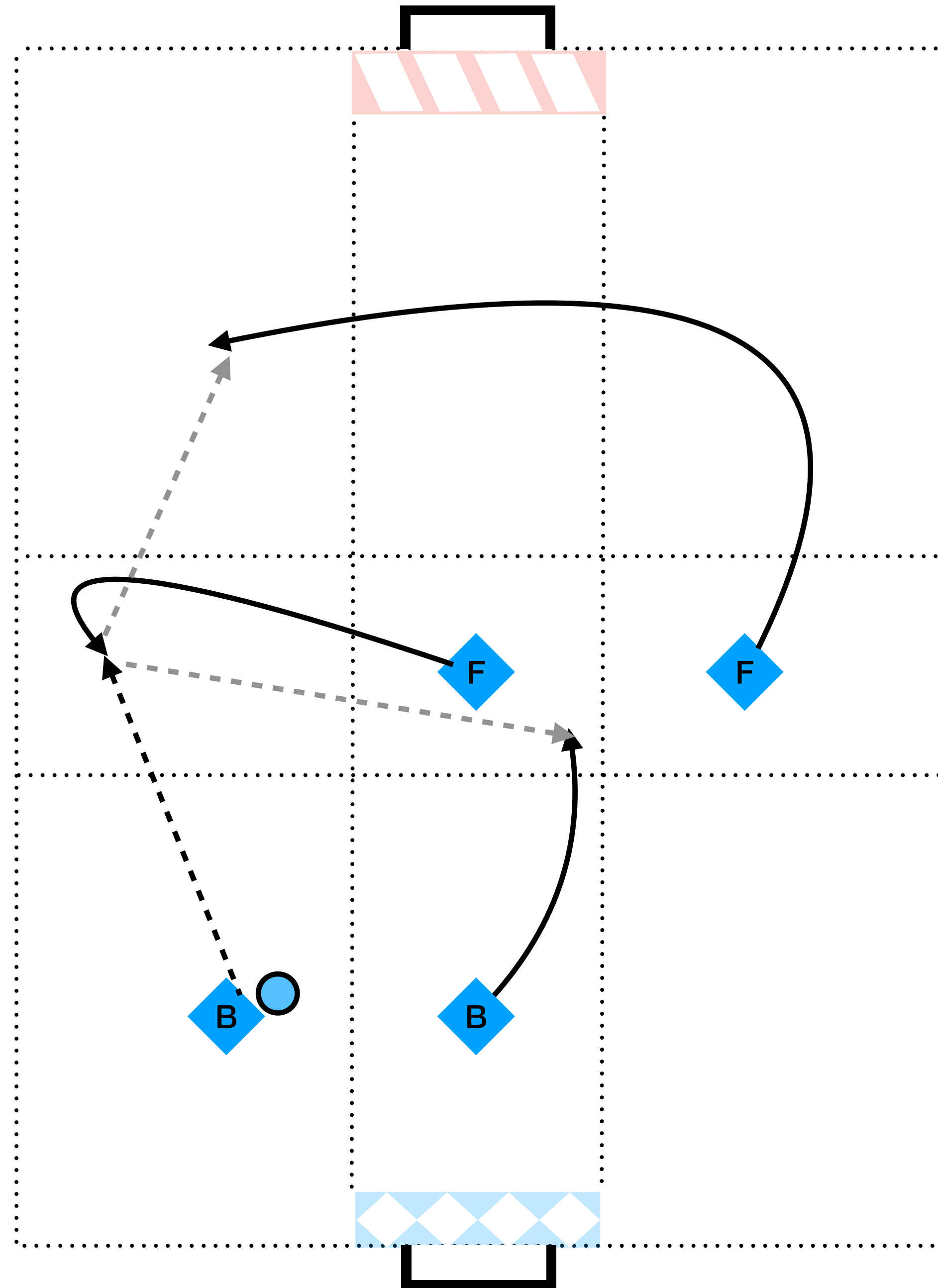
Underlap



Scissor

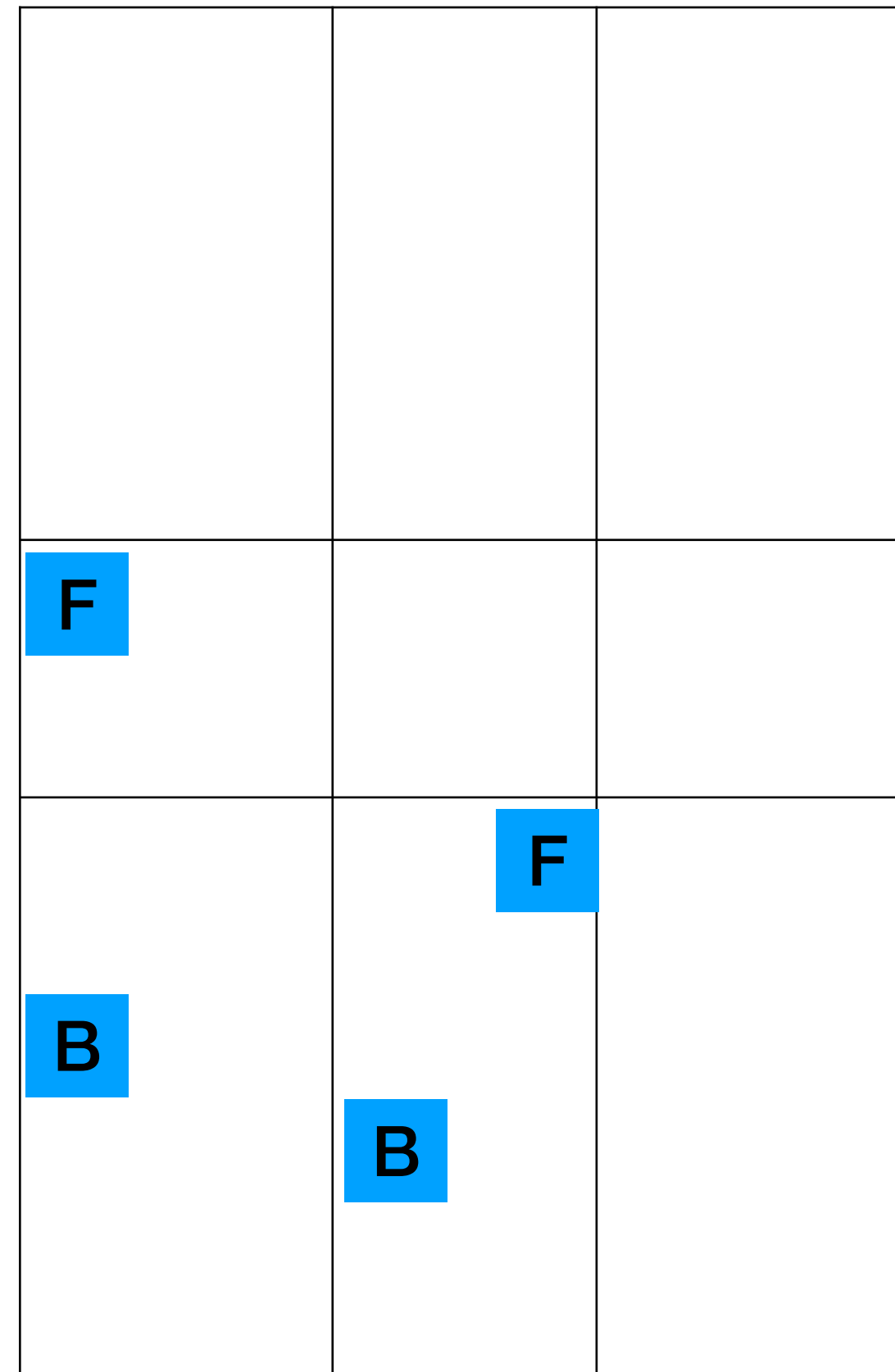


Hook and Flood

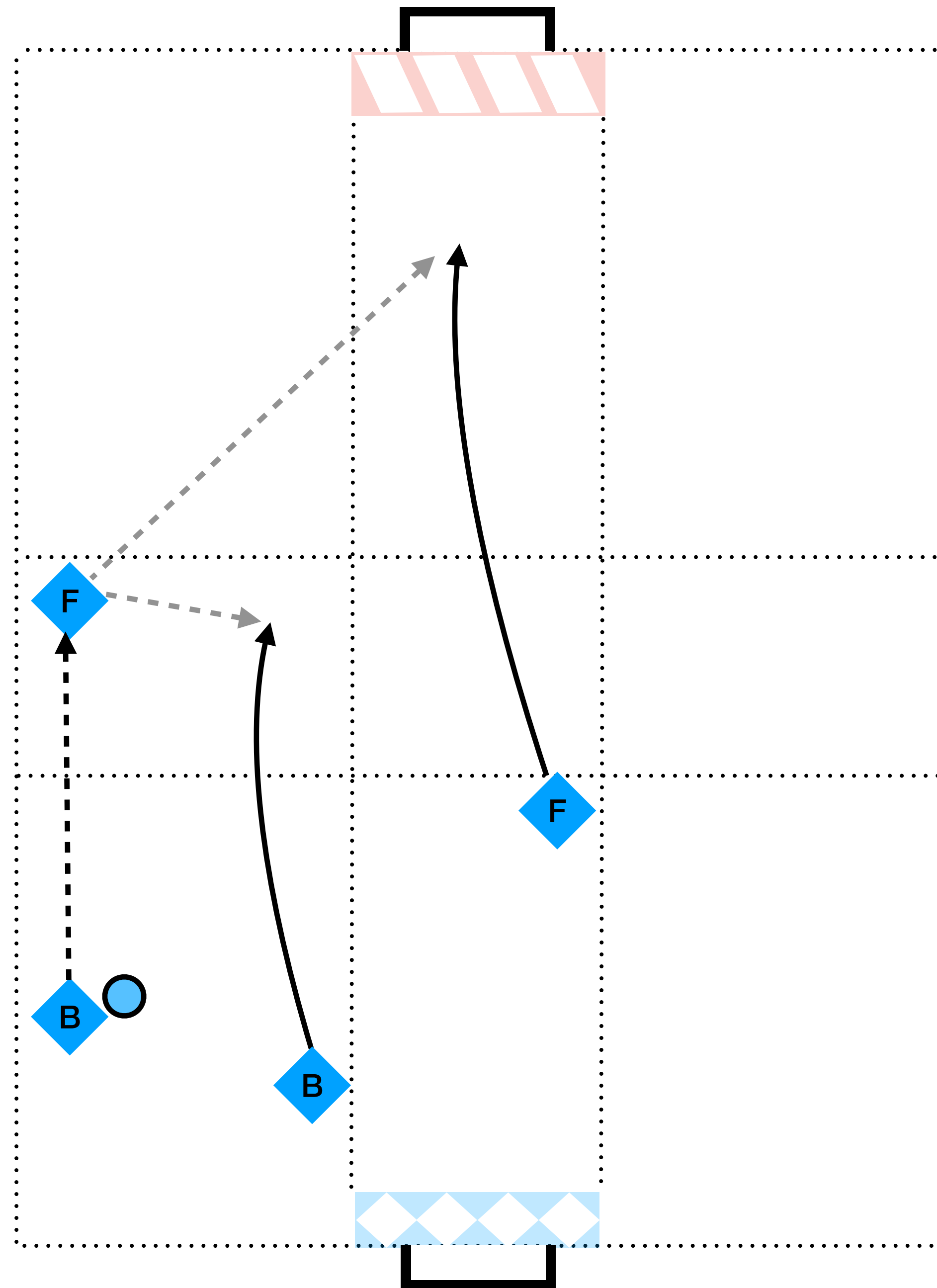


Close Support

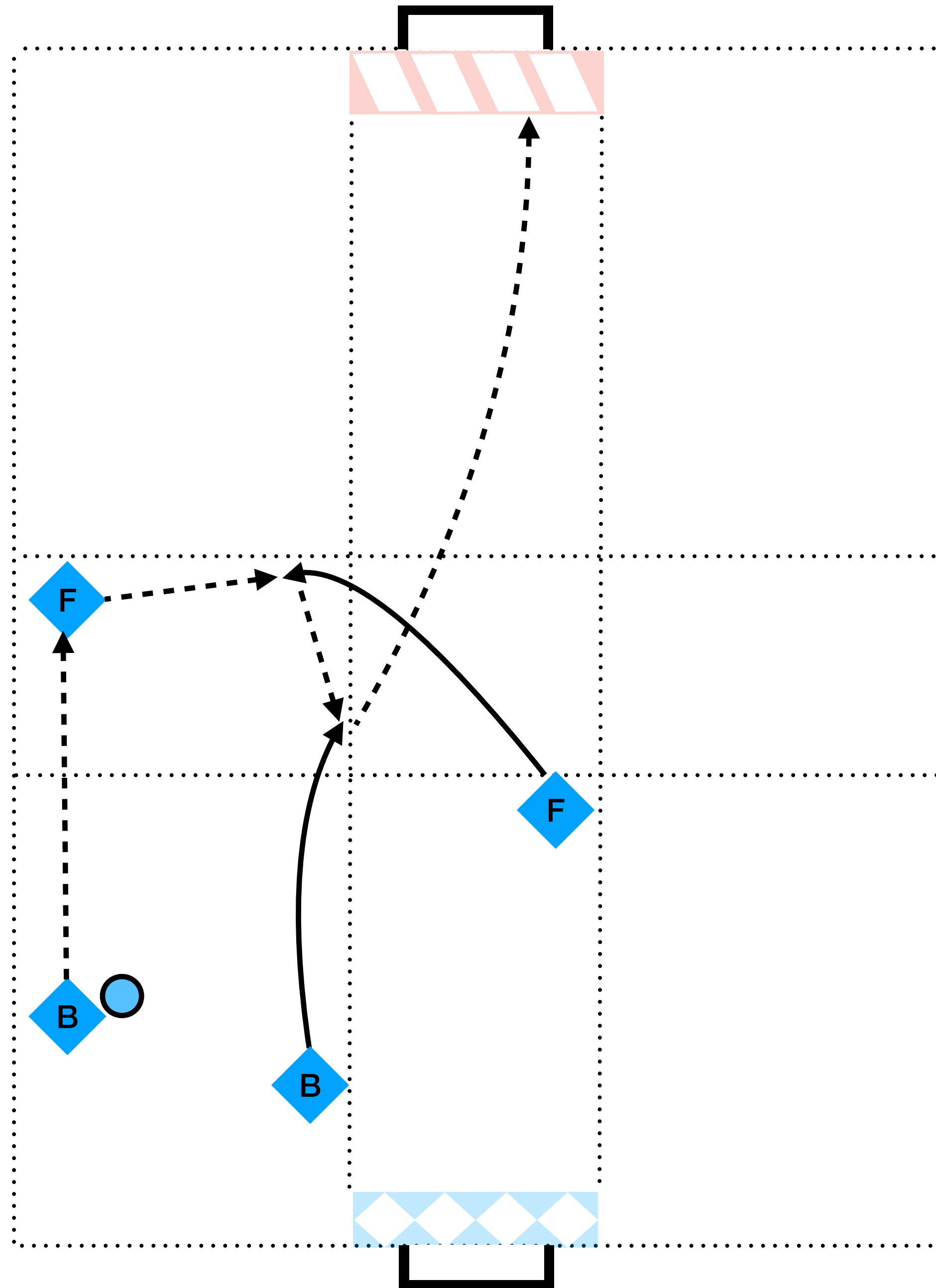
- One forward sticks high to the wing to be an outlet pass, other players take up amorphous position to find passing lanes
- Allows for intricate passing combinations
- Natural extension of common breakout concepts
- Keeping all 4 players back creates a numerical advantage making it easier to hold the ball) or pins the opposition in your half (opening up the goal for a shot)



