



Backchecking by Position

Strong Side Defense

- Recognize the situation and if they have help from backchecker
- Maintain a tight gap
- Keep attacker to outside of the dots
- Eliminate passes to the middle with good stick position

Weak Side Defense

- Stay with the net drive attacker
- Be staggered slightly behind the strong side defense to make sure they are the closest player to their own net

First Backchecker

- Identify the situation (2 on 1, 3 on 2, etc...)
- Count heads and know you are first backchecker (realize your team is counting on you to get back and even up the numbers)
- Be decisive when choosing to backcheck to weak side or strong side
- Communicate this decision with defense
- Move your feet until you are in defensive position
- Be ready to take care of stick and/or body when there is a pass or rebound

Second Backchecker

- identify themselves as the second backchecker
- count opponents in front of them
- backcheck hard until your team has even numbers
- pay attention to opponents away from the puck
- if you get into defensive zone and your team has numbers then protect the house with heels to the net

Third Backchecker

- get to the dangerous area of the ice
- get heels to the net
- look for late attackers on the weak side and high slot