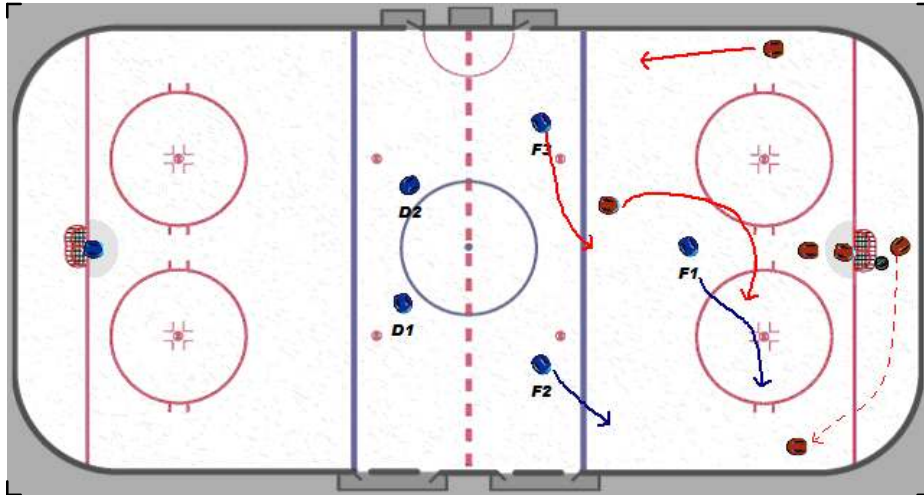


# Nielsen\_Playbook

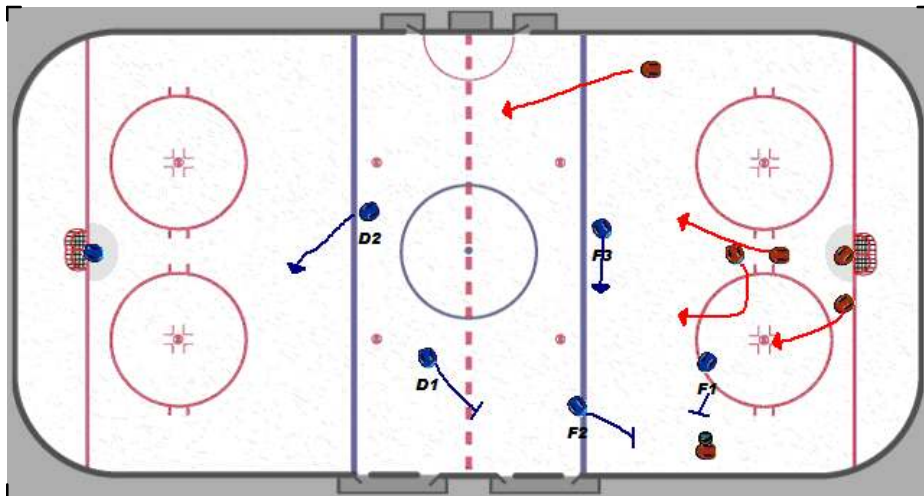
## 1-2-2 Trap



When executing the trap defense you need to be patient. We set-up with the first forward middle of the ice at the top of the circles. F2 & F3 near the blue line outside the dots. D1 & D2 near the red line inside the dots. It is very important for the D to be inside the dots to clog up the middle of the ice.

We allow the opponent to make the initial breakout pass or skate. Once the puck is moving up ice the F1 skater starts to angle the puck carrier toward the outside wall. F1 MUST take an inside out angle on the puck carrier to keep him to the outside.

F2 applies board side pressure and F3 moves to the middle of the ice to block the passing lane.



