

ICE HOCKEY SYSTEMS

# SKILLS

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BREAKDOWN

# INSIDE / OUTSIDE

## With Change of Pace

ICE HOCKEY SYSTEMS  
**SKILLS**  
BREAKDOWN

### KEY POINTS

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1. **Change of Speed**

Changing your skating pace can lull the defenseman to sleep as they slow down to your speed.

2. **Use Deception**

As you slow down, use deception to make the defenseman bite and think you are going to the inside of the ice. You can use a single shift deke, or body language such as your eyes, head, shoulders, etc. to make them think you are going to the inside of the ice.

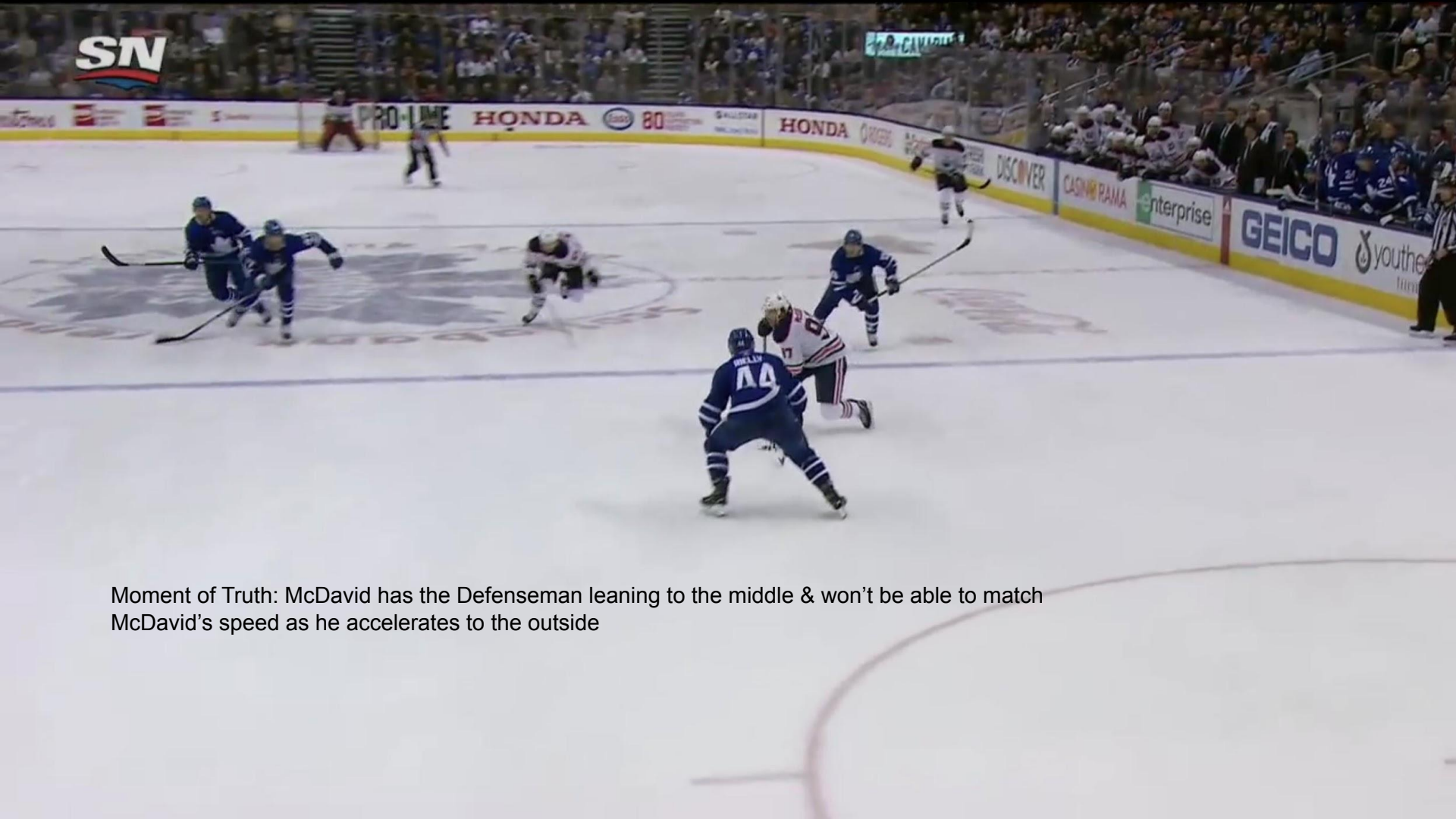
3. **Accelerate To The Outside**

Once the defenseman slows down and bites to the inside, that is when you turn on the gas and explode to the outside!



