APPROACH ON A CARRIER

Exercise 1

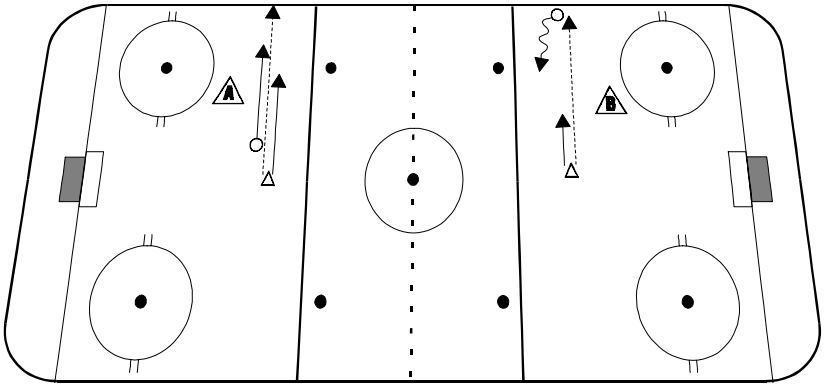


Figure 16.

ORGANIZATION:

- The players, an offensive player (or attacker) and a defensive player (or defender), are grouped in pairs around the ice.

PROCEDURE:

- The defender attempts to keep the attacker from advancing towards the centre when:

  a) The attacker does not have control of the puck (pursuit). Both players are at the centre of the rink facing the boards with the defender behind the attacker. One of the players shoots the puck towards the boards. The attacker gets it and the defender takes up pursuit.

  b) The attacker has full control of the puck. The players are facing each other, the attacker on the outside by the boards and the defender on the inside near the centre. The defender turns the puck over to the attacker then skates towards him.

- After a few tries, the coach calls the players together for discussion, where he explains the first governing principle. He shows the difference between a situation of pursuit and a situation where the opponent has control of the puck. He emphasizes that the speed of approach is determined by the situation. After a demonstration, the players continue with the exercise.

INTERVENTION:

- Check that players move quickly towards the opponent when he is not in control of the puck (pursuit).

- Check that players approach the opponent more slowly when he has complete control of the puck (caution).

COMMENTS:

- At this point in time, the coach should only intervene on the first governing principle.
- When the opponent does not have control of the puck, the pressure is high. It's an all-out race of one-against-one.
- When the attacker has control of the puck (the carrier), the defender approaching him does so more slowly. This does not mean the carrier is given all the time he needs to make his play, however. The distance separating the carrier and the defender must constantly decrease. Nonetheless, **caution** must be exercised to avoid being outwitted. Moving with the knees bent is a must.
- Depending on the division, different tools are available to the player: Skating with your man, stickchecking, physical contact or body checking. The key is choosing the right tool at the right time to keep the offensive player from advancing. This offensive player may still be the carrier or merely treated like the carrier if he just executed a pass. The defensive player must complete his checking. (See the fourth rule for approach on a carrier.)