

Day 3 - Game/Task Outline – Offensive/Defensive Strategies

Lesson 3 – Offensive and Defensive Strategies

Game Aim:

To create even and uneven offensive and defensive ratios to emphasize the decisions and strategies required to be successful in each position by either scoring or preventing scoring

3 Rules:

Start/Restart: If score, defence retrieves the ball and dumps the ball into the other zone to restart play

Stop/Score: Score by shooting the puck into the turned goal at either end

In-Play/Out-of-Play: Offensive players have one shot on net, then retrieve puck (if did not score) and take to other side

Tactical Problems:

Space: How do you create space for your teammates and yourself? If uneven defence ratio, when should you decrease the space between you and the offender; when should you give them a bit of space?

Time: How do you decrease the time the offender has with the ball and the time to make decisions about shooting, passing, or dangling? When should the offender pass or hold on to the ball?

Force: How fast should the offense move into the attacking zone? When do you need more force, tape to tape passes, or off the wall passes?

Risk:

Defence: When should you take the shot or the pass? What are the risks associated with each player, who shoots, who stick handles, and who passes?

Offense: When should you pass, shoot or stick handle? What are the risks associated with an uneven and even ratio of defence?

Lesson Focus:

Introductory task/game:

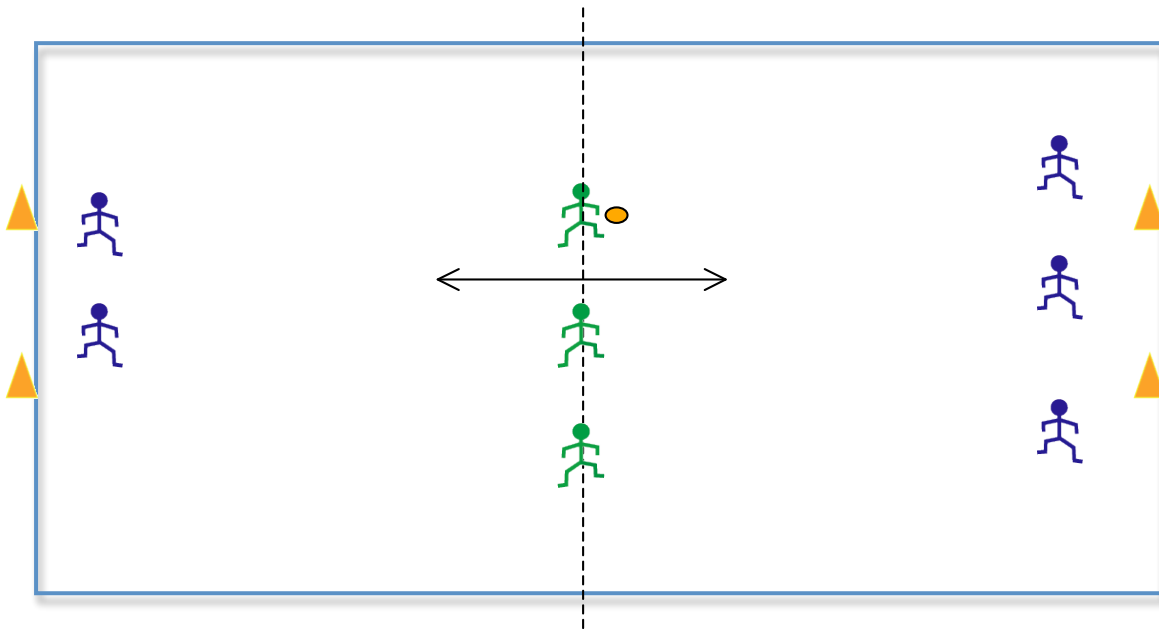
Skill/Concept development tasks/games:

1. Bean Bag Tag
2. Abandon Ship
3. Chinese Gates

Game and culminating activity:

1. Stay At Home Defence

Stay At Home Defence



 - **Defender**  - **Offender**

Aim: To create even and uneven offensive and defensive ratios to emphasize the decisions and strategies required to be successful in each position by either scoring or preventing scoring

Rules:

1. If score, defence retrieves the ball and dumps the ball into the other zone to restart play
2. Score by shooting the puck into the turned goal at either end
3. Offensive players have one shot on net, then retrieve puck (if did not score) and take to other side

Tactical Problems

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| How can you take advantage of having fewer defenders than offenders? |
| When should you shoot, stick handle, or pass the ball to a teammate or on goal? What positioning of the defense indicates a good time to do each of these? |
| As a defender, when is it effective to block the pass, the shot, or the player that is stick handling? |
| How do you defend an odd-man rush? |

Skills to address these problems

| Off-the-ball Movements | On-the-ball Skills |
|--|---|
| Defence remains goal side | Block passes with stick (knee down & stick on ground) |
| Defensive base positioning; move into pass/shoot lanes | Stick checking; checking body |
| Moving into open space; supporting teammates | Stick handling; passing; shooting |
| Scanning to anticipate player and ball movements | Receiving pass; transitioning |

Questions to help learner read tactical problems

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| Space: How do you create space for your teammates and yourself? If uneven defence ratio, when should you decrease the space between you and the offender; when should you give them a bit of space? |
| Time: How do you decrease the time the offender has with the ball and the time to make decisions about shooting, passing, or dangleing? When should the offender pass or hold on to the ball? |
| Force: How fast should the offense move into the attacking zone? When do you need more force, tape to tape passes, or off the wall passes? |
| Risk: <i>Defence:</i> When should you take the shot or the pass? What are the risks associated with each player, who shoots, who stick handles, and who passes? <i>Offense:</i> When should you pass, shoot or stick handle? What are the risks associated with an uneven and even ratio of defence? |

