

22-23 Glossary and Playbook



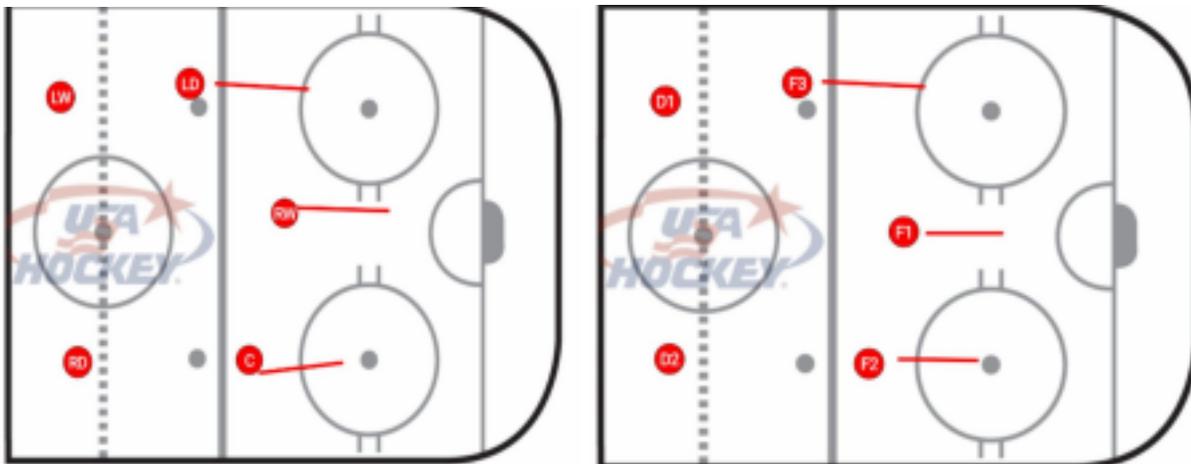
Coach Billy's Glossary

Forecheck

Offensive players aggressively attacking the opposition in their own zone. Usually as they're breaking out to force pressure and create mistakes on the opposition.

F1 F2 F3 Offense

The offensive system where set player positions (Center, Left Wing, Right Wing) does not matter on the forecheck and offensive zone rush. Players take positions off where they are on the ice as they enter the zone. First player into the zone becomes F1, second F2, third F3. In this format, defense players can become offensive players and vice versa for forwards to defense. The first picture is of traditional positions. The second picture is the exact same players continuing play, based on where they are relative to their position on the ice.



Backcheck

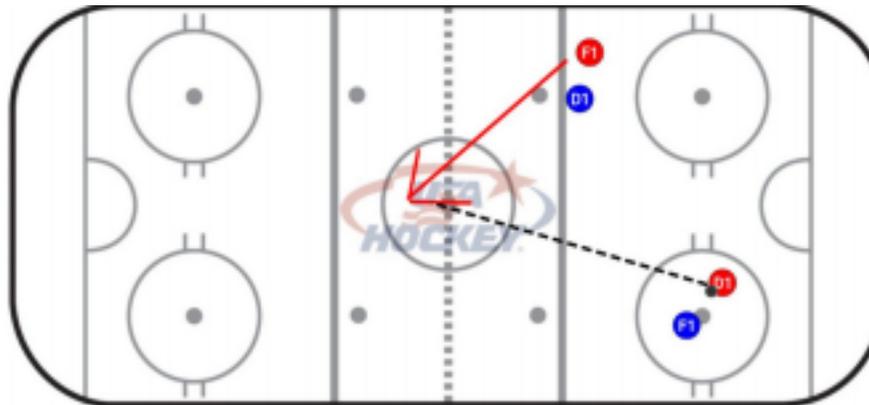
Players skating back into defensive positions or attacking the opposition as they skate into offensive play.

“Open Ice” or “Soft Ice”

Positions on the ice where the opposition can not immediately defend you from getting the puck. It is constantly changing as the defenders move. Forwards without the puck in the offensive zone should always be looking for the open ice to receive the puck and create a scoring opportunity.