McDavid, gains the blue line and then 'feints' moving laterally while setting up the Defenseman

- His deception includes: change of speed, head positioning and scanning of ice for teammates

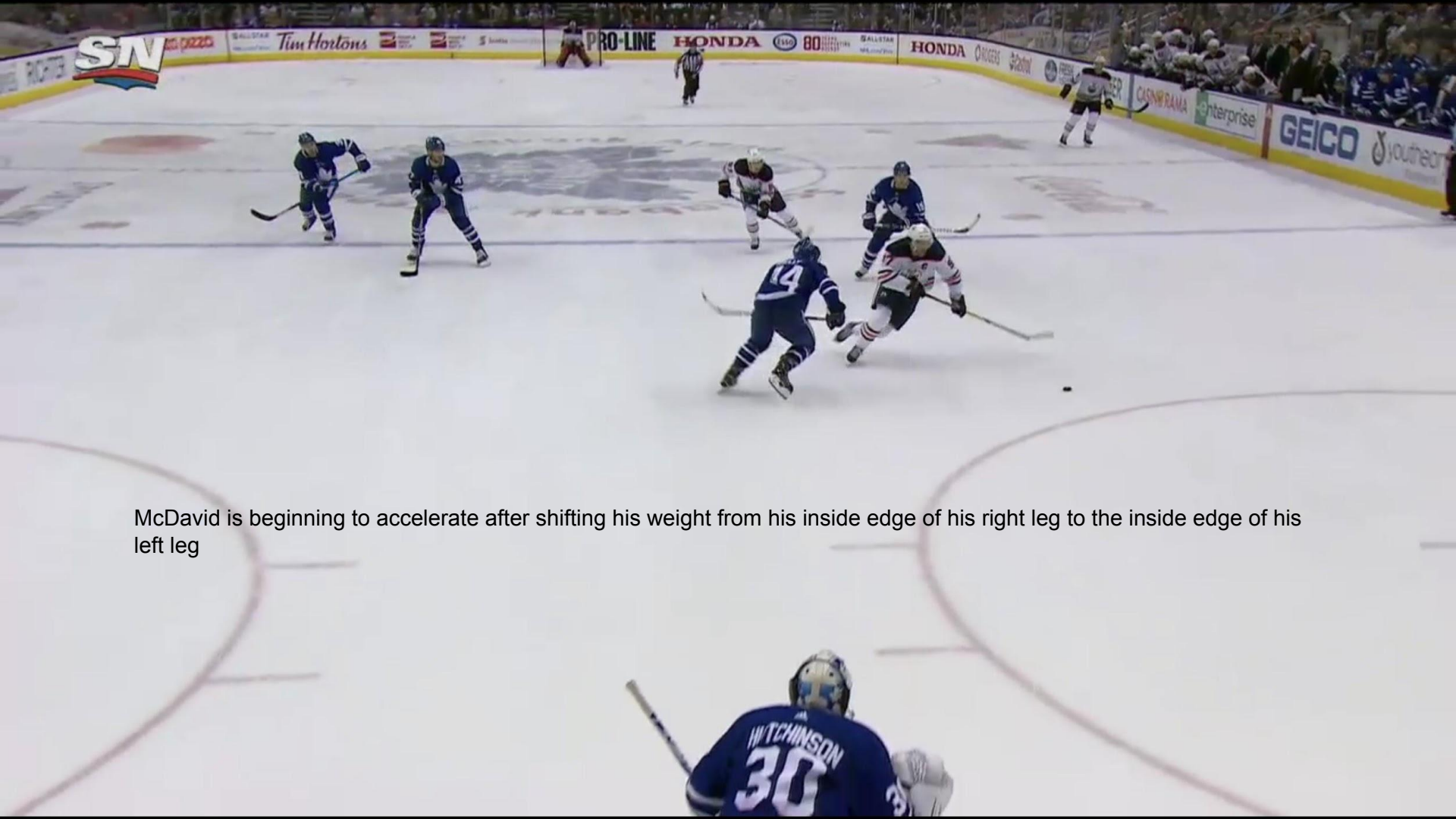


Moment of Truth: McDavid has the Defenseman leaning to the middle & won't be able to match McDavid's speed as he accelerates to the outside