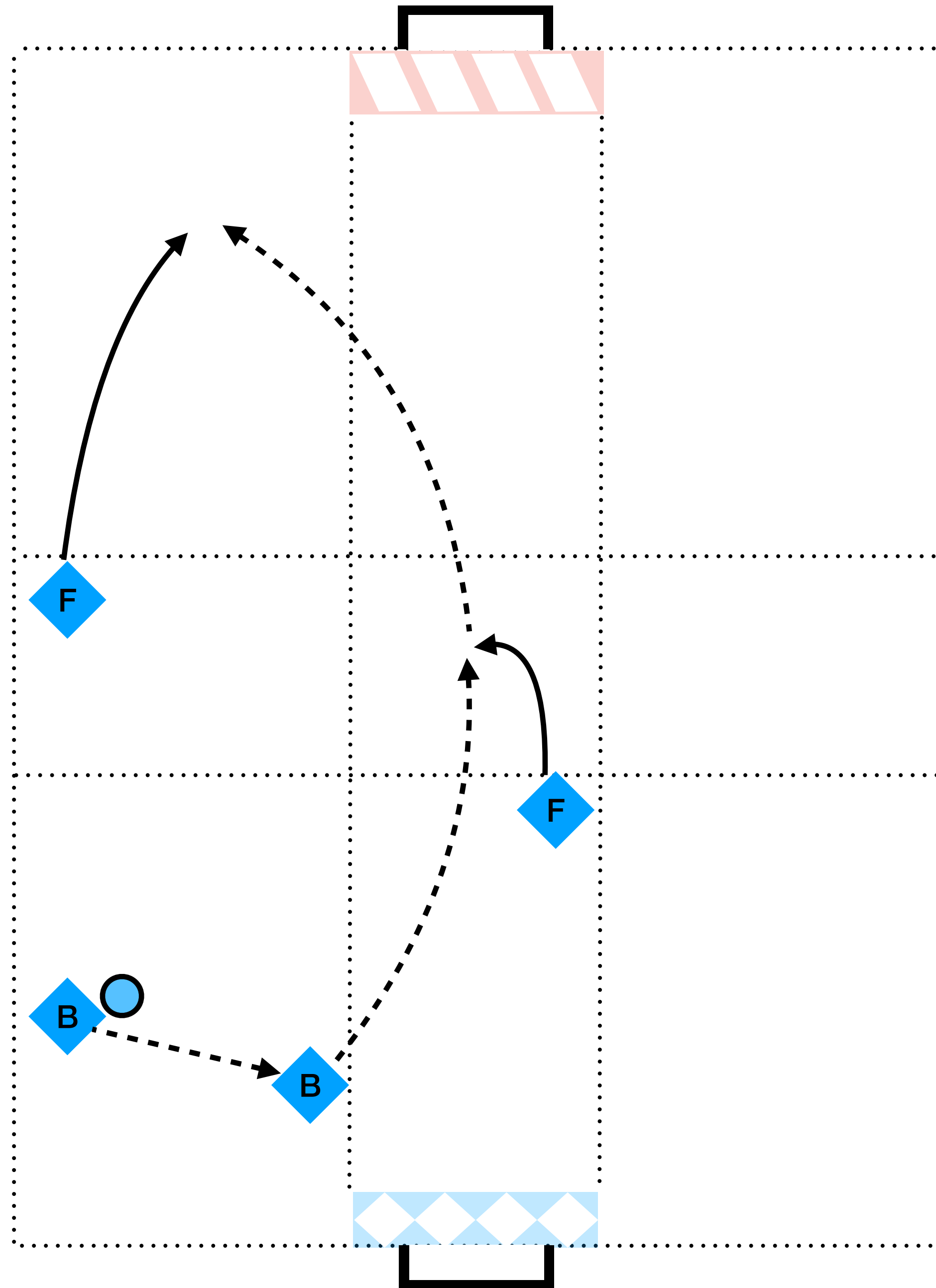
Double Underlap



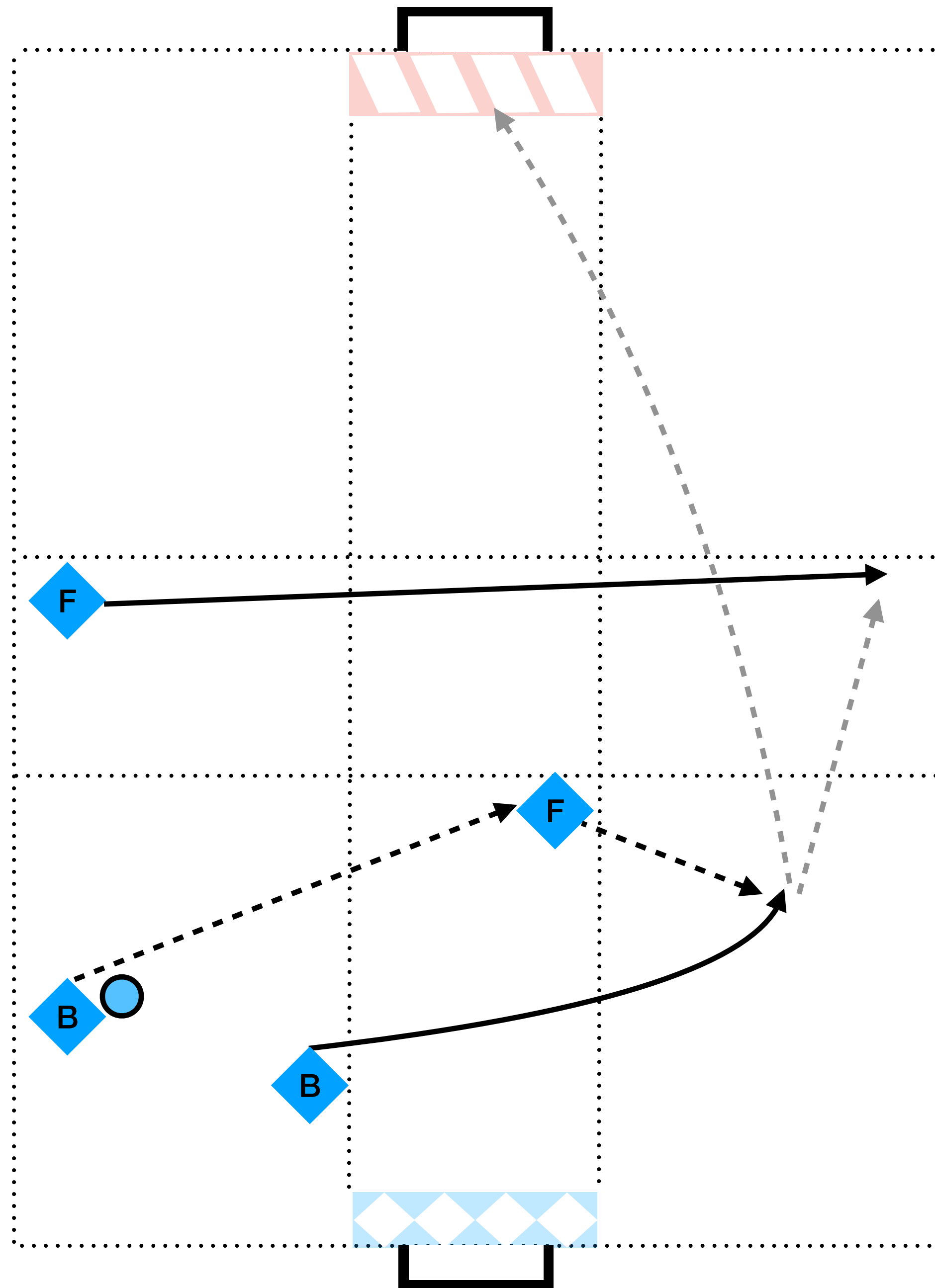
Wing and Drop



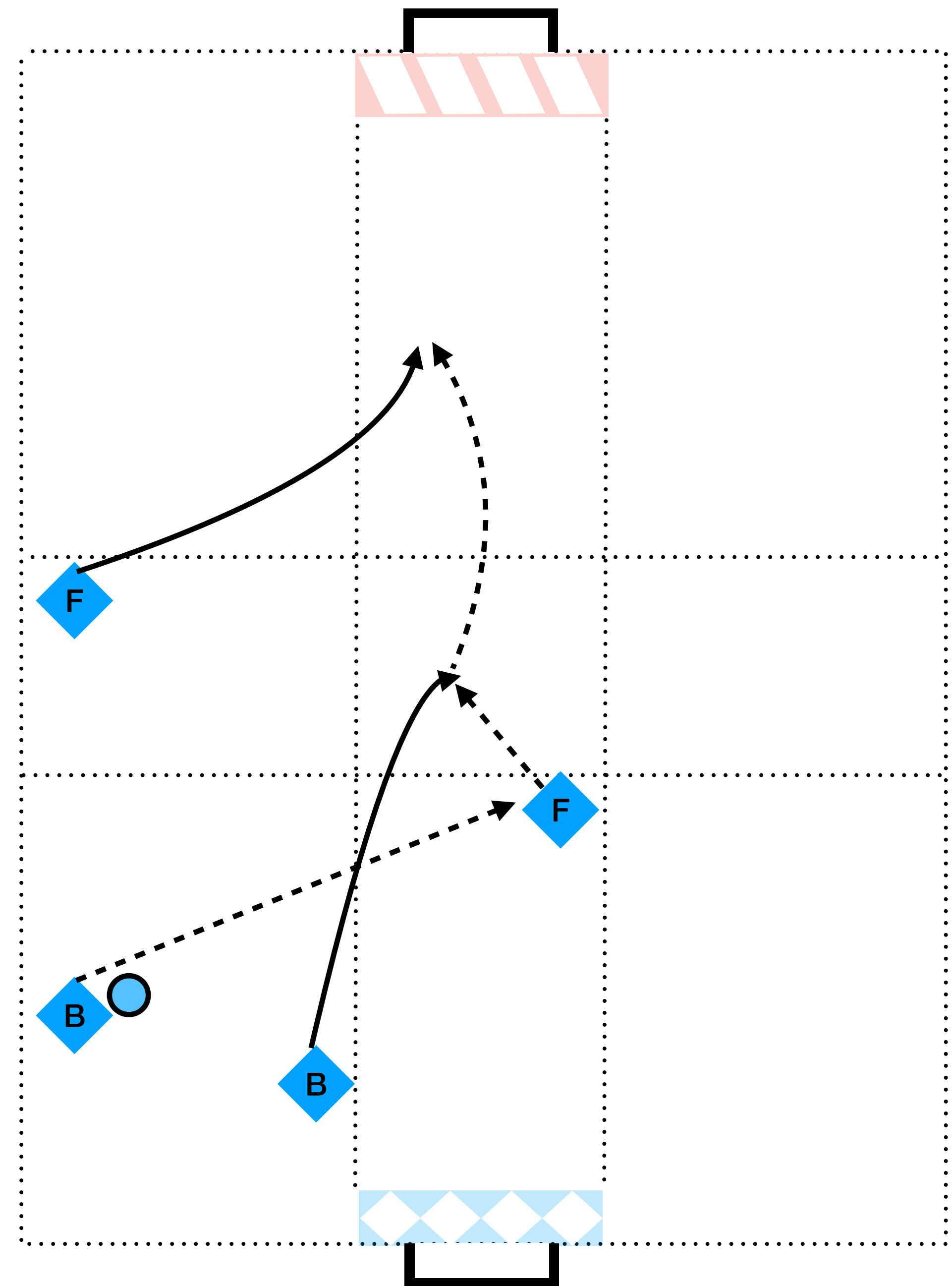
Square and Up