Cut

Sprinting towards center of the ice after a teammate gains the puck off a turnover



Cycling

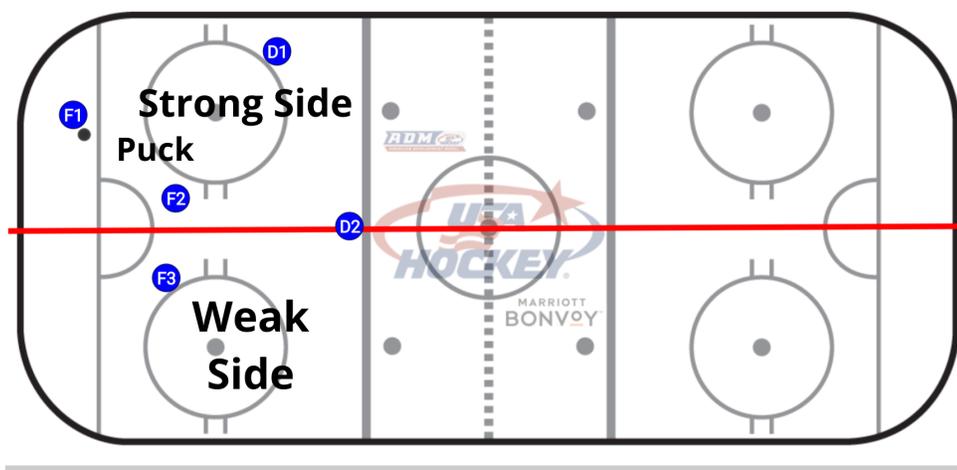
An offensive strategy that moves the puck along the boards in the offensive zone to create a scoring chance by making defenders tired or moving them out of position.

Crashing the net

Players head with full steam to the front of the net, usually with intentions of finding a rebound or loose puck. Also known as crashing the crease.

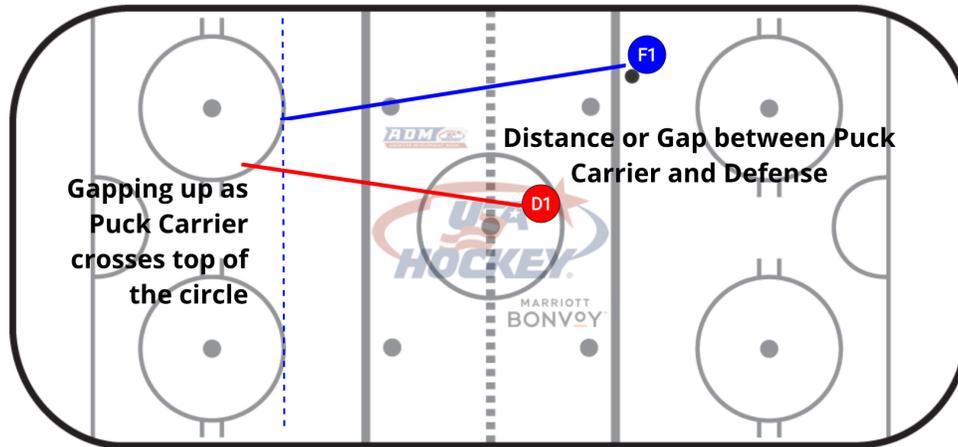
Strong Side and Weak Side

Splitting the ice lengthwise, the side with the puck is always Strong Side. The side without the puck, Weak Side. In the picture below, F1 and F2 are strong side forwards. D2 is strong side defense. F3 is weak side forward. D1 is weak side defense



Gap Control and Gapping Up

Space between the defender and the offense with the puck. Defenders should always tighten the gap to one stick length between and the man he's covering.



Closing the Passing Lanes

A player on defense using his size and stick to close the angles the opposing player has to prevent them from passing to a teammate.

Creating Time

Using deception and puck protection to give yourself more time to create a play on the ice.