In reality, McDavid wants to getting the Defenseman to shift his weight to the inside (D'mans left leg) leg, so he can cut to the outside & accelerate past him





McDavid is beginning to accelerate after shifting his weight from his inside edge of his right leg to the inside edge of his left leg



McDavid accelerates past the Defensemen & then immediately tries to gain ice between the hash marks to give himself more options to challenge the goalie

When cutting to the middle of the ice, he drives his inside knee to the outside to protect his puck from the Defender



Now McDavid is tight to the goalie in line with the Blue Paint & plenty of ways to score

1ST	18:29	4 ON 4
BOS 0	NSH 0	:43

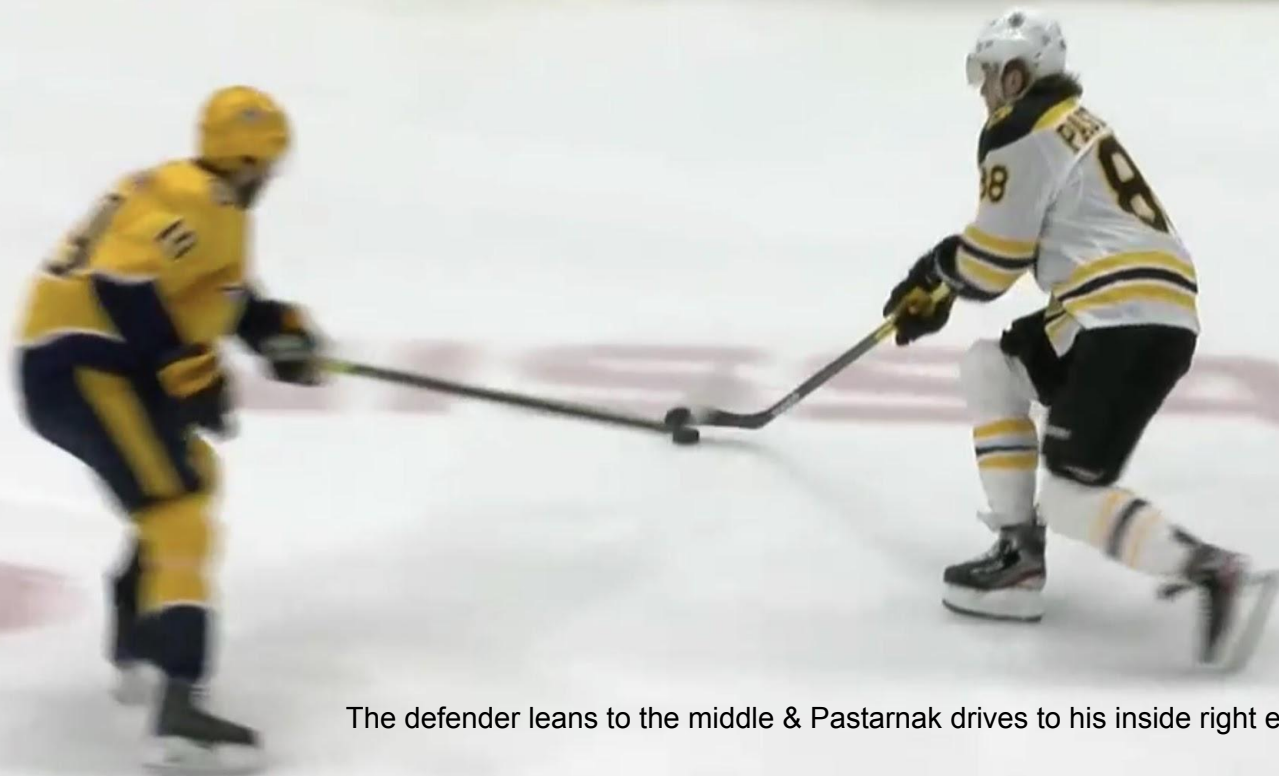
NESN

Pastrnak almost seems to slow down in an attempt to 'set up' the Defender





As Pastarnak, challenges through the neutral zone with speed, he shifts his weight onto his inside (leg) left in an attempt to get the Defender to shift/cross over to the middle of the ice