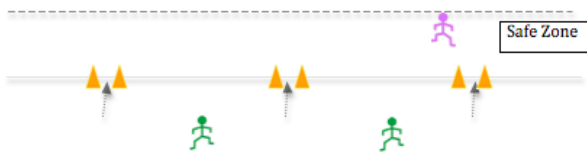
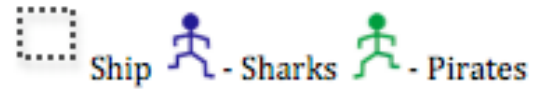
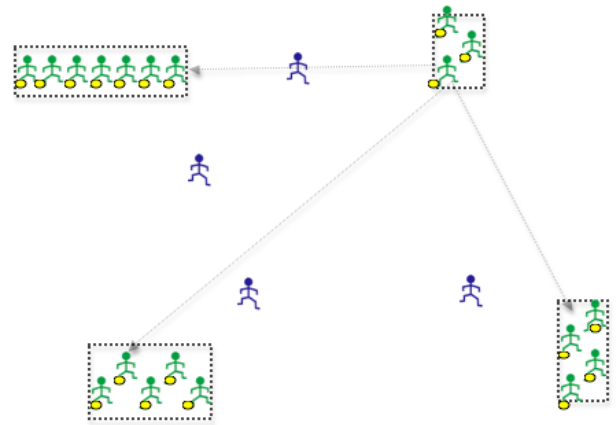
Skill Phases for Defensive Position

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| Preparatory phase | Wind-up phase |
| <ul style="list-style-type: none"> ⇒ Knees bent; balls of feet ⇒ Bent slightly at waist ⇒ Feet slightly staggered with dominant foot slightly back of other foot | <ul style="list-style-type: none"> ⇒ Bring elbow to side of waist ⇒ Feet staggered more ⇒ Knees more bent |
| Force phase | Recovery phase |
| <ul style="list-style-type: none"> ⇒ Extend arm so that stick intercepts ball ⇒ Shift weight to front foot (so can change direction quickly if necessary) ⇒ Stable base | <ul style="list-style-type: none"> ⇒ Return to base position ⇒ Change direction if necessary |

Outline Task Progression

| TASK PROGRESSION | REFINEMENTS - Cues | Extensions/ Simplifications |
|---|---|--|
| <p>1. Bean Bag Tag</p> <ul style="list-style-type: none"> - Students in partners; one has a bean bag - In a large area, the student with the bean bag tries to elude their partner - Partner with bean bag tosses above head and chasing partner tries to catch the bean bag in the air - Switch positions | <p>Bean Bag Holder:</p> <ul style="list-style-type: none"> Change direction Change speed Head fake <p>Chaser:</p> <ul style="list-style-type: none"> Anticipate where holder goes Stay as close as possible Watch feet rather than body | <p>Extension:</p> <ul style="list-style-type: none"> Larger area Holder has to throw bean bag higher <p>Simplification:</p> <ul style="list-style-type: none"> Smaller area Drop bean bag behind shoulder |
| <p>2. Abandon Ship!</p> <ul style="list-style-type: none"> - 4 “ships” are created out of cones; area outside of cones is the dangerous waters full of sharks - Select 2 students as “sharks” that have just a stick; rest of students split up and select a “ship” to stand in with stick and ball - Yell out “ABANDON SHIP” and the students in the ships have to stick handle to another ship - Sharks try to remove the ball from the pirates – ball must be passed (must stay within one foot of ground) to the wall for it to be considered a dead ball and then become a shark - Repeat until one pirate remains | <ul style="list-style-type: none"> Head up Change direction Change speed Keep ball close Survey shark location Defence stay low to ground Commit to checking | <p>Extension:</p> <ul style="list-style-type: none"> Smaller ocean area More sharks Only have to knock ball of stick <p>Simplification:</p> <ul style="list-style-type: none"> Ships closer together Less sharks Larger ocean area No sticks/balls; now tag to learn strategy |
| <p>3. Chinese Gates</p> <ul style="list-style-type: none"> - A game that enhances the understanding of offensive and defensive strategies - There are three “defensive” zones and three “safe” zones - There is one less defender than there are gates; the least amount of defenders at the first defensive zone and the most at the last defensive zone - Offense starts at first safe zone and tries to get past defender through a gate and into the next safe zone - If gets tagged when not in a safe zone, return to the first safe zone; when in a safe zone, cannot be tagged, but cannot return to the safe zone you came from once you have left it - Defenders – create a strategy among them to optimize chances of catching the offense - Offense – work together to get the most people through to the final safe zone - One point awarded for each player that gets to the final safe zone | <ul style="list-style-type: none"> Head up Change direction Change speed Keep ball close Defence stay low to ground Commit to checking <p>STRATEGY!!! (off/def)</p> | <p>Extension:</p> <ul style="list-style-type: none"> Smaller defensive area (harder for offense) or larger defensive area (harder of defence) Less gates More defenders <p>Simplification:</p> <ul style="list-style-type: none"> No balls/sticks More space for defensive zone More gates and less defenders Less defenders and same amount of gates |

Game Diagrams



Chinese Gates