Screening the Goalie

Using your body to block the line of sight of the opposing team's goalie, making it harder for the goalie to find the puck and block it on shots.

Scoring Opportunity

Any time a player has a chance to shoot a high percentage shot on goal.

Shooting for the Stick

Intentionally aiming shots at a teammate's stick to get a deflection shot.

Curling

Making a tight turn away from an immediate defender in order to create time and space for the puck carrier.

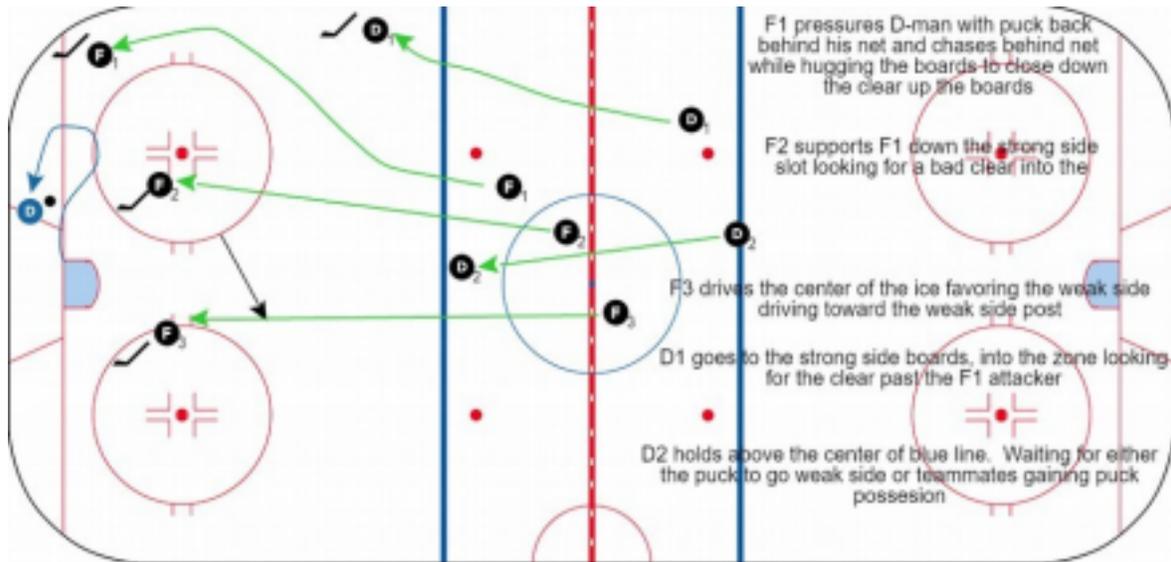
Stick then Body

Defensemen purposely playing the puck carrier's stick to get them to look down at the puck and then initiating body contact.



22-23

System:Forecheck: 1 - 2 - 2 Foosball Forecheck Initial Attack



Key Points:

F1, F2, and F3 have to have their sticks on the ice when closing the passing lanes. As soon as the defense hesitates or tries to make a move such as stick handling, the fore checker initiates contact for the turnover

This play is focused on making Defense men make mistakes with the puck.

We cannot have everyone chasing the puck.

Description:

F1 is the first skater into the zone directly skating at the board-side of the breaking out defense. F1 should be pressuring the D-man back behind his net. Once they go behind the net, F1 chases behind net.

F2 should skate to the strong side just above the goalie closing the passing lane down for defense with the puck, this helping F1's pressure to get the D-man behind the net. Once the D-man goes behind the net, F2 slides across laterally to the opposite side of the net, closing down the passing lane for the D-man coming out from behind the net. F2 has to remain disciplined and NOT pursue the man with the puck. Closing the passing lane pressures the D man to make a mistake.

F3 should skate to the weak side above the goal looking for a last minute pass in front of the D-man's goal. As soon as the D-man breaks behind to the net, F3 should cut laterally to boards, looking for the clear pass up the boards. Again F3 must NOT pursue puck, closing the passing lane pressures the D-man to make a mistake.