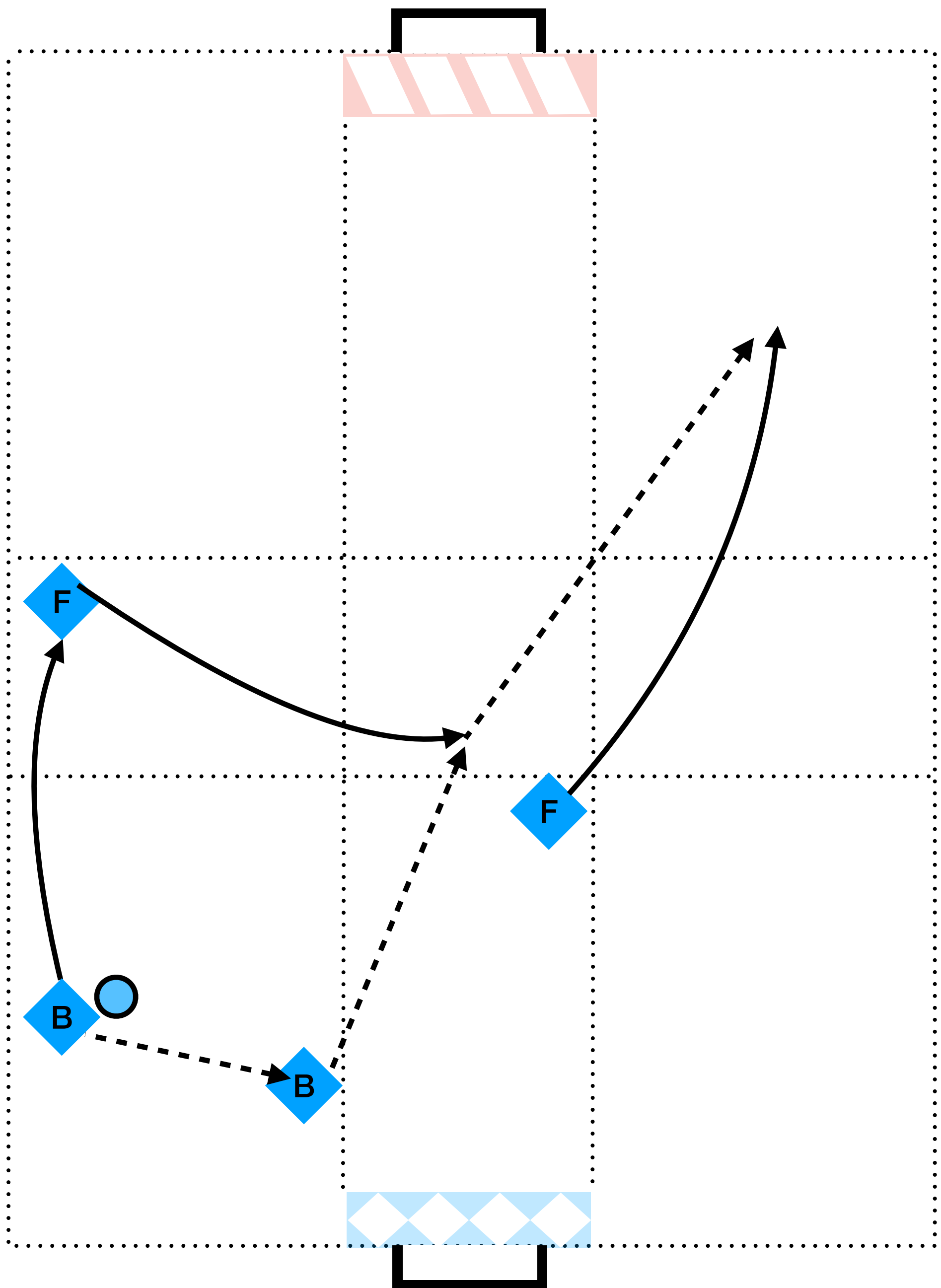
Reverse



Under-Overlap

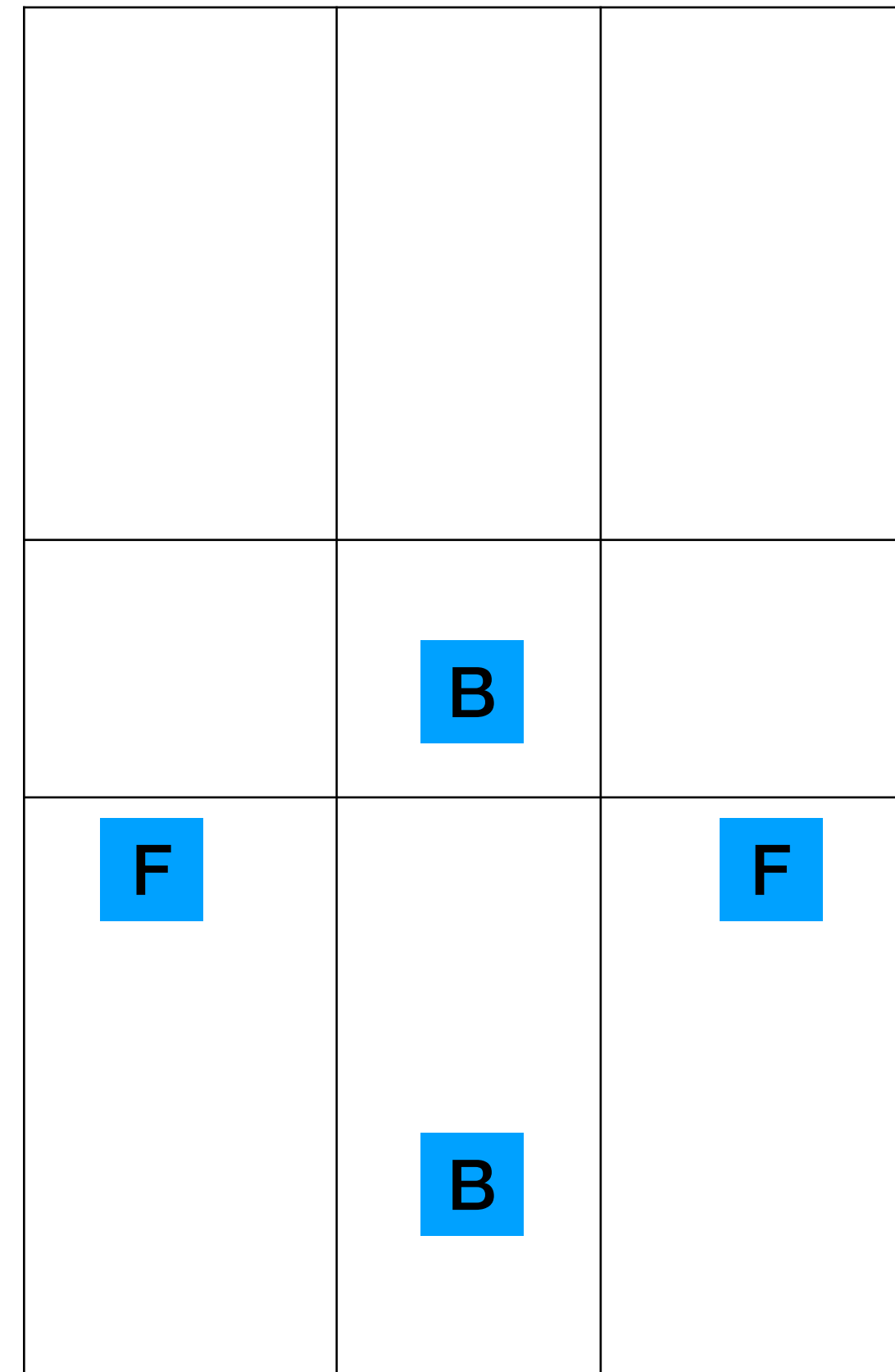


Overlap

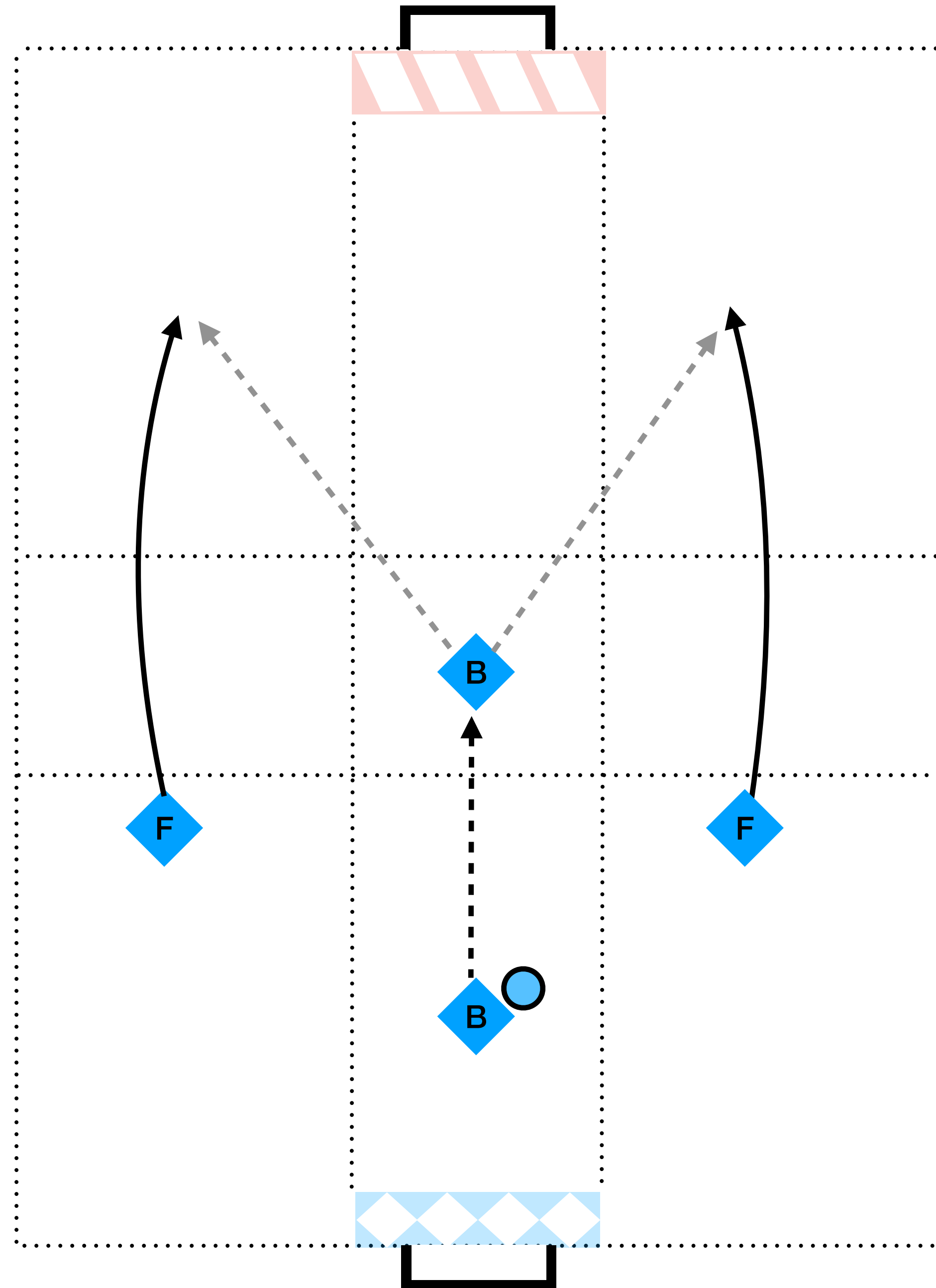


Lateral Spread

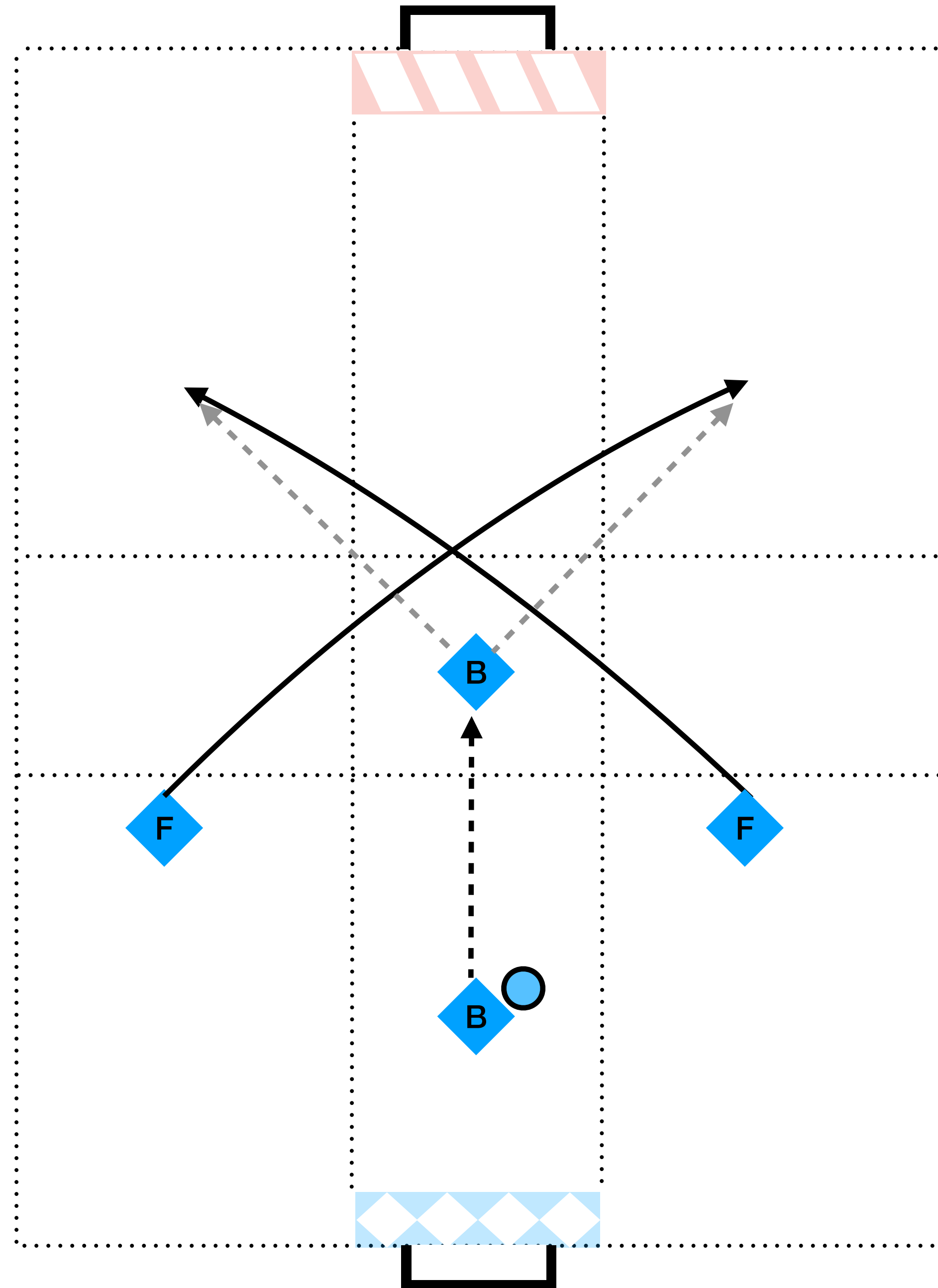
- Bigger back takes position in the neutral square
- Forwards get wide
- Natural extension of common breakout concepts
- Can have 3 players ready to dump and chase if breakout goes poorly



