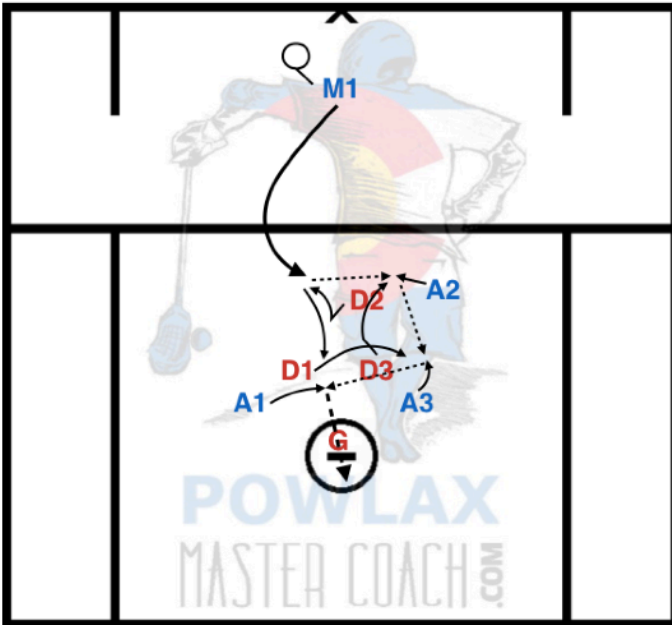




Playing out the Fast Break



Offense - Follow Slides / Draw and Dump
Defense - Touch The Hat Rotations



Draw and Dump vs Touch the Hat Rotations

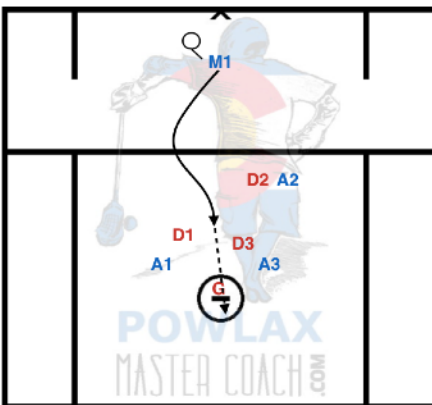
Offense

Within a fast break, the offensive team wants to draw defensive players and move the ball taking a 4v3 to a 3v2 to a 2v1 to a 1v0 with the goalie. To do that, they need to draw the defensive players and move the ball past where the defenseman came from. As an off ball offensive player, once he sees his man commit to slide, he should follow the slide to hinder the rotating defenseman's approach.

Defense

On the defensive end, defenders want to hold their positions until they absolutely have to slide. This gives their teammates time to get into the defensive zone. As defensemen are sliding from one player to the other they need to "Touch The Hat" which means - show to the middle of the field before sliding. This accomplishes two things. First, it keeps them in skip lanes. Second, it makes their approach angles better.

If no one plays you, take a good shot.
Use Fakes.



If no one plays you - Shoot

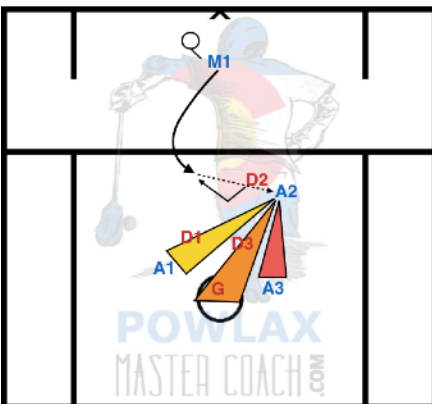
As **M1** is coming into the offensive zone, if no one slides, he has the green light to take a good shot. He can also use fakes to keep **D2** where he is in order to get to the middle of the field.

Dodging in Transition

Players can also utilize dodges in transition to get to the middle of the field because often times defensemen are sliding out of control and can not break down.

*If you have a young team, make them learn to pass.

Vision Determines Looks



Vision Determines Looks

As the ball moves, offensive players should acknowledge looks based on where their eyes naturally flow. For instance, when **M1** draws **D2** and passes to **A2**, **A2** will have the following series of looks as he turns.

First: His look will be through the defense to **A1**.

Second: He will look to step in and shoot.

Third: His final look is to dump it down to **A3**.

The same thing will hold true for **A3** as he catches the ball on the low pipe. His first look is the skip, then cross crease, then to the goal.