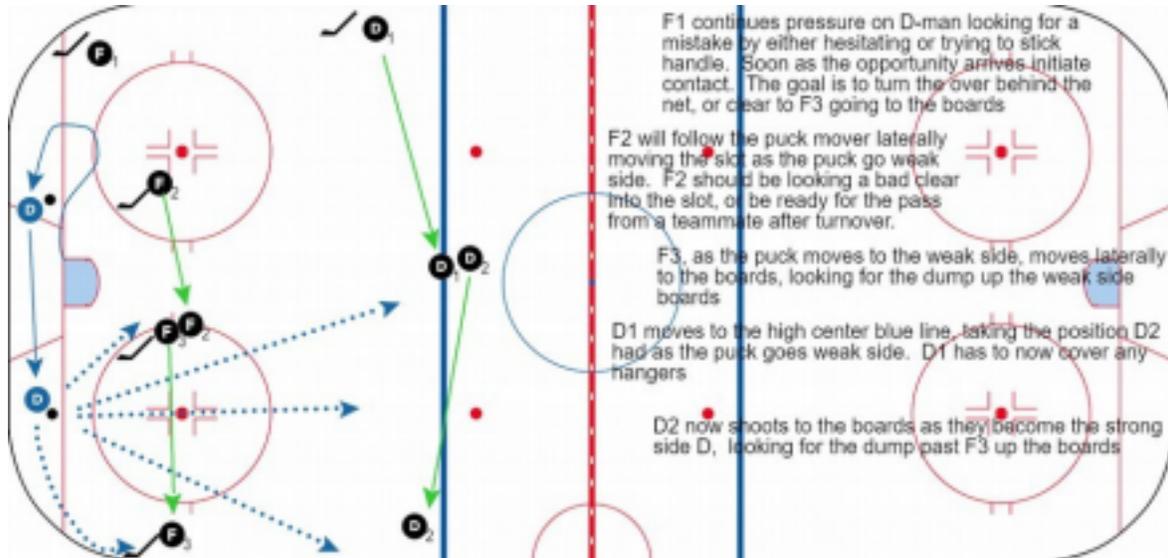
D1 should skate to the boards inside the blueline, looking for a last minute clear. As soon as the D-man breaks behind the net, D1 should move to the weak side position at center zone on the line or out of the zone if there are hangers.

D2 should start at weak side D position, center zone, at or behind the blue line. As soon as the D-man break behind the net, D2 is cutting to the boards to keep the puck in the zone from the clear pass up the boards.



22-23

System:Forecheck: 1 - 2 - 2 Foosball Forecheck Secondary Positions



Key Points:

F1, F2, and F3 have to have their sticks on the ice when closing the passing lanes. As soon as the defense hesitates or tries to make a move such as stick handling, the fore checker initiates contact for the turnover

This play is focused on making Defensemen make mistakes with the puck.

We cannot have everyone chasing the puck.

Description:

F1 is the first skater into the zone directly skating at the boardside of the breaking out defense. F1 should be pressuring the D-man back behind his net. Once they go behind the net, F1 chases behind net.

F2 should skate to the strong side just above the goalie closing the passing lane down for defense with the puck, this helping F1's pressure to get the D-man behind the net. Once the D-man goes behind the net, F2 slides across laterally to the opposite side of the net, closing down the passing lane for the D-man coming out from behind the net. F2 has to remain disciplined and NOT pursue the man with the puck. Closing the passing lane pressures the D man to make a mistake.

F3 should skate to the weak side above the goal looking for a last minute pass in front of the D-man's goal. As soon as the D-man breaks behind to the net, F3 should cut laterally to boards, looking for the clear pass up the boards. Again F3 must NOT pursue puck, closing the passing lane pressures the D-man to make a mistake.