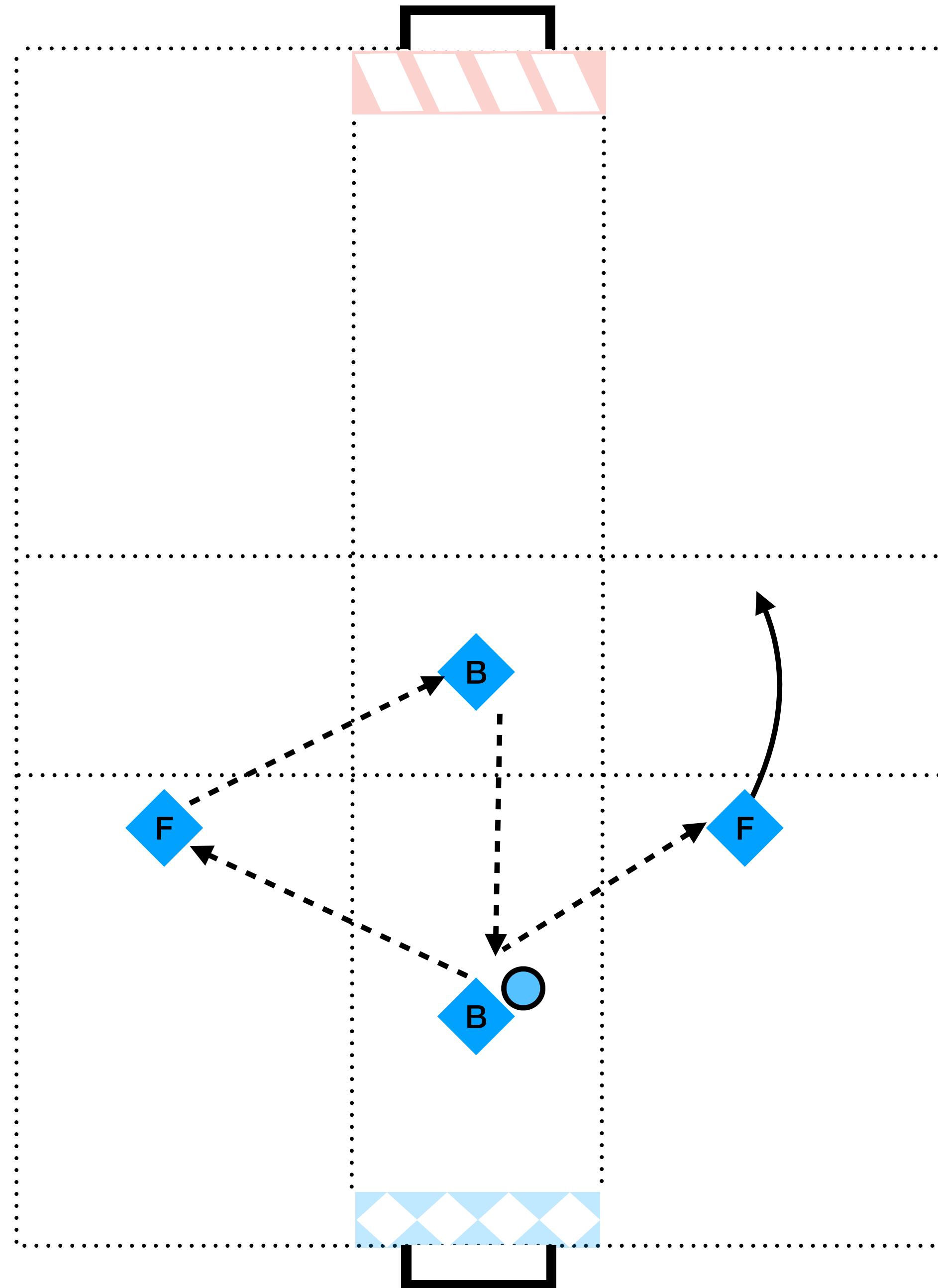
Split Overlap



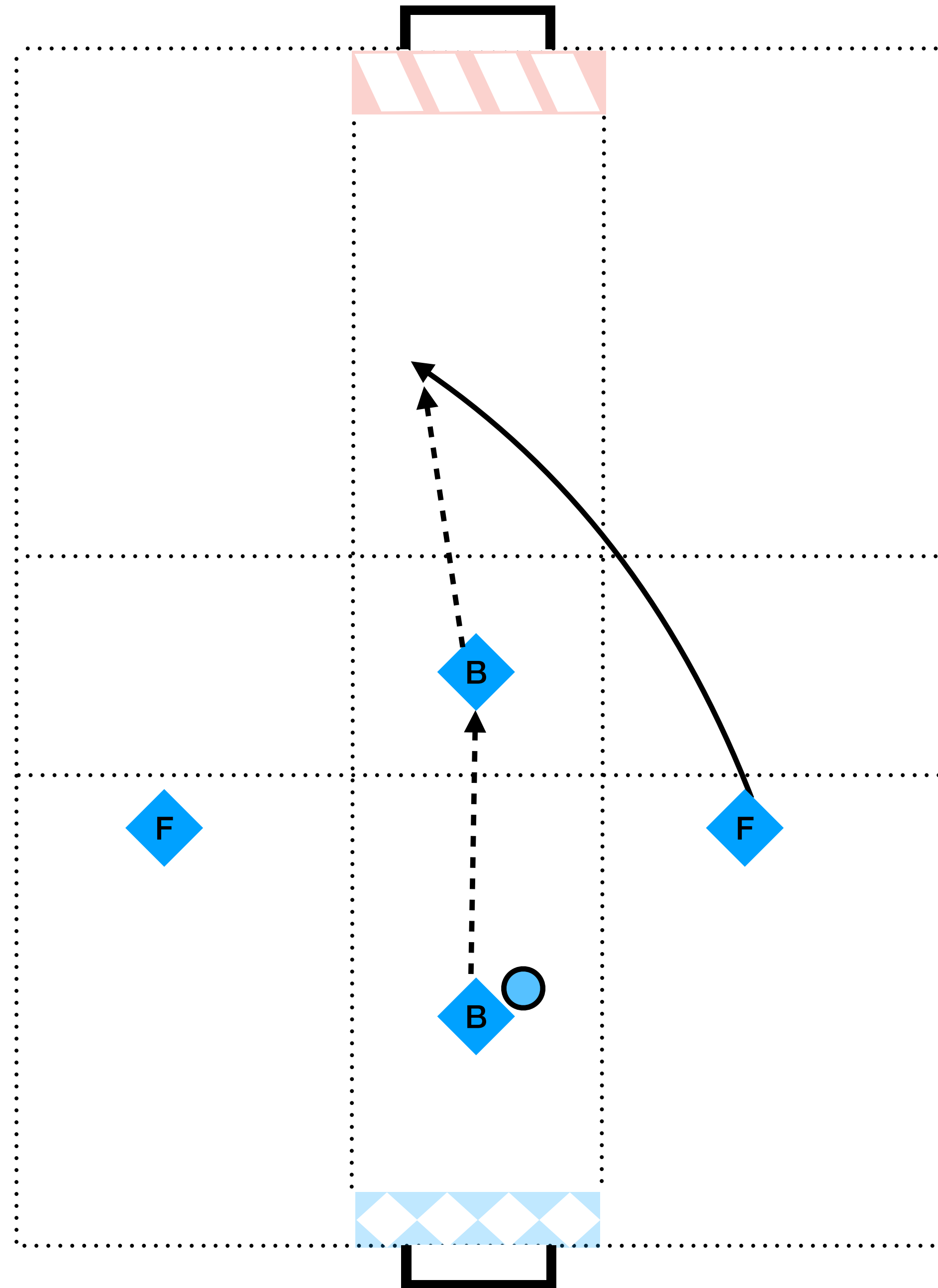
Forwards Cross



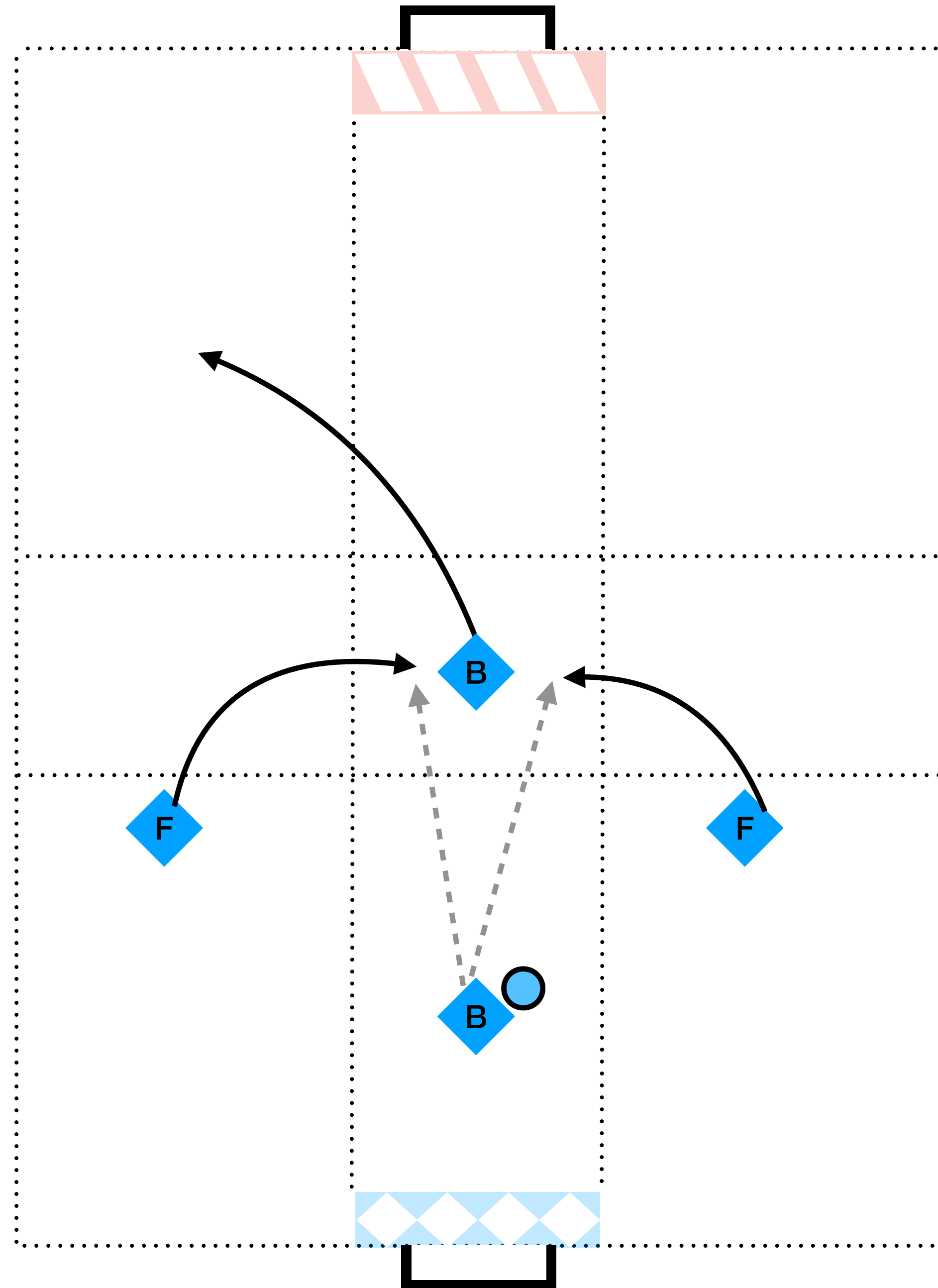
Tiki Taka



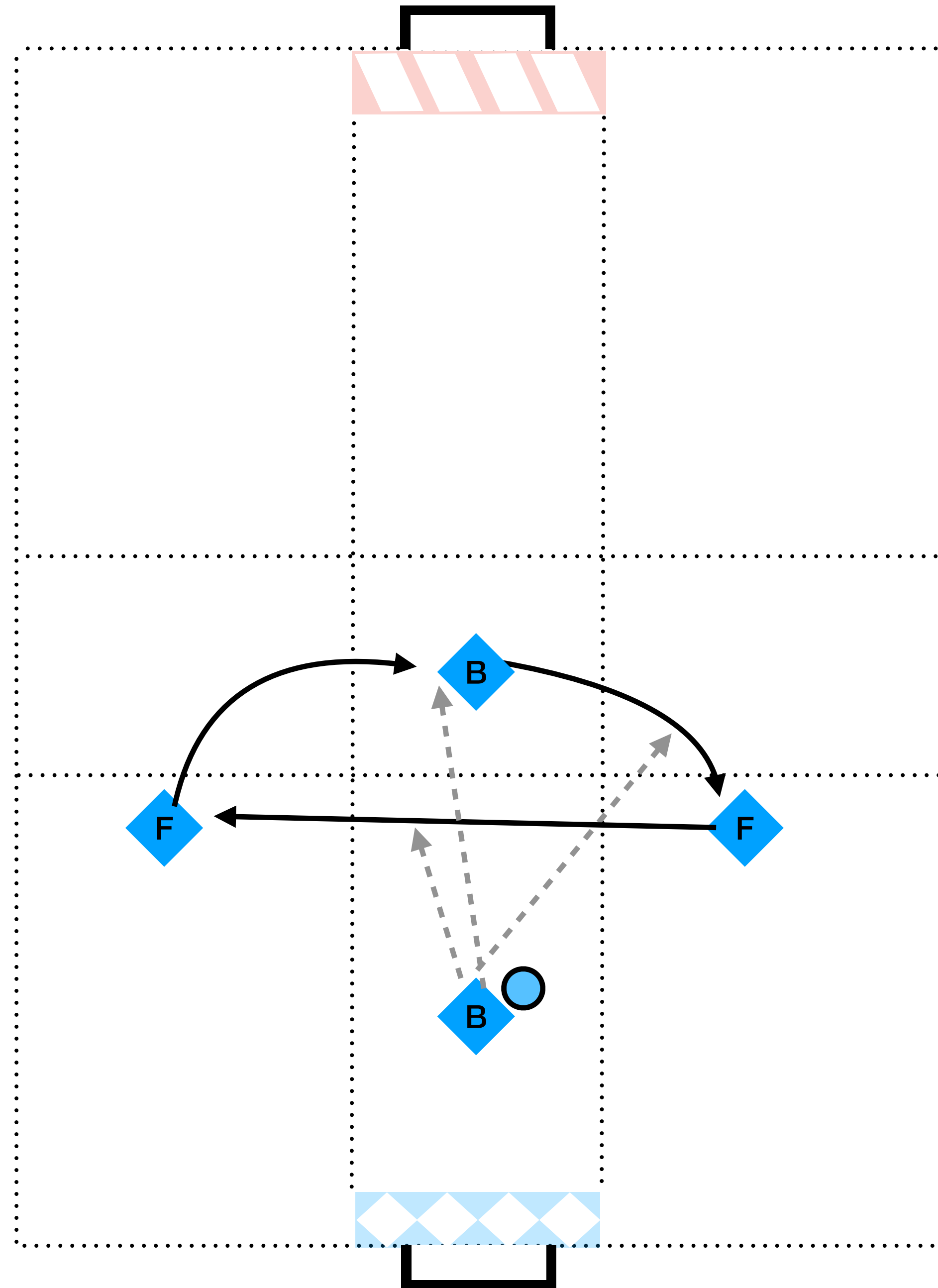
Square and Up



Flood



Midfield Cycle



Face-offs

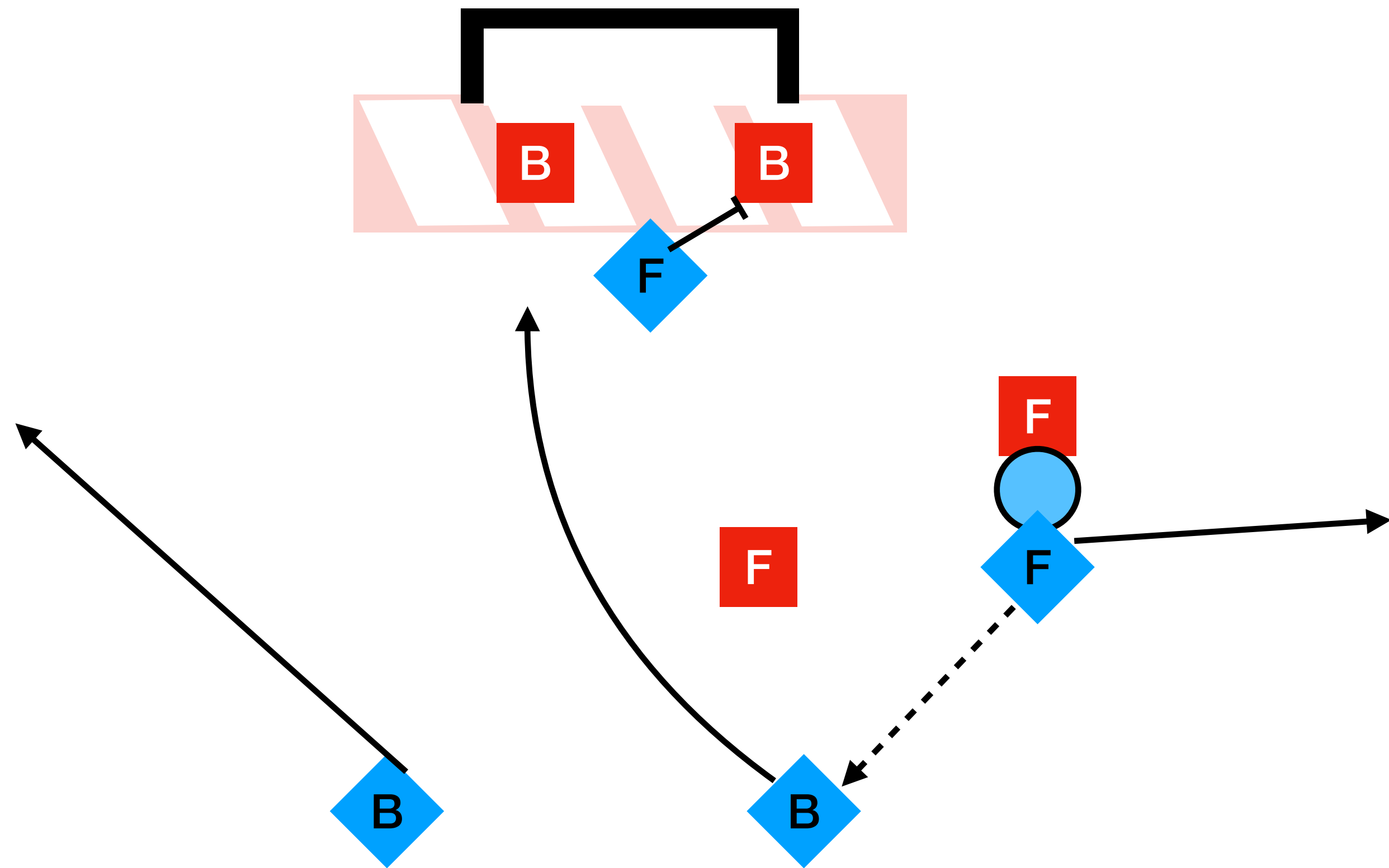
- F1 refers to face-off taker (or forward closest to the face-off)
- F2 refers to non-face-off taker (or forward farther from the face-off)
