



## Tip of the Week

### INSIDE OUTSIDE AT THE POINT

*When defending a D with the puck at the offensive blue line the player's approach must deny the puck carrier movement to the inside. Attacking the player aggressively from an inside out position will limit the puck carrier's options and the boards will attack as a barrier for potential movement.*

*The defender's stick should be on the ice. Use a stick on puck technique to limit the puck carrier's ice, but the play should be on the body, not the puck.*

*In the event the defender is beaten, the player should stop and start, not a big turn to get back into the play.*