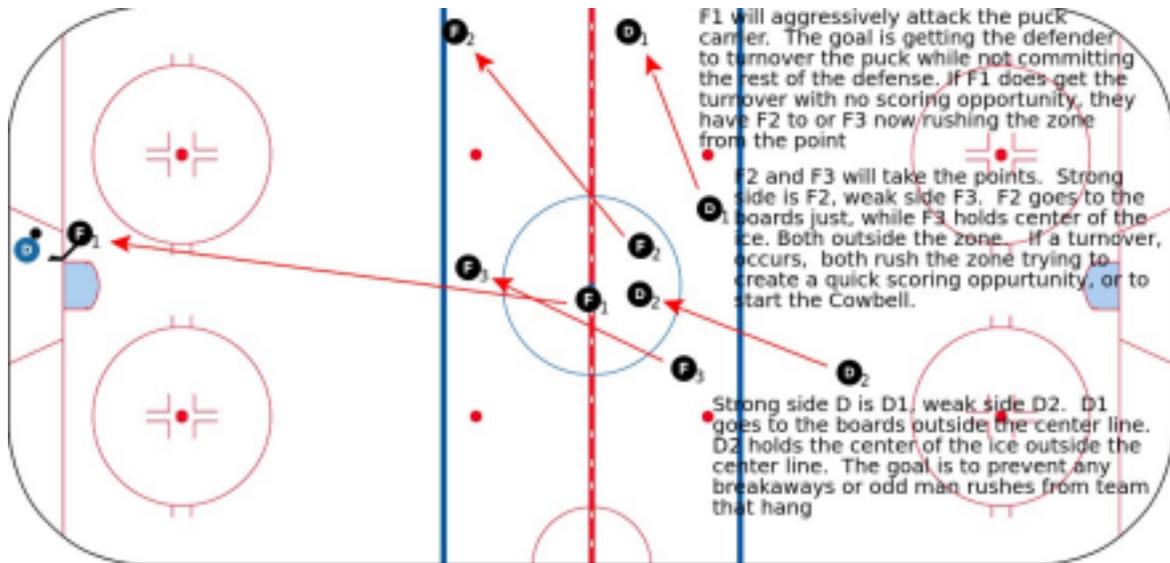
D1 should skate to the boards inside the blueline, looking for a last minute clear. As soon as the D-man breaks behind the net, D1 should move to the weak side position at center zone on the line or out of the zone if there are hangers.

D2 should start at weak side D position, center zone, at or behind the blue line. As soon as the D-man break behind the net, D2 is cutting to the boards to keep the puck in the zone from the clear pass up the boards.



22-23

System:Forecheck: Lowman Forecheck



Description:

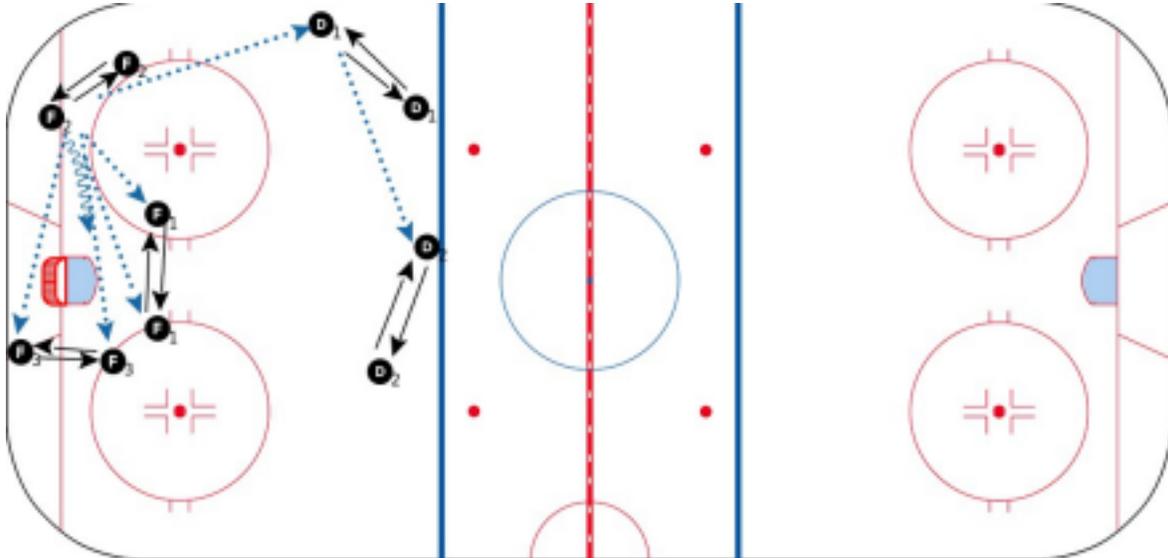
This is a preventative or conservative forecheck. This gives F1 full freedom to create havoc for the breaking out