- B1 refers to the back closer to the face-off taker
- B2 refers to the back farther away from the face-off taker
- Remember that on face-offs, players can't go into the attacking goal crease until the play is live

Offensive Zone Concepts

- Used to score from medium ranged positions

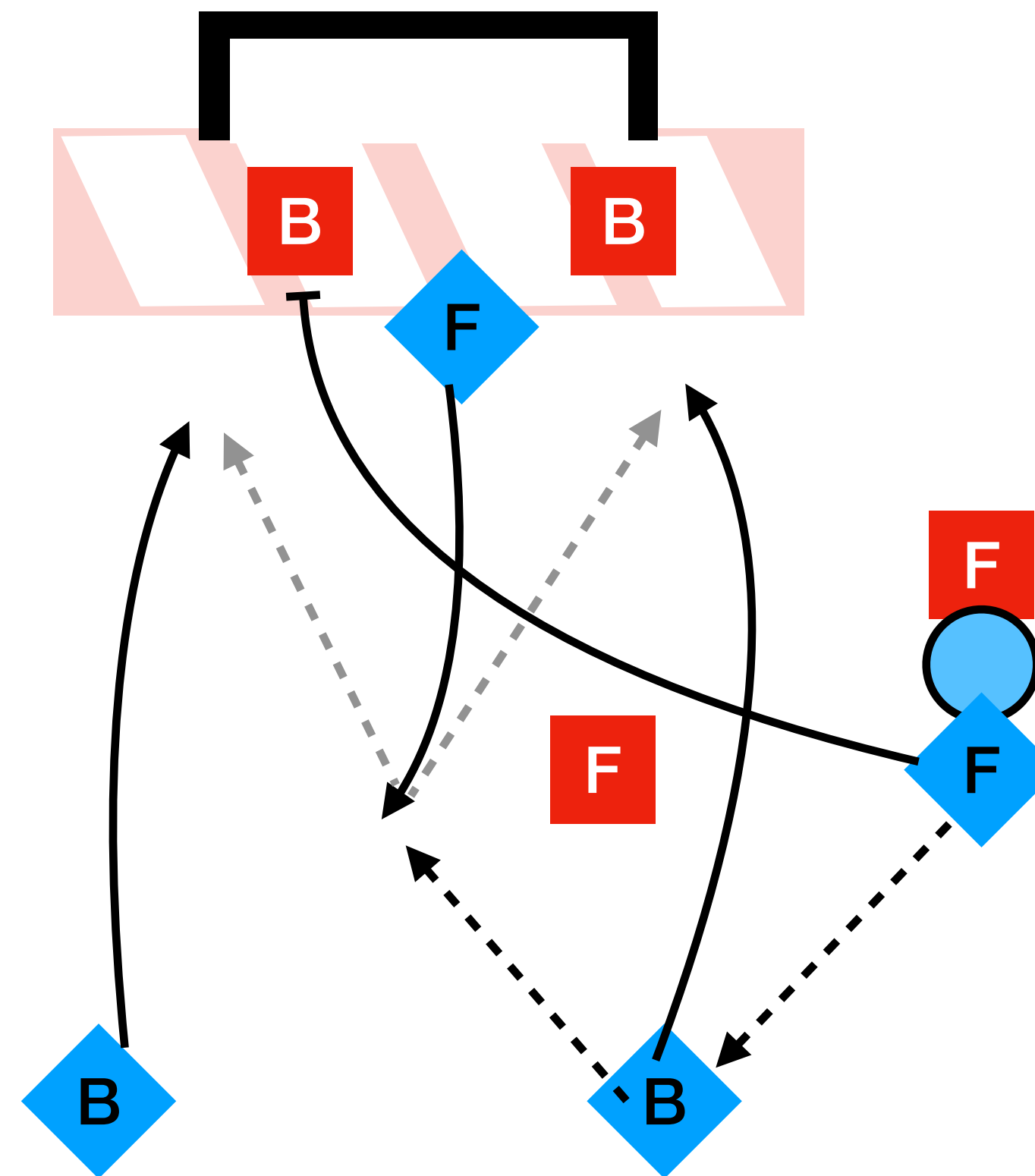
Isolation

- F2 plays the crease
- B2 and F1 spread out away from the ball
- B1 plays the outside forward 1v1