The defender leans to the middle & Pastarnak drives to his inside right edge to accelerate past

1ST	18:28	4 ON 4
BOS 0	NSH 0	:42

NESN

Pastarnak's Lean (weight shift) to the middle forces the Defender to shift his weight to the middle

- Pasta uses this to drive from his left inside edge to his right inside edge

1ST 18:27 4 ON 4 :41  
BOS 0 NSH 0

NESN



Southwest

NESN  
258  
WILLIAMS



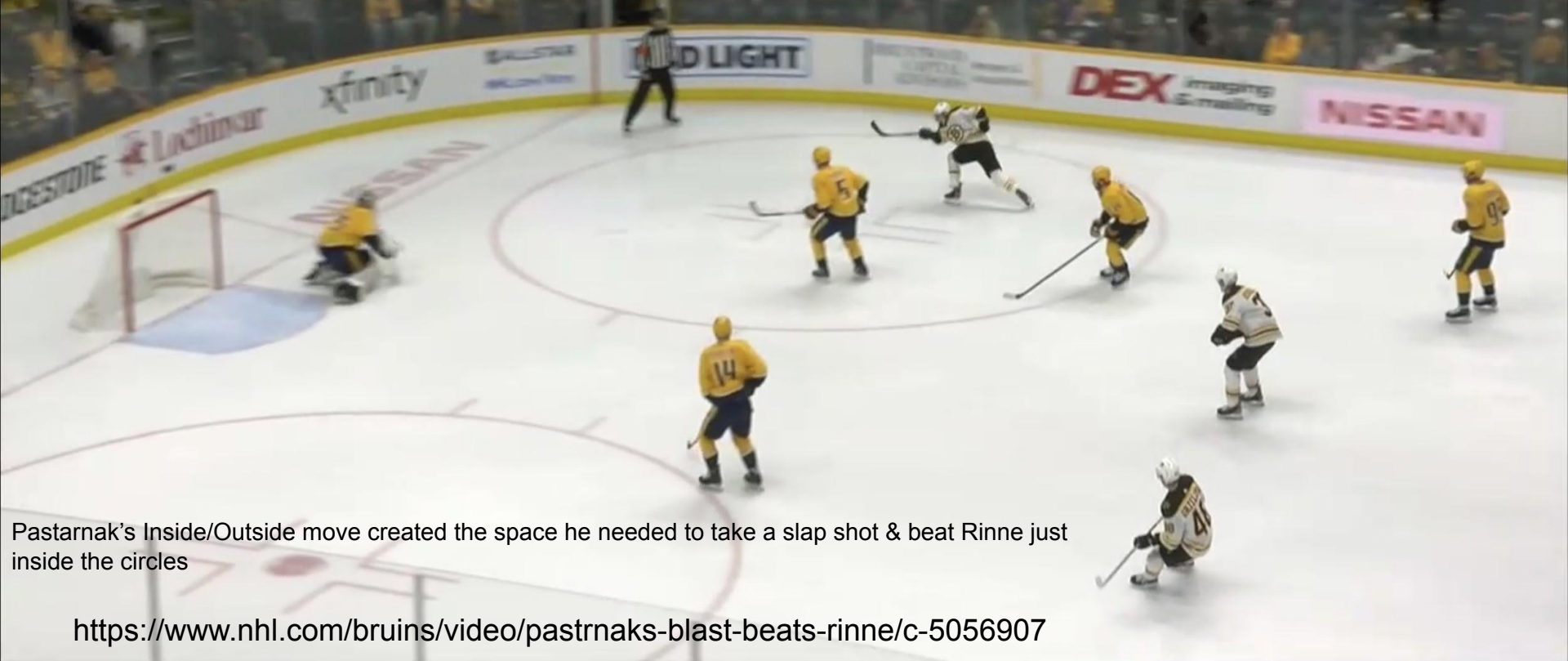
1ST 18:27 4 ON 4  
BOS 0 NSH 0 :41

NESN



1ST 18:25 4 ON 4 :39  
BOS 0 NSH 0

NESN



Pasternak's Inside/Outside move created the space he needed to take a slap shot & beat Rinne just inside the circles

<https://www.nhl.com/b Bruins/video/pastrnaks-blast-beats-rinne/c-5056907>