defenders. The remaining fore-checkers stay in the neutral zone, jamming the passing lanes for the other team. This will be used in games where the Foosball is too aggressive and giving up breakaways or odd man rushes. It will also be used in games to throw off the opposition's coaching trying to adapt to the Foosball.



22-23

System: Offensive Zone: Cowbell Offense



Description:

Cowbell Offensive Zone

The play starts after gaining the puck in the offensive zone.

The team works to get the puck to F2 on the goal line.

F2 moves with the puck, creating time, trying to find the man in open ice and a scoring opportunity.

F1 gets to the slot moving laterally constantly trying to get open and a shooting opportunity. If another player gets a shot, they should try to screen the goalie and then scramble for the rebound.

F3 gets to far post and moves laterally constantly to the back of the net. F3 behind the net has a quick passing opportunity to F1 in the slot, or rotates the play to the opposite side becoming F2.

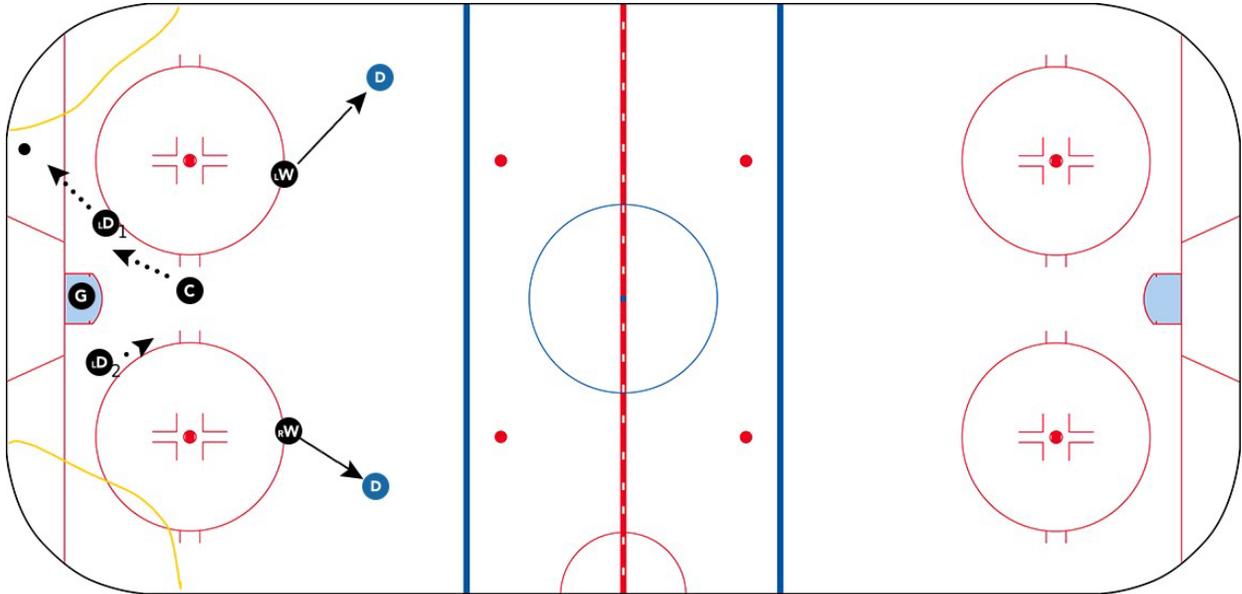
D1 gets to the high strong side boards, again moving constantly to find open ice. If D1 gets the puck and has a shot, they take it. If not, D1 can go right back to F2 or across to D2.