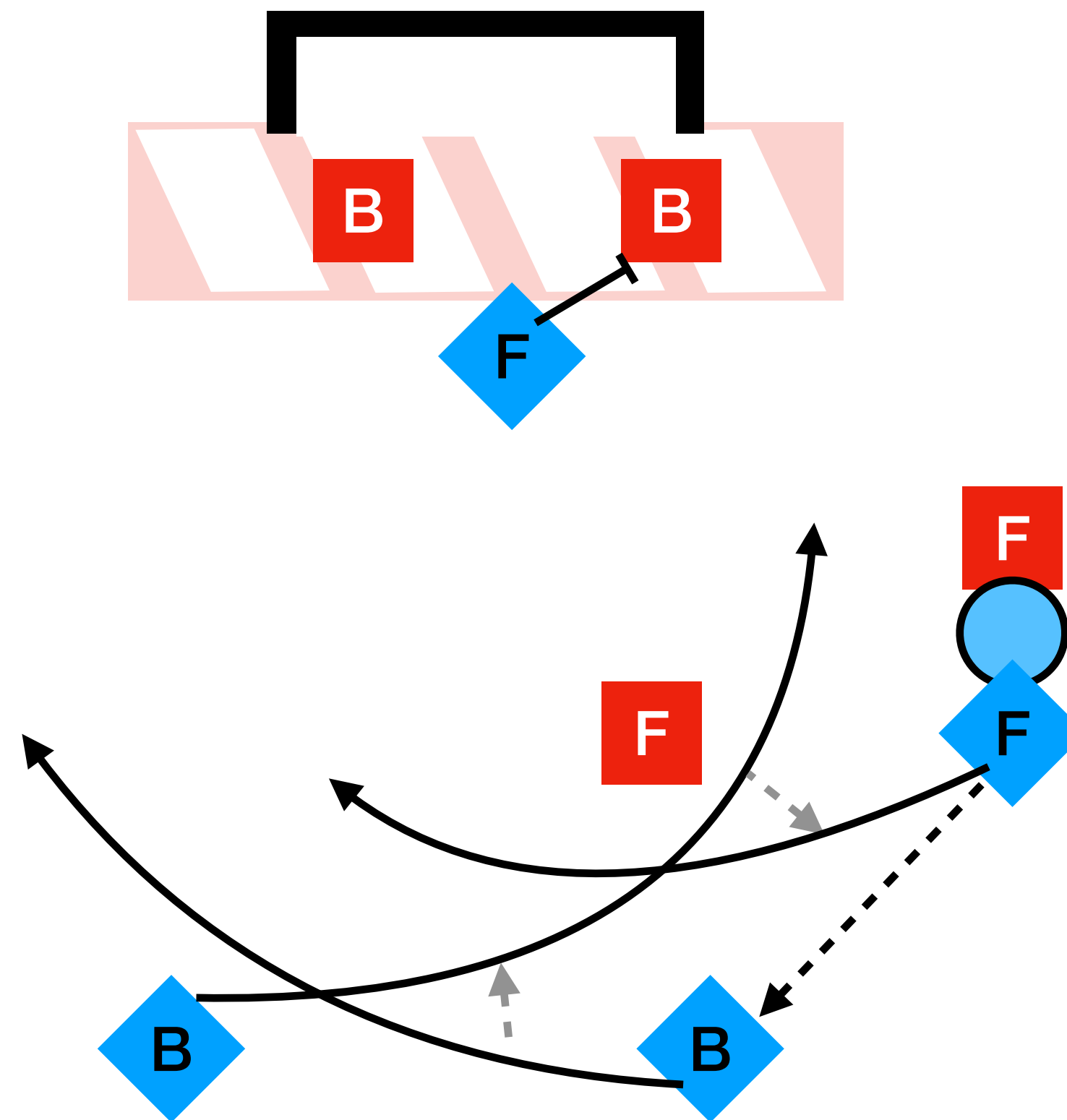
Blind Pig

- F1 drives the goal and looks to make contact
- F2 pops out and catches the ball with back to goal
- B1 and B2 cut to the goal and take a pass from F2



Double Weave

- F2 plays the crease
- B1 carries laterally and can pass to B2 as they cross
- If B2 gets the ball, F1 comes across and B2 can leave the ball
- Once any player gets the ball into space, they shoot

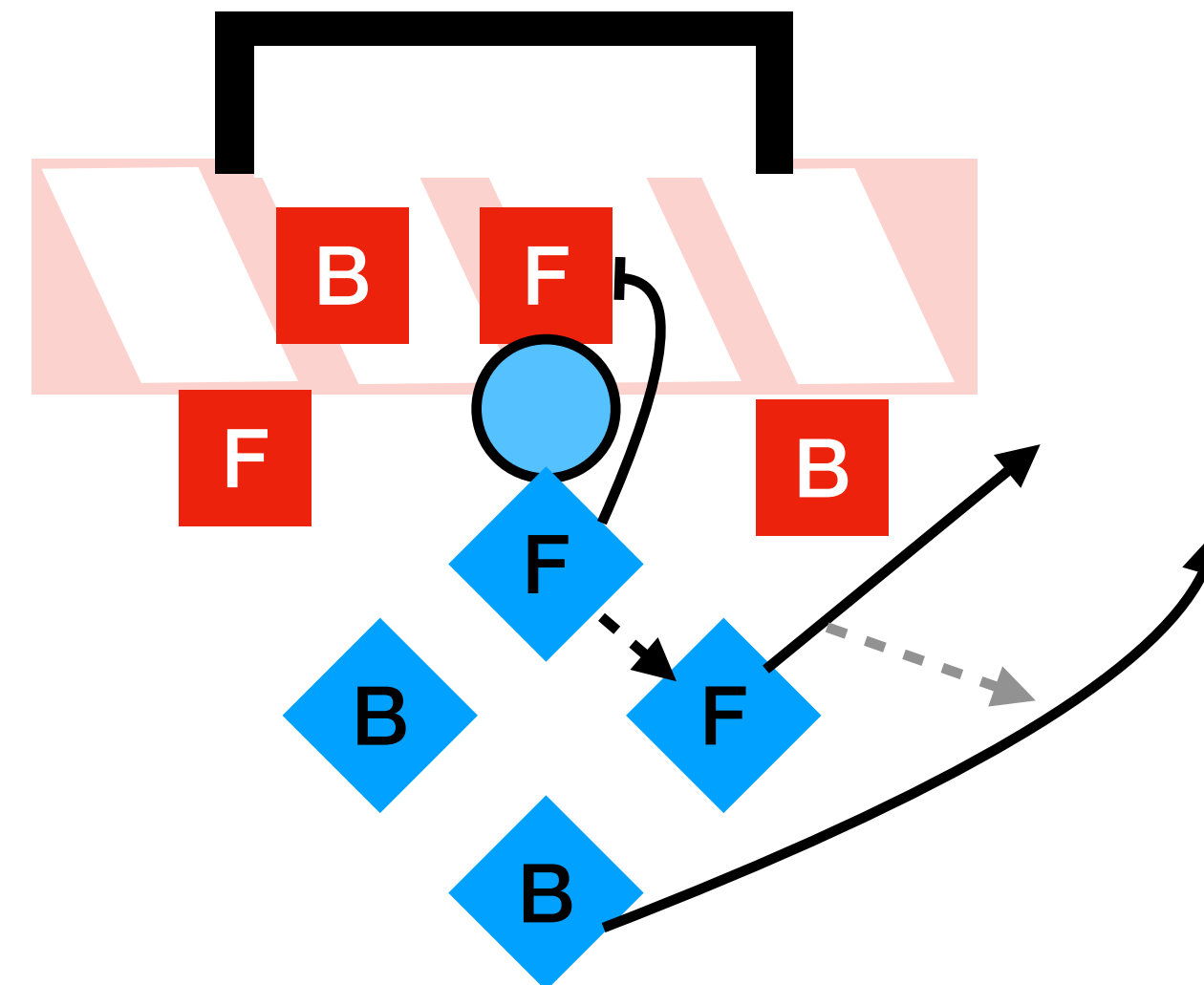


Offensive Crease Concepts

- Used to score from very close to the opposing goal
- Players to the left and right of F1 are called “wingers”
- B2 can also be called the “tail back” or “trailing back”

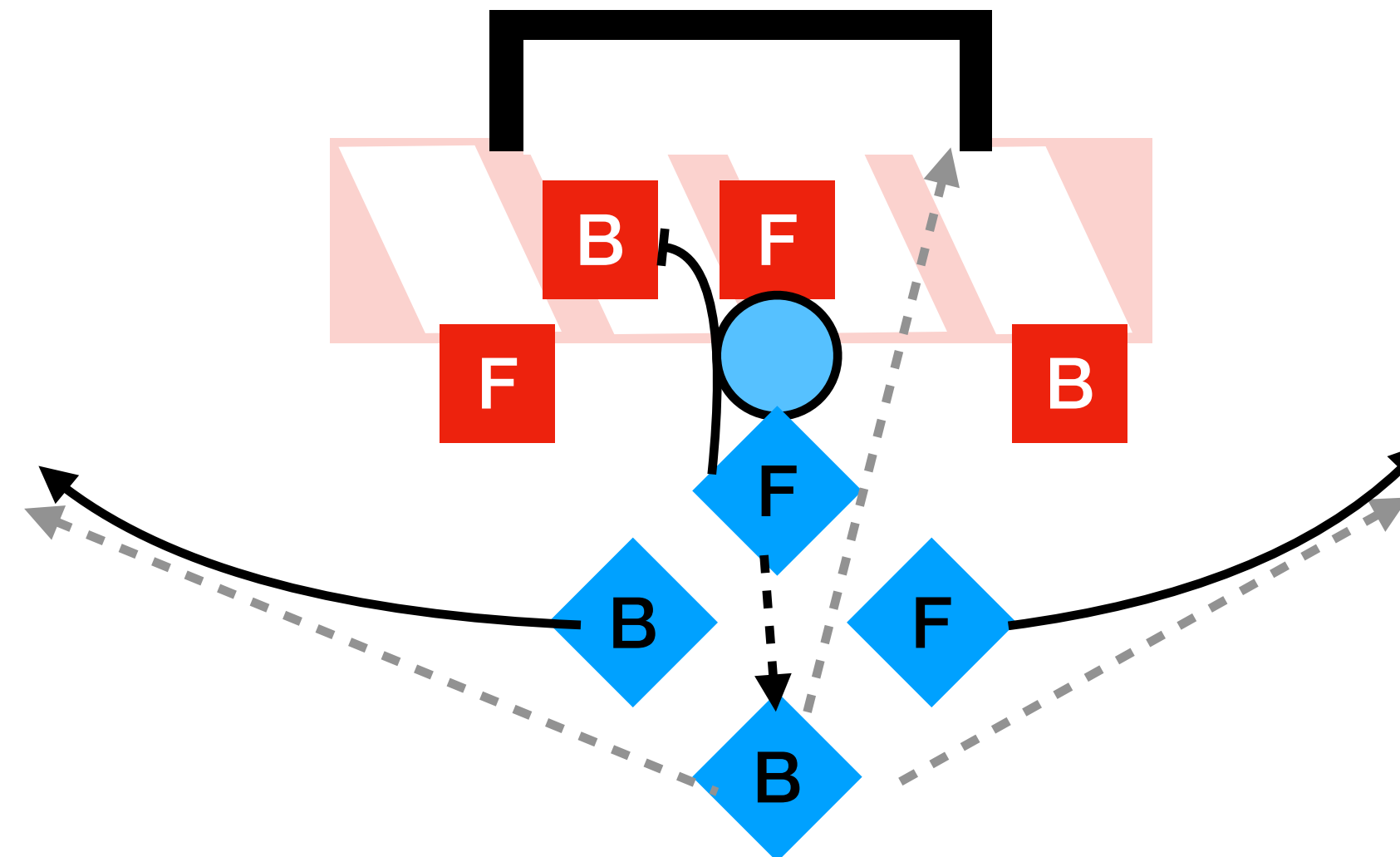
Speed Option

- F1 goes into the crease to hold off the opposing forward
- F1 wins the ball to whichever wing is less defended (F2 or B1) That player attacks the space
- B2 follows behind, and can take a pass if the first player is pressured



