

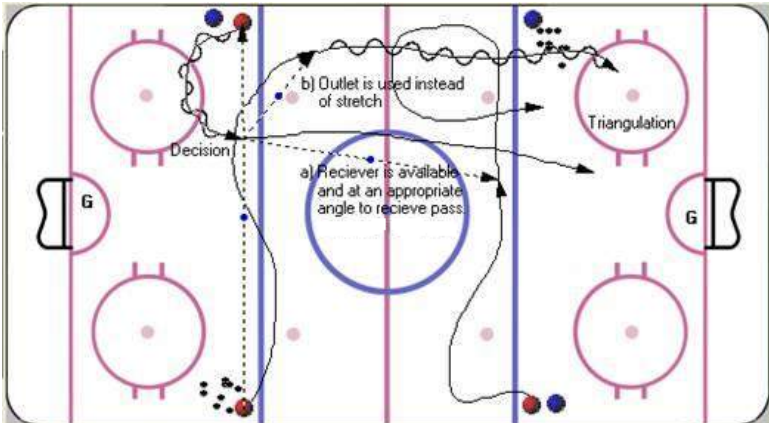
## **OMHA HOMETOWN HOCKEY TIPS**

### **PLAYING WITHOUT THE REDLINE**

The removal of the redline for off-side purposes has resulted in a game recognized for its tremendous speed, emphasis on skating and team play.

The following drill provides a look at options that reinforce the principles of Width & Depth.

The long pass is just one option with the removal of the redline. Generating speed though the neutral zone, quick and close support, and moving the puck laterally away from pressure are all options.

<p><b>CROSS-ICE SUPPORT WITH STRETCH</b></p> <p><b>DRILL DESCRIPTION</b></p> <p>Start this drill from one end at a time. <b>OPTION A:</b> Player 1 skates across the ice to support the puck. Player 2 steps to middle and looks for the long pass or 'stretch' option.</p> <p><b>OPTION B:</b> If the defensemen have backed off to cover the stretch option, the player initiating the cross-ice pass skates underneath pressure and is open to receive the puck and skate through the NZ with speed.</p>	
<p><b>KEY TEACHING POINTS</b></p> <p>Triangulation. Timing - The skaters timing creates a number of different options and decisions for the player receiving the pass in this drill. The decisions will be based on the timing, speed and often the defensive pressure surrounding the stretch man. Communication. Speed through NZ.</p>	

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