

ICE HOCKEY SYSTEMS

SKILLS

BREAKDOWN

ATTACK POSITION WITH THE PUCK

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SKILLS
BREAKDOWN

KEY POINTS

1. **Keep the puck on your forehand, either beside or behind your heels.**

This forces the defender to respect your threat to both shoot and pass and opens up multiple options.

2. **Keep both skate blades on the ice.**

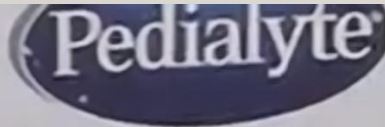
This allows for east-west skating deception.

3. **Keep your head and eyes scanning.**

When attacking in this position you will be presented with multiple options to attack. Keeping your head and eyes scanning will allow you to identify the best option.



Stamkos Attack Position on 2v1



#notjustforbabies

Panarin in the Attack Position 2v1 Line Rush For
*Disguises his pass





Pedialyte

#notjustforbabies

NETV

*Eyes and shoulders are going towards the goal which creates the illusion of Panarin wanting to shoot


*The last second opening of his blade deceives the defender as the pass goes through the Royal Road

An overhead view of an ice hockey game. A player in a white jersey with the number 16 is on the left, and a player in a red jersey is on the right. They are both in a ready stance on the ice. The center of the ice is visible with its characteristic markings. The rink is surrounded by a glass barrier and a crowd of spectators is visible at the bottom.

Marner: Attack Position with the Puck

*Pump Fake, Push Puck, Fire

*D has poor gap & stick positioning

An overhead view of an ice hockey rink during a game. A player in a white jersey with the number 17 is on the left, and a player in a red jersey is on the right. They are both skating towards the right side of the frame. The red player is in a more aggressive stance, leaning forward. The white player is slightly behind and to the left. The ice surface is marked with red lines, including the center circle and the D-zone. The background shows the rink's boards and a portion of the arena seating.

*Marner freezes Dman with the “Pump Fake” & now he begins to “Push” his puck around the D

*Marner “Pushes” his puck and then accelerates to create Space for himself





*Now Marner has created Separation to take a clean shot at the net

2019 COORS LIGHT NHL STADIUM SERIES

PIT 3 PHI 3 OT 3:03



*Giroux: Attack Position in a 1v1 Line Rush For



*Puck is behind his heels in the attack position, challenging the defender



*Giroux pauses in the Attack Position

*This often freezes the Dman as he prepares to block the shot



*Giroux then “Pushes” his puck towards the middle of the ice

*At the same time, he cuts on the inside edge of his
outside leg (left side)



*He has created enough separation moving laterally to get a shot towards a moving goaltender



*He beats the goalie 5 Hole as the goalie & defender were not able to adjust to the lateral movement