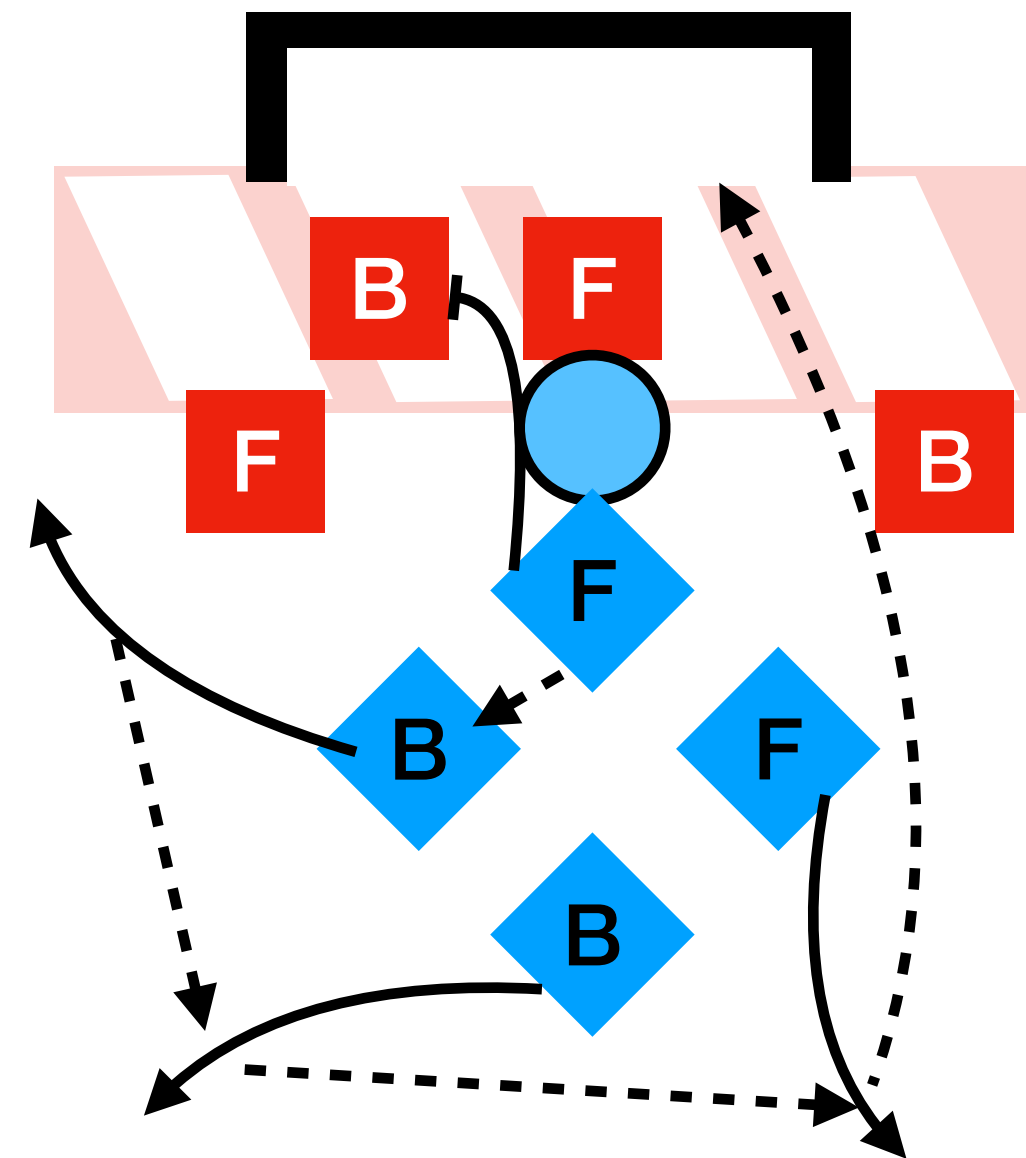
Boof

- F1 wins ball to B2, then goes into crease
- F2 and B1 spread wide
- B2 can pass to either wide player or shoot to score



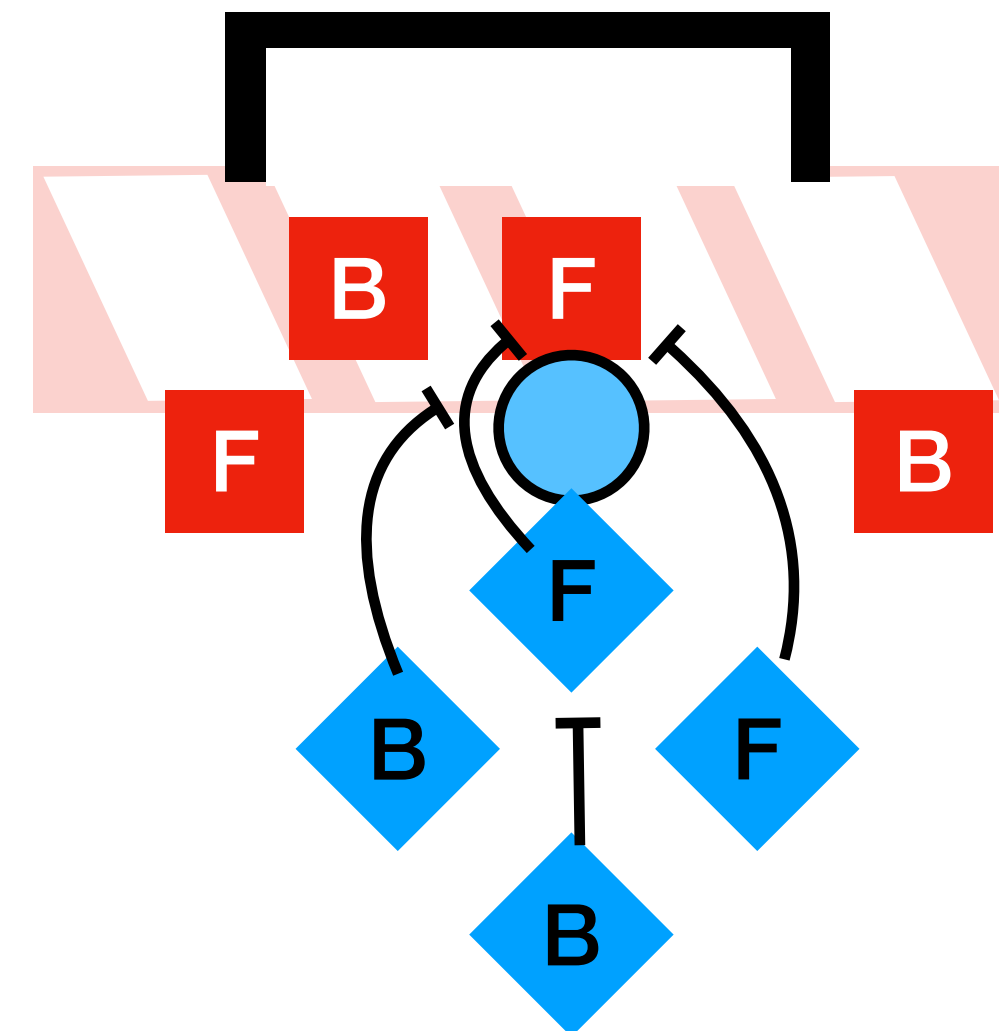
Drive and kick

- F1 wins ball to a winger
- That wing player attacks wide, B2 drops behind them
- B2 takes a pass and reverses to the other winger



Maul

- F1 takes out the opposing face-off taker and drives them back
- Other players push the face-off takers into the goal
- If there is not a path for the ball, players nudge it along with their stick
- If any player sees a path for the ball, they kick it into the goal



Developing a Playbook

- Before even considering your playbook, it's important to decide on your team's identity and philosophy
- Mentality
 - Defensive: preventing goals is more valuable to you than scoring them
 - Neutral: equal focus on scoring and preventing goals
 - Offensive: scoring goals is more valuable to you than preventing them
- Offensive Style
 - Counterattacking: use speed to take advantage of the space left by your opponents before they can set up to defend
 - Deep Ball: shoot from deep to stretch the field and force the opposing defense to open up
 - Power: use physicality to control the goal and make shots easier
 - Intricate: use skillful passing to pick apart defenses and find space
- Defensive Style
 - Pressure: You want the ball, and want to make it as difficult as possible for the opponent to keep the ball
 - Man to Man: By covering every player on the field, you make it difficult for your opponents to pass
 - Key Areas: It's easier to score goals from in front of the goal, and it's easier to pass from the center square. By taking these areas away, you force the opponent into more difficult positions
- Identity
 - Creative: Your players make decisions, finding space and doing the unexpected to ruin opposing gameplans
 - Grinding: Your team wants to wear down their opponents, winning a battle of attrition that leaves your team standing at the end of the game
 - Dump and Chase: Your team builds off of a dump and chase strategy, trading possession for territory
 - Set Piece: With careful planning and execution, finely crafted moves can be unstoppable to your opponents
 - Flexible: Whatever your opponent does, you are ready for it. Players can play multiple tactics, even multiple positions, to meet the demands of every opponent
- The playbook is a vehicle for enacting that philosophy on the field

Standard Playbook

For most senior and scholastic teams

- 3 Breakout Formations, 3 Plays Each (9 total set plays)
- 2 Offensive Zone Face-off Plays, 2 Offensive Crease Face-Off Plays (4 total set plays)
- 2 Forechecks
- 2 Defensive Schemes
- 2 Base Breakout schemes
- 1 Base Offense scheme

Dump and Chase Playbook

Modified for teams that deliberately trade possession for territory

- 2 Breakout Formations, 3 Plays Each (6 total set plays)
- 2 Offensive Zone Face-off Plays, 4 Offensive Crease Face-Off Plays (6 total set plays)
- 4 Forechecks
- 3 Defensive Schemes
- 2 Base Breakout schemes
- 1 Base Offense scheme

Selects Playbook

Lighter in order to get players into

- 1 Breakout Formation, 3 Plays (3 total set plays)
- 2 Offensive Zone Face-off Plays, 2 Offensive Crease Face-Off Plays (4 total set plays)
- 1 Forecheck
- 1 Defensive Scheme
- 1 Base Breakout scheme
- 1 Base Offense scheme