D2 holds the center zone at the blue line. If D2 gets the puck from D1, they take a strong shot at the goal that should be screened by F1.



22-23

System: Defensive Zone: Horse Pirate D



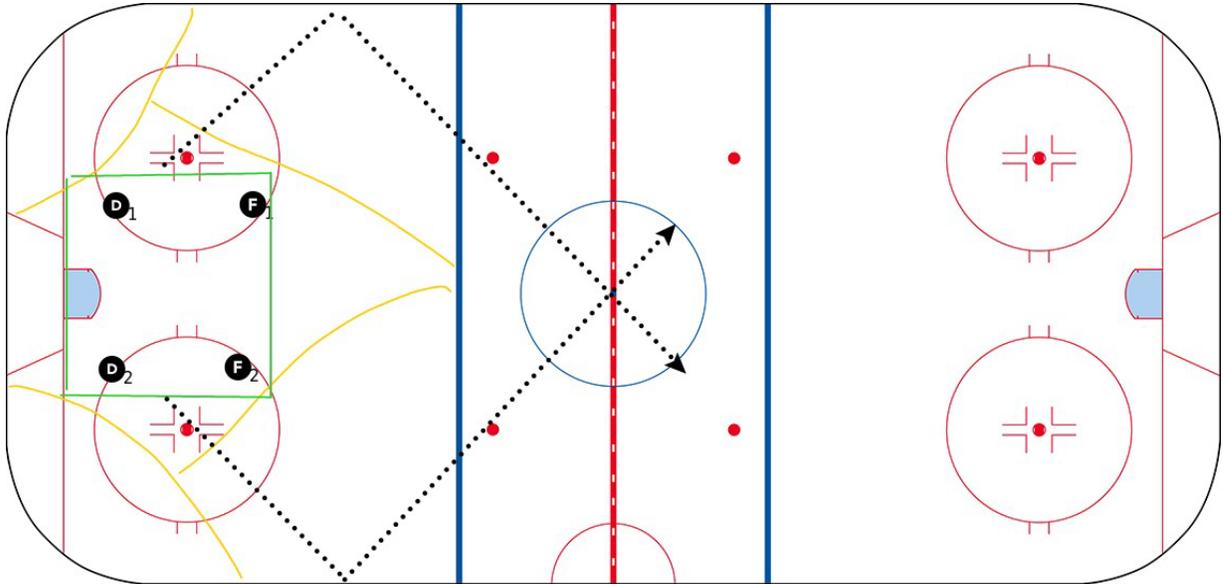
Description:

This is where wing sides matter. The wings will hold the top of their respective circles, being responsible for the defensemen on the point. Chasing, if the point man has the puck but never giving them a free lane to the goalie. The wings have to be very disciplined. The defense-men and the center form 1 unit around the slot. The defense-men's default position is to hold the strong and weak side posts while the center holds the slot. If the puck goes to the corner, the closest skater is allowed to chase to an extent. They are not permitted to go in the low scoring areas, but rather hold their position directly between the goalie and the puck carrier. As soon as a teammate from the C-D-D unit leaves the defensive structure, the remaining 2 will grab the strong post and the slot above the goalie. In this situation, the weak side winger has to watch for a dropping D man on the weak side.



22-23

System: Penalty Kill: Low man box



Description:

Forwards grab the "high" corners. even though it is technically low in zone. F1 is strong side, F2 weak side. No one chases the puck into low scoring areas (the areas in yellow). Everyone protects the box and the high scoring area in it. As soon as they touch the puck, they go for the dump into the neutral zone, trying to get the puck over the center dot off the boards. This should lessen the icings on the PK. Remember the further the shot is from, the less chance it has of going in, and we will not be giving up rebounds.