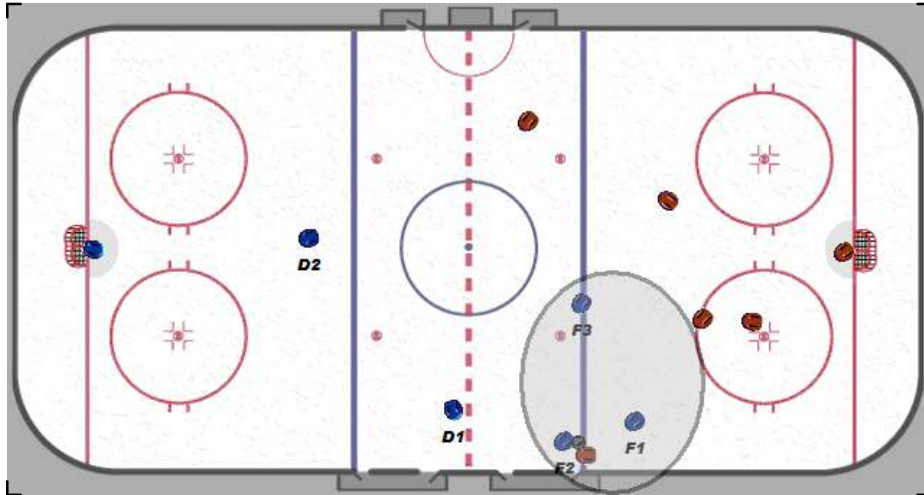
With F1 applying inside out pressure and forcing the puck carrier to the wall, F2 steps in and applies the trap by taking away the boards. If executed properly the puck carrier can't cut back inside because F1 has that lane blocked and he can't make a pass to the middle of the ice because F3 has that lane covered.

The puck carrier is forced to try and skate through F2 along the wall or chip the puck past F2 on the wall.

D1 slides over to the strongside between the wall and the dot to pick up a loose puck or to get the puck carrier if he gets past F2.

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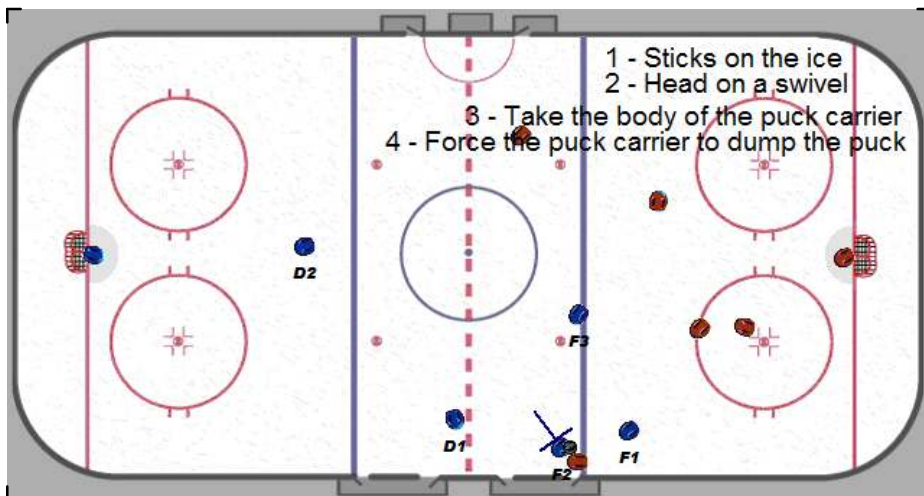
## 1-2-2 Trap



If the puck carrier keeps the puck it is VERY important for F2 to put a body on him and force the puck to come loose. If F2 allows the puck carrier to get past him the trap is broken and we have to backcheck hard.

With the puck carrier surrounded by F1, F2 & F3, there is no place for him to go with the puck.

We want to keep the puck carrier from gaining the red line and dumping the puck into our zone. We want either a turnover along the wall or a dump that causes an icing call.



Sticks on the ice to block the passing lanes

Head on a swivel. You must know where your teammates are and where the opponent is.

Take the body. For the trap to work we MUST take the body if the puck carrier still has the puck along the wall.

Force the puck carrier to dump the puck into our end before he reaches the red line.

Strategy:

The way to break the trap is twofold.

1) Keep a skater behind the puck carrier and another on the far wall. When the trap starts drop the puck back to the trailer and he hits a quick pass to the far wall. This strategy enables the offensive team to get to the weakside quickly and get past F3 as he comes to the middle of the ice.

2) Get to the red line and dump the puck deep. This allows the offensive team to start a quick forecheck against our two defensemen.

This is why it is so important to look around the ice when applying the trap. You have to be aware of where the opponents are and not allow the puck carrier to move the puck out of the trap.